

Recovery

TRIANGLE OA

NEWS

The Triangle OA newsletter can also be viewed on the website at: www.TriangleOA.org/newsletter

Volume 21, Issue 9

A Publication of the Triangle OA Intergroup—Raleigh, NC

Donations Welcome

September 2006

Step Nine

Made direct amends to such people wherever possible, expect when to do so would injure them or others

Tradition Nine

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve

The Eight Tools of Recovery

A Plan of Eating Sponsorship

Meetings

Telephone

Writing

Literature

Anonymity

Service

- OA 12 and 12 and

The Tools of Recovery

Step Nine

When making direct amends, I always consult my sponsor. In the past, I vacillated between two extremes: either I took responsibility for everything and apologized accordingly; or, I accepted no responsibility and blamed everyone else in my life. This is not a one-person program, and I need another person's perspective in determining what amends I need to make.

My sponsor has helped me to realize and accept my part in wrongs done to others. He also aids me in making appropriate amends. I do not have to grandiosely accept all blame. I need only clean up my side of the street. Do I owe direct in-person amends or do I make written amends? How do I make living amends? I did not become abstinent by myself. With my sponsor's help, I can work the 9th step and continue my journey of recovery and spiritual growth.

-Anonymous

Made direct amends...Step 4 never really intimidated me. But Step 9, that's a different ball of wax. I should say "I'm sorry" to all those people who have "done me wrong." Never!! Well, taking the Steps one at a time, hearing what my sponsor had to say, listening at meetings – ultimately, I became willing to try. In fact, the more I was able to move down my list, the easier it became. Some were face-to-face conversations, some were by mail, some were by a change in my attitude and actions toward a specific individual, some were by prayer because the individual was deceased. Each time I made an amends, the inner calm that overcame me was so special, truly a gift from HP. And I do believe that some amends were postponed due to direct intersection by HP. When the time was right, the opportunity presented itself. Now I try to stay on top of my "making amends" by doing so as soon as I'm aware of the conflict. And, since I'm abstinent, I'm not the cause of as many conflicts anymore.

-Anonymous

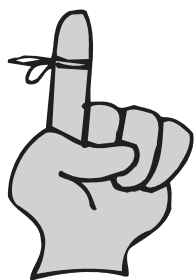
It is very hard for any human being to say "I'm sorry." It is even harder to say I want to make amends to any I have wronged. The hardest of all, I think, is to be truthful or honest enough with one's self to admit that our actions actually harm other people. I know that my struggle with compulsive overeating and the mood swings that it causes has hurt my family and other people in my life. Saying I am sorry and making amends is not enough of a hard job. Changing my behavior is even harder. When I did do this to the best of my ability, there was a freedom from the guilt of pretense that I had never known before. I want that again; that is why I want to return to OA again after 17 years.

-Alice

**Topic
for
October**

Topic for October: **Finding Strength Within.** You can also write about the Tenth Step or Tradition. We are **always** looking for writings to put in the newsletter. Please send your writings to newsletter@triangleoa.org by **Sept 8.**

DON'T FORGET! MARK YOUR CALENDARS AND SEND YOUR REP!



INTERGROUP MEETING FOR SEPTEMBER

SATURDAY, SEPTEMBER 16, 2006 10 A.M.—NOON
 Community United Church of Christ
 (corner of Wade Ave. and Dixie Trail—Raleigh)

You may send anyone from your group as a rep.
All groups should be represented, according to our
Seventh Tradition.

Writing for the Newsletter!

The groups on the right have volunteered to contribute writings to the next newsletters.

Individuals can always send contributions to the newsletter at newsletter@triangleoa.org



Month	Group	Topic
October	Open!! Available for sign-up!!	Step 10, Tradition 10, Topic: Finding Strength Within
November	Open!! Available for sign-up!!	Step 11, Tradition 11, Topic: Laughing my Way to Recovery
December	Open!! Available for sign-up!!	Step 12, Tradition 12, Topic: Life's Not Perfect and Neither am I
January	Open!! Available for sign-up!!	Step 1, Tradition 1, Topic: TBD



Telephone Meetings



Procedure for Phone Meeting	Day and Time	Contact	Phone Number
Call 641-594-7500, Pin Number: 79822#	Mon. 10am EST	Norma Jean	352-307-9720
Call 212-990-8000, Pin Number: 1067#	Tues. 8:30am EST	Nahama	718-575-1067
Call 641-594-7500, Pin Number: 59002#	Tues. 8pm EST	Carrie	978-827-6483
Call 212-990-8000, Pin Number: 1067#	Wed. 8:30am EST	Nahama	718-575-1067
Call 641-594-7500, Pin Number: 135103#	Thurs. 8pm EST	Liz	617-889-2801
Call 641-497-7200, Pin Number: 166936#	Fri. 12pm EST	Unavailable	Unavailable

TRIANGLE INTERGROUP MEETING - July 15, 2006

Who Was Present

Scott, Professional Outreach Chair; Marcia, Thurs./Sat. Aberdeen; Tracy, Sun. Durham; Judy K., Tues. Fayetteville; Mark, Sat. morning Raleigh; Libba, Sat. Durham; Harriette, Secretary/SOAR 8 Rep; Debra, Newsletter/Literature Liaison; Neill, SOAR Rep; Deb, Mon/Thurs Chapel Hill; Amyla, Tues. Durham; A.J., Wed. Hillsborough; Esther, Wed. Hillsborough; Danette, Retreat Chair/Wed. Raleigh

Minutes were accepted.

Treasurer

- Report was accepted as submitted.
- Groups and Reps are reminded that if your group is not listed on the Treasurers' report, this indicates that no contributions have been made from the beginning of the year to the present time.

Professional Outreach (PO)

- PI was changed recently to PO, Professional Outreach, at the World Service and our local area.
- Scott will ensure that the new group in Smithfield is added to the phone list.
- Contacts are still being made to newspapers in Raleigh and Chapel Hill.
- Scott has continued contacting organizations, etc. from the white and yellow pages to see if they would accept copies of The Courier, program's free literature to the medical profession and any other desired literature.
- Two members in the Fayetteville area agreed to be interviewed for the magazine interested in doing a section on OA. The guidelines for such articles were forwarded to the magazine's contact and Scott asked that a copy of the article be forwarded to him.

WSO

- No report as Rep was absent.

Newsletter Liaison

- No news to report.

Hi-Tech

- Although Jim was absent, members are reminded that the Newsletter can be downloaded from our web site at www.Triangleoa.org.

Retreat

- The Fall Retreat date is Oct. 27 – 29th. The theme will be TOOLS OF RECOVERY. Volunteers are needed to help on the Retreat Committee. If you can help in any way, please contact Danette, our Retreat Chair, at 919-862-9118

SOAR

- Neill is ready for the upcoming SOAR event in Nashville and was given old Newsletters that will be taken and distributed.

Announcements/New Business

- IG voted 9 – 3 to remove the AA link and refrain from posting any non-OA links on our website.
- Kathy R. made a brief presentation about her recent region-level service trip to an OA business assembly and retreat in Colombia.
- Reps and groups are reminded that WSO has the pamphlet 60-30-10 that gives suggestions for groups contributing to WSO, our Region, and to Intergroup.
- One area in our region was asked to assist with setting up a booth for the NEA, National Educator's Association, in their area. 13,000 were expected. WSO assisted with literature, etc. It was good to know that here in our area, Scott saw to it that a similar booth was manned for a group of professionals, and is on top of seeing that the public is made aware in our areas of OA and what's available.

Please take note of the addresses for which you should send contributions to Intergroup, WSO, or SOAR. Also, a suggested contribution breakdown is outlined below:

60-30-10 Suggested Contribution Breakdown

60% to IG

Triangle IG
P.O. Box 20356
Raleigh, NC 27619
(Make checks payable to Triangle IG)

30% to WSO

WSO
PO Box 44020
Rio Rancho, NM 87174
(Make checks payable to WSO or OA)

10% to Region

Scott Crawford
187 Napoleon Ave
Sunset, LA 70584
(Make checks payable to SOAR 8)

Step Nine

One of the most obvious questions about Step 9 is, “Why do I have to do it?” What does making direct amends to those whom I have hurt by my actions have to do with not eating compulsively? More importantly and more pertinent to me when I came into the program, “What did it have to do with losing weight?” Like Step 5, the most cogent answer to the “why?” question is, because if I don’t do Step 9, I might eat again and, for me, to eat is to die. Why might I eat? How will making amends keep me from eating?

If OA were a diet and calories club, Step 9 wouldn’t be needed. As a spiritual program of recovery from my emotional illness (which has physical symptoms), my goal is to deepen my relationship with my HP so that I don’t have to substitute food for a loving HP. I want to act with integrity, do the right thing, believe in ways that are loving, compassionate, and wise, and I want to let the presence of my HP be reflected in each day’s thoughts, words, and deeds. Of course, this includes my deeds with food, but it doesn’t end there. When I was eating, I hated myself and feared others’ disapproval of me so much that I ate more to block out the pain. Then, under the influence of sugar, flour, and self-loathing, I treated other people badly. Then I felt shame, so I had to block that feeling out by eating more.

In recovery, I strive to treat myself and others well. I monitor this daily (Step 10). I also have to go back and clear away the wreckage of my past to get a fresh start. If I don’t, those old feelings of shame may reappear and I might, once again, lash out at myself or another. Not to do Step 9 is like slapping a coat of paint on a house with termites and dry rot. The house will look better for a while, but will be disintegrating underneath and will eventually collapse.

-Anonymous

Making amends is a very frightening action step for me. It means I will be vulnerable and open to another. Since I am one who likes to hide behind walls, this makes me very uneasy. I am glad we can make a list of those amends we can do, those that are “maybe’s,” and those we will never do. As with other parts of this program, it helps me start with just one step, or one easy amend.

One of the easy ones is to admit that I don’t know. Although, that is still making me vulnerable to ridicule. But, after doing a 4th and 5th step, I realize now that I don’t have to be perfect; I can be human, and err. It is not an earth-shattering event either. If I am taking myself too seriously, then it is hard to admit that I don’t know, or I didn’t have the correct information. If I am being easier on myself, I can laugh and not feel ridiculed. It is okay; it is even funny at times.

This is a great breakthrough for me. This experience can be carried over into other amends. As I forgive myself and not try to expect perfection, I can be kinder with others and not have unreal expectations. In fact, I have learned in this program that expectations are premeditated resentments.

The more I use Step 9, the more I realize how great it is for my self-esteem. I don’t need to avoid others and I can look people squarely in the eyes. It has truly cleared away some of the garbage in my soul that wants to keep up the walls - walls that I put up because I was afraid that if you knew me, you wouldn’t like me. I have found that I like me and what others think of me does not have any bearing on that. It is great to get affirmations and acceptance. But, the most important acceptance is from myself, and feeling that HP loves me just the way I am – warts and all.

-Anonymous, Cary

Making direct amends to those I have harmed. I have not written an eighth step list with my compulsive overeating in mind yet. I intend to do it after I take the 1st through 7th steps as laid out in OA. I am still working on the acceptance of my powerlessness over food.

If the pattern of my thinking and behavior is like my other addictions, it will become obvious to me. Right now, I do not have a sponsor and am looking for one. I have taken phone numbers and attend meetings. I have begun to write down everything that I eat and drink every day. It is making me aware of my compulsive eating. I do ask God daily to keep me from the wrong food and drink for me, and thank him nightly even if it is for my efforts each day.

-Anonymous

Saying Yes to Life

I returned to OA about a year ago after many years of absences. Now I have abstinence. I have lost 30 pounds and have kept it off by following the Steps and Traditions. My life is great! Freedom from want is a peaceful, relaxed, hopeful state. Recently I retired, so my life is stress-free! I am able to pray more thoughtfully. I rely on God to guide me in thinking and decision-making. I let God and let go. Letting go of things I can't control gives me time to enjoy time alone, with friends, and for OA. Gratitude is a state of mind that helps me appreciate all that I have, including my garden, which grows beautiful flowers and shrubs. I nurture this garden with food, water, and tender loving care. I have time since I am not fighting food. My compulsion is arrested one day at a time. The hard work has been acknowledging my feelings and then taking care of myself in a loving way.

-Anonymous

There is a new TV show called "My Name is Earl." In the first episode, Earl discovered "karma" and made a list of everyone he had ever harmed. In each episode, Earl tried to make amends with someone so he can cross them off his list. Even though Earl is not in a Twelve Step Program, I thought of Step 9 the first time I saw this show. Earl wants to turn his life around and he knows that, in order to do so, he needs to keep working on his list.

Earl is simple and a little naïve. He was not always a good guy. Sometimes he was mischievous and sometimes he was bad, but he has finally learned a simple lesson: The more good you do, the more good will come to you. Or, as my mother used to say, "What goes around, comes around."

I am still new to the program and I haven't made my "list" yet. But until I get to Step 9, I can concentrate on not doing anything now that I would have to add to my list – my list will be long enough when I get to Steps 8 & 9. Wouldn't it be wonderful if there was nothing on my list past today's date!

-Anonymous

Saying yes to Life for me will entail saying "no" each day to certain kinds of food. This I am powerless to accomplish by myself, because I am powerless over food. If I allow food to manage my life, I am saying "no" to life for many reasons; mainly, because when food controls my life it makes my life unmanageable. But, I do have a Higher Power who is ready, willing, and able to control my food urges. HP will help me to make healthy choices in selecting food for each day. That power will keep me from making unhealthy choices. All I have to do to get this help is to turn my will and my life over to that HP for the next 24 hours. I need only humbly ask for help when I need it.

To quote a writer on page 69 of Overeaters Anonymous, "I offered myself to God as willing to do whatever it took to know Him better and to recover from this disease. All I had to do was clean out the garbage of my past by working the 12 Steps."

I am engaged in working those Steps today. I have gotten only as far as Step 3 because I am new to the program. But as time goes by, I plan to work all the Steps with my loving and helpful sponsor. Meanwhile, I can return to Step 1, 2, & 3 many times over and will always get help there to say yes to life.

-Anonymous



Continued from previous page...

Most of all, I received so much love and inspiration. I saw how compulsive eating is the same the world over, and so is recovery. So many members shared their recovery and had so much strength and so much joy. And just as the disease and recovery are the same, so are service problems! We have the same disease, and it manifests itself in some common ways. We are so lucky in the US to have members with many, many years of region and WSBC experience to help us. I hope we can help connect Central and South America to our experience, strength, and hope in service. I also hope to be able to connect some of the stories from OA-Colombia and OA-Venezuela to us in the US. We can learn from them; we all need each other.

Thank you for letting me share this message and this experience. I left on July 4 (the retreat ended July 3 in the afternoon) sad to leave my new buddies, but so grateful for all I had received. Anybody that wants to talk to me more about this service, or wants to try to help, please contact me!

Kathy Roundtree

Region 8 Intergroup Outreach Chair

WIN FREE ACCOMMODATIONS & REGISTRATION!



Enter the raffle for a chance to win free hotel accommodations and to have your registration fee covered for the upcoming **Region 8 Recovery Convention in Orlando, FL on November 3-5.**

To purchase a raffle ticket, call Kathy R at 919-401-6124 or email her at kathytesh@yahoo.com.



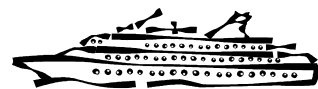
OA CRUISE

Ever wanted to go on a cruise but feared the food? Been on a cruise but battled the food? Here's a great chance to enjoy a cruise without relapse!

OA Region 8 is sponsoring a cruise on November 5 - 9 departing from Port Canaveral, FL (near Orlando) with stops in Freeport and Nassau before returning to Port Canaveral

Rates are very reasonable and there will be meetings and workshops on board throughout the cruise. To register for the cruise or to ask more questions, contact:

Judy P. (407) 339-7164 or Twila (706) 650-7333 or call 1-800-784-8471 and ask for the "Voyage of Recovery" cruise.



AWESOME SERVICE OPPORTUNITY!!!



It is time to start planning the FALL BEACH RETREAT. This year's theme is "**Treasure Chest of OA Tools.**" We will be focusing on most, if not all, of OA's eight tools. The retreat is scheduled for the weekend of October 27-29 at Topsail Island.

Many volunteers are needed in planning this retreat. There will be a planning/brainstorming meeting on **Sunday, August 27 at 3:31pm at Grace Lutheran Church.** Please consider offering service....there will be lots of things to do. Feel free to contact Danette at 862-9118 or danette4cats@yahoo.com for more information or questions. (Hey! SERVICE is one of the tools!!!)

New to OA?

If you are having problems with food, we invite you to reach out and see if Overeaters Anonymous can be helpful for you. You are welcome to use the information in this newsletter to find a meeting, call a member, or receive literature.

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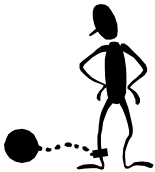
The Serenity Prayer

“God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

.....

On Step Nine:

“This step has freed us from the shackles of our past mistakes in a miraculous way.”
(OA 12 & 12, page 75)



Speakers, Sponsors, and Phone Buddies

If you would like to add your name to the list, please contact Megan via email at newsletter@triangleoa.org

Name	Phone	Best Time	Speaker	Sponsor
Alice H.	919-467-8786	before 9pm	yes	yes
Scott P.	919-559-7679	any	no	no
Valerie R.	919-961-1734	before 9pm	yes	no
Neill M.	919-789-9402	before 10pm	yes	yes
Felicia	919-682-0870	any	yes	temp
Harriette	919-596-9543	any	yes	temp
Elizabeth C.	919-929-5936	any	yes	temp
Jim K.	919-412-8615	any	yes	no
Tammy M.	919-303-1802	before 9:30pm	yes	no
Watson	919-571-8330	before 9:30	yes	yes
Liz	919-661-0183	any	yes	yes
Leilani	919-387-1859	M-F before 5pm	yes	no
Dianne A.	919-787-1337	before 9:30pm	yes	no
Lisa B.	919-752-0213	any	no	no
Mike	919-749-5371	any	no	no
Evelyn	919-848-6798	any	no	no
Ava	919-481-4864	before midnight	no	no
Danette	919-862-9118	any	no	no
Karen	919-819-6089	before 12:30am	no	no
Jennifer	919-637-5355	before 10pm	yes	no
Marjorie S.	336-286-3345	before 11:30pm	yes	yes
Cindy	919-367-0308	daytime	yes	yes
Jim C.	919-773-0477	any	yes	yes
Gerrie	919-387-0345	Before 9pm	yes	yes
Amyla	919-682-7425	any	no	no

Phone Buddies: A phone buddy is someone who is willing to take OA-related calls. Everyone on the list above is an OA Phone Buddy. Having a hard time or just need to talk? Give them a call!

Sponsor: A sponsor is someone who can work more closely with you as you work on your recovery. A “temp” sponsor is someone who can help you on a temporary basis until you find a long-term sponsor.

Speaker: A speaker is someone who is willing to speak from their own experience and tell their story in OA meetings.

Looking for a Meeting?

(919) 406-9300 - Triangle Area (Aberdeen, Cary, Chapel Hill, Durham, Fayetteville, Hillsborough, Raleigh)

(336) 545-8008 - Triad Area (Greensboro, High Point, Jefferson, Wilkesboro, Winston-Salem)

(704) 319-1625 - Piedmont Area (Charlotte, Kings Mountain, Statesville, Concord, Monroe, Gastonia, Shelby, Salisbury, Hickory, Blowing Rock)

(888) 889-8226 - Crystal Coast (Havelock, Greenville, Wilson)

(864) 282-0105 - Upstate South Carolina (828) 258-4821 - Western NC (mountains) (800) 308-2940 - Wilmington Area

(505) 891-2664 - OA World Service Office, fax (505) 891-4320; www.overeatersanonymous.org

For a listing of online meetings and telephone meetings, please visit the main OA website at www.oa.org/online_meetings.html

Registered OA service bodies may reprint individual articles from *Triangle OA Recovery News* for limited personal and group use, crediting *Triangle OA Recovery News* and Overeaters Anonymous.



Report from the Intergroup Outreach Committee....

It is getting close to time for the next Region 8 Business Assembly and Recovery Convention. This time we're meeting in Orlando, Florida on November 3 –5, 2006 (*see page 6 for raffle information*). Knowing the time and dollar commitment is a big decision for an Intergroup, the Intergroup Chairs sub-committee brainstormed some benefits for participating in Region. If we left any out, feel free to add them to our list:

Increased Recovery For Intergroups

History has shown that Intergroups participating in higher levels of service demonstrate more recovery. It works pretty much the same for the Intergroup as it does for the individual - you have to give it away in order to keep it. Areas that don't serve at higher levels grow stagnant and recovery wanes. When we serve at higher levels:

1. We get to hear what others are doing and take back their ideas to our area.
2. Our individual recovery strengthens and we take recovery back to our area.
3. We learn more about the application of the Traditions and take that knowledge back to our area.

More Efficient Intergroup Meetings

Witnessing the effectiveness of “Robert’s Rules” at Region and World Service encourages their use at Intergroup meetings.

Support for Intergroups

Region offers support for Intergroups in many forms:

1. Intergroup Chairs Meeting: The Intergroup Chairs meet twice at each Region 8 Business Assembly to share their strength, hope, and experience. The times are announced at the Assembly and Convention.
2. Email Support: As you know, we offer an email support loop for Intergroup Chairs. See the end of this email to learn how to enroll.
3. Intergroup Sponsor: If your Intergroup is struggling, you can ask for an Intergroup Sponsor. Talk to the Intergroup Outreach Committee if you need a sponsor.
4. Trustee: Our World Service Trustee, Charles, is available to answer questions that might arise in your area. At Region, he shares news about World Service.

Recovery Conventions

Region 8 always has a recovery convention going on at the same time as the Business Assembly. By moving it around each time, we bring recovery into different areas throughout our Region. Talk to our Co-chair, Janice, if your area would like to host a convention.

Intergroups Grow Stronger Financially

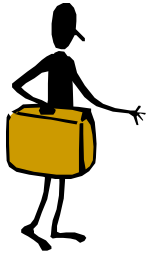
It is usually a struggle for Intergroups to fund representatives and delegates to Region and World Service; but history has shown that it eventually pays for itself for several reasons:

1. Dollars Follow Recovery: We already established that participating in Region and World Service aids recovery. When recovery in an area strengthens, donations go up. When it weakens, donations go down.
2. Ideas: Representatives take home ideas for increasing donations.
3. Dollars Follow Enthusiasm: When a representative gets to see our donations at work, they take that wonder and awe back to their area. Seeing what our dollars can do increases donations.

Financial Aid

We have a small budget for sending financially struggling Intergroups to Regions. Contact the IGOR committee if you want to apply for Representative funding. Of course, Intergroups only enjoy these benefits if representatives return home enthusiastic and willing to share what they learn. I hope you join in Jacksonville with a spirit of expectation and unity. Come and walk on our River Walk, ride our Water Taxi, and shop at the Landing. Strengthen your personal recovery by serving your Region. We are going to have a great time! You can find the flier for the weekend by going to www.oaregion8.org

*Cheryle Touchton
Intergroup Chairs Committee Chairperson*



Report: Service Trip to OA-Colombia's National Service Board Meeting and Retreat

I am writing this report as a way of keeping the fellowship informed about OA service activities, but also with a heart full of gratitude and awe for the opportunities service has offered me. I am writing to report on how OA is growing in Colombia and Venezuela; how we in Region 8 can help them and have helped them; and also how this service has helped me.

After the Region Rep for Colombia (Ligia S., who attended the March assembly) extended an invitation, I agreed to attend the OA-Colombia National Service board's biannual business meeting June 30-July 1 in Bogota, Colombia. Ligia S. expressed that after the Region Rep for Colombia (Ligia S., who attended the March assembly) invited OA-Colombia needed additional help with service at the NSB level. OA-Colombia also requested that I stay for their retreat on July 1-3, to give additional information and support, and mentioned that OA-Venezuela would have members there. I agreed to attend the NSB meeting with "a voice, but no vote," and to speak at the retreat. Based on email correspondence I have had over time with OA-Colombia, and after meeting with Ligia in March at the Region business assembly, I knew about some of the issues and questions they were having. After consulting HP, my calendar, and my wallet, I decided to accept the invitation.

In preparation for my trip, I contacted Charles A., who had been to Brazil on a similar kind of trip, and the Region board for suggestions. Charles very wisely suggested that I use the Service and Traditions workshop manual to provide information on service and traditions. The board encouraged me to focus on abstinence and recovery. Since the theme of the retreat was "A Commitment to Abstinence," this was easy to do. OA-Colombia had also asked me to bring copies of OA books that were not available in Spanish so they could work on translations. They are very hungry for literature to study. So I ordered several books (Beyond Our Wildest Dreams and some others) and the service manuals (PI, Professional Outreach - what used to be HIPM, Service and Traditions workshop) and found spaces for them in my suitcase.

I arrived in the evening of June 29 and was met at the airport by Ligia S. (the Region Rep who already knew me) and 2 other OA members (one from Colombia and one from Argentina). I stayed the night with an OA member in Bogota on June 29, and squeezed in a couple hours of sightseeing before the business meeting began at 2pm on June 30. I met 16 wonderful trusted servants from different parts of Colombia, and listened as they discussed their service and their needs. I was impressed that their minutes included the inventory that was part of the previous business meeting's agenda. I was impressed with how they are open about the connection between their service and recovery. Every year they choose a theme, and I enjoyed listening to the discussion about different ideas. I hope to get them better connected to OA WSBC, where they can find additional theme ideas. I did suggest they include reading the 12 Steps, Traditions and concepts as part of the business meeting, which they immediately adopted. I shared some experiences and traditions information, as needed, during the business meeting, and I will be working with the WSO on some questions about uses of copyrighted OA materials.

The retreat began in the afternoon of July 1 with approximately 50 attendees from all over Colombia and about six members from Venezuela. I met separately with the members from Venezuela who have mainly concerns about literature. It is very difficult for them to get foreign currency due to their government's policies, and they are struggling to have literature available. Also, their postal system is unreliable. I will be working with them at the World Service level on these and other issues.

I gave three talks at the retreat (which I thought was too many, but they asked, so I said yes). I was kept humble by the fact that my Spanish is good enough to communicate, but not always good enough to say things exactly as I would like. I led a workshop on service and traditions (thanks, Charles, for the suggestion!), I told my story, and I gave a report on Region - what we are, what we do. I gave the literature to their literature translation chairperson to work on. I agreed to help them contact WSO about sending a delegate (English-speaking) to the WSBC next May.

Most of all, I received so much love and inspiration. I saw how compulsive eating is the same the world over, and so is recovery. So many members shared their recovery and had so much strength and so much joy. And just as the disease and recovery are the same, so are service problems!

Continued on next page...

Overeaters Anonymous Meetings for Spring 2006

Aberdeen

- Thursday, 8-9pm; Bethesda Presbyterian Church, 1002 N Sandhills Blvd.; Aileen (910) 295-1840 (S, S/D, N, HA) (#06494)
- Saturday, 9:30am-10:30am; AA Bldg. 504 Wilder Ave.; Kayc (910) 692-1812 (S, D, HA)

Cary

- Monday, 7:30-9pm; Greenwood Forest Baptist Church, 110 SE Maynard Rd. (Room 6A); Cindy (919) 367-0308 (D, HA, N, S, T, L) (#10387)

Chapel Hill

- Monday, 7:30-8:30pm; Holy Trinity Lutheran Church, 300 E Rosemary St. (Augsburg Room); Micaela (919) 383-0937, Linda (919) 933-1355 (V, HA, N) (#02519)
- Tuesday, 6-7pm; Evergreen United Methodist Church, US 15-501 (1/4 mi S of Cole Pk Plaza); Elizabeth (919) 929-5963 (BB, HA) (#32098)
- Thursday, 7-8pm; Same location as Monday; Mary Anne (919) 968-0304 (L, HA) (#12897)

Durham

- Tuesday, 12:30-1:30pm; St Phillip's Episcopal Church, 403 E Main St. (in Education Bldg Library); Robin A. (919) 683-3013 (V, HA, BL, W) (#28531)
- Saturday, 10-11:30am; Westminster Presbyterian Church, 3639 Old Chapel Hill Rd. (Youth Hut); Hariette B. (919) 596-9543 (N, V, HA) (#45514)
- Sunday, 10:00 Newcomer's Meeting, 10:30 Regular Meeting; 3017 Pickett Rd. (Structure House, Room 220, Second Floor); Judith T. (919) 542-6722 (V, HA, N) (#20756)

Fayetteville

- Tuesday, 7-8pm; Westminster Presbyterian Church, 2505 Village Dr. at Purdue Ave.; Kristin (910) 257-8590, Judy (910) 864-7483 (S, D, HA, L, V) (#37188)
- Saturday, 11-12pm; VA Medical Center, 2300 Ramsey St (Room 184); Sue (910) 848-2911, Sue Ellen (910) 483-3349 (V, HA, S, T, D) (#33594)

Hillsborough

- Wednesday, 7:30-9pm; Hillsborough Presbyterian Church, Churton and Tryon Streets; Robin L. (919) 732-0936, Alisa (919) 490-5878 (S/D, T) (#33461)

Raleigh

- Monday, 12:30-1:30pm; Grace Lutheran Church, 5010 Six Forks Rd. (Church Library—to the right of the Sanctuary); Cathy C. (919) 848-6963 (D, HA) (#32458)
- Tuesday, 7:30-9pm; Same location as Monday; Scott (919) 559-7679 (D, S, N, HA, S/D) (#04874)
- Wednesday, 12:30-1:30pm; Same location as Monday; Cathy C. (919) 848-6963 (S, T, HA) (#20285)
- Wednesday, 7:30-8:30pm; Grace Lutheran Church, 5010 Six Forks Rd., Classroom #3; Danette (919) 862-9118 (S/D, L)
- Thursday, 7:30-9pm; Highland UMC, Ridge Rd. at Lake Boone Tr. (Class Bldg., 2nd Floor); Evelyn (919) 848-6798, Jim K. (919) 412-8615 (D, N, HA) (#08041)
- Friday, 12:30-1:30pm; Same location as Monday; Cathy C. (919) 848-6963 (L, HA) (#32459)
- Saturday, 9-10am; Holy Trinity Lutheran Church, 2723 Clark Ave. @ Brooks St. (Education Bldg., Rm. 200); Jim C. (919) 773-0477 (S, T, C) (#16772)
- Saturday, 4-5pm; Grace Lutheran Church, 5010 Six Forks Rd. (Room 3); Valerie R. (919) 961-1734 (Recover from Relapse/Relapse Prevention)
- Sunday, 4-5pm; Grace Lutheran Church, 5010 Six Forks Rd. (Room 3); (BB)

Newcomers' Meetings

Newcomer meetings are available on meetings marked with an "N" above. Those meetings are Aberdeen Thursday, Cary Monday, Chapel Hill Monday, Durham Saturday, Durham Sunday, Raleigh Tuesday, and Raleigh Thursday.

Telephone Meetings: See page 2 for more information.

Triangle meeting information: (919) 406-9300. See page 5 for additional meeting information.

BB Study of the AA Big Book	N Newcomers' meeting available	BL Okay to bring your lunch
D Discussion of OA-related topics	V Format of meetings varies	C Closed meeting
S Study of the OA 12 steps	T Study of the OA 12 traditions	L Study of OA literature
W Meeting may include writing	HA Accessible to people with handicaps	S/D Speaker and Discussion

Please send any changes to this list to: newsletter@triangleoa.org