

Recovery

TRIANGLE OA

NEWS

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

Volume 21, Issue 10

A Publication of the Triangle OA Intergroup—Raleigh, NC

Donations Welcome

October 2006

Step Ten

Continued to take personal inventory and when we were wrong, promptly admitted it

Tradition Ten

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy

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 Ten

Step 10 seemed extremely daunting when I first came across it. Of course, being the obsessive compulsive overeater that I am, I began worrying about practicing it in my life long before I ever completed the previous nine steps! I was afraid, because I believed I was such a bad person that I would only unearth monsters and then how would I rebury them? What I didn't know, or understand at the time, was the perfection of the sequence of the steps. Steps 4 & 5 help me look at all the demons of my past that prevented me from experiencing my connection with my Higher Power and that made me flee to food. Steps 6 & 7 helped me strengthen my dependence on my Higher Power and be relieved of some of the character defects that had operated in my life for years. I began to trust my Higher Power's Power and Love for me. I no longer felt alone and I stopped feeling like I was bad all the time. With this new sense of a Loving Presence, I could face Step 8 and have the courage to take the action Step 9 requires. Step 10 began to look different. I had cleared away the "wreckage of the past." The only hurts and injuries I was left to examine were those that happened in today. And so in my life today, just as I do not pick up that first compulsive bite just for today, I only examine all my behaviors, actions, character defects and assets of this day. There are no monsters now.

There is much I love about Step 10 today. I love that there are several ways available to me to take inventory because in its thoroughness Step 10 covers all of my living. It keeps me safe from returning to the old destructive ways of the past. The spot-check inventory throughout the day is there for me when I notice I am losing serenity. If I stop and identify my character defects, pray for their removal, talk to someone and make amends where necessary, things get better. Serenity returns. It never used to be that way.

There is the inventory at night that helps me release the day to my Higher Power and frees me from carrying it over to the next day. This truly does free me. For the most part, I am able to begin the next day as a new day so that everything I encounter, everything I have to deal with becomes "just for today." I am also able to go to sleep more peacefully. It never used to be that way.

Finally, there are those longer inventories when an area of my life needs attention that didn't come up in my original 4th Step. Because there is space in Program for these inventories, I recognize I am being told that I am not perfect and not expected to be! This type of inventory gives me room to clean up my side of the street so that I don't have to create damage that will become the new "wreckage of the past" in my future. It never used to be that way.

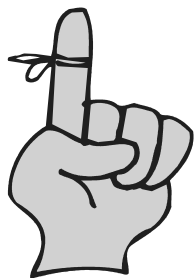
I can honestly say that Step 10 today has become a gentle step in my life rather than a punitive one. It keeps me free of regret, guilt and shame, replacing them with gratitude, joy, faith and peace.

Anonymous, Raleigh

**Topic
for
November**

Topic for November: **Laughing My Way to Recovery**. You can also write about the Eleventh Step or Tradition. We are **always** looking for writings for the newsletter. Please send your writings to newsletter@triangleoa.org by **Oct. 13**.

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



INTERGROUP MEETING FOR OCTOBER

SATURDAY, OCTOBER 21, 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
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
February	Open!! Available for sign-up!!	Step 2, Tradition 2, 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 - August 19, 2006

Who Was Present

Mary Anne, Chair; Jim K., Hi-Tech Chair; Scott, Professional Outreach Chair; Marcia, Thurs./Sat. Aberdeen; Tracy, Sun. Durham; Judy K., Tues. Fayetteville/Ad Hoc Treasurer; Mark, Sat. morning Raleigh; Libba, Sat. Durham; Neill, SOAR Rep; A.J., Wed. Hillsborough; Esther, Wed. Hillsborough; Danette, Retreat Chair/Wed. Raleigh; Anne O., Mon. Cary; Jim C., WSO; Alice S., Mon. Cary; Judith T., Tues. Chapel Hill; Shelley, Sat. Raleigh; Elizabeth C., SOAR Rep; Diana H., Mon. Chapel Hill; Gerri, Visitor

Minutes were accepted.

Treasurer

- Report was accepted as submitted.
- Higher monthly expenses due to SOAR attendance.

Hi-Tech

- Newsletter is online. Seeing over 200 hits a day and many downloads of the newsletter.
- No progress on getting the Secretary notes on to the web. Need to register the website with OA.org.

Newsletter Liaison

- Deb has received July and August for mailing.

Professional Outreach (PO)

- Added Smithfield meeting to the phone list. Newspapers are still running notices of meeting.
- Literature distribution will hopefully happen during the next month.

Retreat

- The name is 'Treasure Chest of OA Tools'. Dates are: Oct 27th - 29th Topsail Island.
- Danette will tour the facility and sign the contract next week. There is a kitchen staff and work will be done on the menu.
- There will be 5 spots for people who want to attend without staying or eating at the facility.
- Volunteers are meeting on Sunday 27th Grace Lutheran @ 3:31 PM.
- If you can help in any way, please contact Danette, our Retreat Chair, at 919-862-9118

SOAR

- Report submitted by Neill and Jim C. A soft copy will go on the web and in the newsletter. Jim C. has a CD copy of the speakers that can be lent to groups.
- Elizabeth is going to November SOAR in Orlando, FL.

WSO

- Nothing to report.

Special Events

- Chapel Hill Monday night is planning a Serenity Day for October. Date to be announced later.

Announcements/New Business

- Motion to put Officer E-mail on the webpage. **Passed**
- Motion to put Lifeline section up. Judy will choose part of a story, or something similar, and we will put up a link to the Lifeline site. Elizabeth will write up about how Lifeline has helped her and this will also be posted. **Passed**
- Motion to put the Treasurer's report, minus total balances, on the website. Amended. Put 60-30-10 Distribution on the website showing that this is not all the group contributed, noting the total represents the IG portion of a groups contribution. **Passed**
- Lending Library - Motion: Anne volunteers to oversee lending library. Would have an inventory and sign out method for materials. She would facilitate getting material to people. **Passed**
- Motion: Put the lending list inventory on the web. **Passed**
- Any contributions of tapes, CD, or OA lit maybe be brought next month to IG meeting. Anne will collect them.
- Ask-It-Basket - Involve someone(s) that would take questions from the web and answer questions. **This was tabled to next month.**



Step 10

"Continued to take personal inventory and when we were wrong, promptly admitted it."

Step 10 is a reminder to me that I have to make abstinence my first priority. Abstinence gives me serenity and helps to keep me out of the illness. I find myself at times still trying to control the outcome of things rather than letting go of the outcome. Letting go of fear and perfection puts me on the path to my Higher Power and removes the stumbling blocks that hold me back.

Step 10 also reminds me to take care of myself, to meditate, exercise, to enjoy life, and to love myself as much as I love others. This action affirms that with God's help, I am changing and will continue to grow and learn.

-Dana



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.

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 Ten:

“Anything we can imagine, we can do, with the help of our Higher Power.”
(OA 12 & 12, page 89)



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	yes	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.

SOAR Nashville 2006



Friday, July 21

- We heard three presentations on selected traditions during this session.
 - * Charles A. from Atlanta spoke on the 4th Tradition of autonomy. He said that OA groups should have the autonomy to make their own mistakes.
 - * Ray from Florida spoke on Traditions 6 (keep it simple) and 10 (OA has no opinion on outside enterprises). He said that the traditions were written to insure our future. He also stated that the traditions keep us strong and healthy at the individual and group levels.
 - * Cheryle from Florida spoke on the 12th Tradition of Anonymity (principles before personalities). She said that “a house that is not built on a strong foundation collapses.” She also said that, “There are no saviors in OA, only servants.”

Saturday, July 22

7:30-8:30am

- I attended the Green Dot meeting at 7:30am, which is an orientation for new representatives. The leaders discussed the procedures of the business meeting, the format, and Robert’s Rules of Order.

8:30-9:30am

- I attended the *12th Step Within* committee meeting. Cynthia, the chairperson, led a discussion on how to reach those persons who are teetering toward relapse. We also talked about the importance of maintaining contact with people who have left the fellowship and strategies to welcome newcomers and people who are returning to OA.
- Significant points of discussion were:
 - * How do we strengthen sponsors so that they can help others?
 - * A review of the Twelfth-Step Within Handbook
 - * Encouraging people to take the Handbook back and to purchase one for each meeting.
 - * Spanish and Portuguese literature for Mexico, Central and Latin American countries.

9:45-12:30pm

- The business meeting was called to order with 38 eligible voters. There was discussion on the new format for the business meeting, which scheduled the committee meetings before the general business session. It was generally agreed that the new format allowed for discussion of individual committee reports during the meeting.
- Judy, the SOAR secretary, is stepping down after her term expires. So far, no one is running to fill the SOAR secretary position.
- Scott, our SOAR treasurer, explained that we do not lose money on SOAR assemblies. Instead, we INVEST in recovery. He also hastened to point out that Intergroups that host SOAR assemblies usually make money!
- The 7th tradition for the morning session totaled \$167.30.
- Charles A. gave a WSO report. The next scheduled World Service Convention is 09-01-07. He also stressed the importance of the OA magazine Lifeline and encouraged everyone to consider a subscription.
- Committee Reports:
 - * Bylaws: They are working to bring the Policies and Procedures manual up to date.
 - * Ways and Means: SOAR cookbook on back burner (ha, ha). The SOAR cruise will immediately follow the November SOAR assembly in Orlando. They also reported suggestions such as garage sales and marathons as possible fundraisers.
 - * Publications: Consider being a Lifetime representative; the SOAR website will change to a different web host; a possible link from the SOAR website to each Intergroup.
 - * PI/PO: What does PI do? PI (Public Information) becomes PO (Public Outreach), using video to carry the message; possible Intergroup lending libraries for literature.

Committee Reports (continued...)

- * IGOR (Intergroup Outreach): Articles are available from IGOR for Intergroup newsletters; Region speakers lists and region maps are available.
 - * Young People: They discussed making contact with new young peoples' meeting; what works and what doesn't work for these meetings; outreach to schools.
 - * 12th Step Within: Please be aware that there are both Newcomers and Welcome Back packets; discussion of a slogan for the 12th step within; relapse recovery or relapse prevention meeting; the importance of a newcomer greeter for meetings.
- World Service Business Conference report:
 - * WSBC delegate Donna reported that HIPM has officially changed to PO; WSBC will remain in Albuquerque, NM; people were encouraged to write articles for The Courier, a professional outreach journal.

1:30-2:50pm

- Meeting called to order with 37 eligible voters. Cheryle from Florida reported that the Jacksonville, FL SOAR assembly was a success. The SOAR assembly for July 13-15 in St. Petersburg, Fla., was officially approved.
- Charles A. and Sarah G. were nominated for SOAR trustee.
- Janice S. was nominated for vice-chair.
- There were no nominations for SOAR secretary.

3:00-5:00pm

- Proposals submitted for debate and vote included:
 - * Motions to be considered at an assembly should be submitted before the assembly. This would allow the P & P committee to determine if the motion was in conflict with SOAR policies and procedures. Vote was 28 for, and 12 against.
 - * Motion to add to P& P, Item 16 (p.2-3) concerning the order of defunding committees. This would add the Young People's committee to the top of the list to be defunded in the event of a shortfall in the budget. Vote was unanimously for the motion.
 - * Motion to change the name of PI/HIPM committee to PI/PO. Vote was unanimous for the change.

The meeting was ended at 4:45pm

Step 10

Of all the steps, Step Ten connects me at a gut level with the present. I resist being honest with my Higher Power. When I take five minutes to write out my fears, harms and resentments, I get in touch with the real issues. My heart opens to my Higher Power, Who shows me amends to make. He reminds me of the daily living amends – to surrender my will to God for today -- to work the 12 Steps of OA in order.

Often I think, "I can surely skip Step Ten just for today." Today, the disease whispered to PLOM (Poor Little 'Ole Me), "Why should you have to do all this *work* for the rest of your life? This is too much of a burden." Like a terminal amnesiac, I heeded the disease. Skipping step work seemed like a good idea at the time. Fast forward to tonight. Absent are the satisfaction and serenity that come from knowing I've spent today in conscious contact with my Higher Power, praying for God's will and the power to carry that out. Instead, I feel nagging regret --the aftermath of self-will run riot.

It is this pain, however, that brings me to the truth – I need God to run my life. I need Step Ten, and I need it *today*. In a mere 5 minutes of writing, the emotional frenzy is subdued. Spiritual calm is slowly restored. Stubbornness runs deep as denial, so I pray that today's experiment gone awry will linger in my memory for perpetuity. Next time the disease of compulsive overeating plants the seeds of rebellion, I pray for the willingness to remember: working Step Ten *every* day is *vital* to my recovery.

-Anonymous

Overeaters Anonymous Meetings for Fall 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, A.J. (919) 644-1239 (BB, D, S, N, V, HA, L, S/D) (#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