

Recovery

TRIANGLE O A NEWS

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

Volume 21, Issue 11

A Publication of the Triangle OA Intergroup—Raleigh, NC

Donations Welcome

November 2006

Step Eleven

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out

Tradition Eleven

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, film, television, and other public media of communication

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 Eleven

To pray, to me, is to be sane. If I put God first in the life He's given me to live, than my food will be in order. He has given me a food plan and I need to be grateful for it in my prayers. I meditate on His Word every day and I meditate on OA literature and the Serenity Prayer. I like to pray to God every moment and give Him my full attention! After all, He has done so much for me. I have learned how to do Step 11 in many ways. One thing is to keep praying at all times and to never give up on prayer. Meditate on the things He has created, beautiful nature. Pray with others. Pray when you don't feel like it. Pray when you don't know what else to do. Trust and pray. He's worth it!

Marjorie S., Greensboro

"Praying Only...."

If the only prayer I could issue up toward heaven were the prayer "Thy will alone, O Lord," I would have terrible emotional constipation! While Step Eleven gives valuable guidance, I think its phrasing, "praying only for knowledge of God's will for us, and the power to carry it out," is meant as a basic training tool. As a compulsive overeater, I am subject to powerful whims: the sweet sirens of a bakery counter, the devilish demons of entitlement (you've worked so hard, you deserve some....), the despair of emotional resignation, "what does it matter, anyway?" I get stuck inside a circle called myself, and it can become a ready-made prison.

When I take Step Eleven I'm given corrective lenses that re-focus my outlook; now I see that God is in the picture and remember that I have a higher power to ask for help. I need not consider my subjective and faulty will alone, but instead seek a higher, better will. The circle expands and I am not alone.

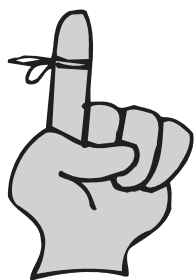
And for the rest of my prayers? I pour out whatever is left, knowing that my Higher Power will hear my heart and in due time grant me peace.

-Robin A.

**Topic
for
December**

Topic for December: **Life's Not Perfect and Neither am I.** You can also write about the Twelfth Step or Tradition. We are **always** looking for writings for the newsletter. Please send your writings to newsletter@triangleoa.org by **Nov. 10.**

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



INTERGROUP MEETING FOR NOVEMBER

SATURDAY, NOVEMBER 18, 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
December	Raleigh Saturday, 9am	Step 12, Tradition 12, Topic: Life's Not Perfect and Neither am I
January	Open!! Available for sign-up!!	Step 1, Tradition 1, Topic: It Works When You Work It
February	Open!! Available for sign-up!!	Step 2, Tradition 2, Topic: TBD
March	Open!! Available for sign-up!!	Step 3, Tradition 3, 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 - September 16, 2006

Who Was Present

Mary Anne, Chair; Felicia, Vice President; Harriette, Secretary; Marcia, Thurs./Sat. Aberdeen; Tracy, Sun. Durham; Mark, Sat. morning Raleigh; Neill, SOAR Rep; Danette, Retreat Chair/Wed. Raleigh; Anne O., Mon. Cary; Jim C., WSO; Shelley, Sat. Raleigh; Deb, Newsletter Liaison; Amyla, Tues. Durham; Laureen, Mon. Chapel Hill;

Minutes were accepted.

Group Outreach

- Decided that Sanford group should not yet be listed in the Intergroup Newsletter, as they are not yet well-established. Will check back with them in a few weeks.

Retreat

- Danette saw the facility that was planned for the Fall Retreat and met with the chef. A week later, the facility quoted a price of \$170/person, higher than originally quoted. Even though, after negotiation, the facility lowered the price to \$152/person, the total per person cost would still be \$190 - too high. The group voted unanimously to cancel the Fall Retreat.
- "Hope for the Holidays" event sponsored by Cary group scheduled for November, perhaps the 2nd Saturday. Jim C. suggested using energy from retreat for Hope for the Holidays and Commitment to Abstinence. Mary Anne volunteered Intergroup support/help for events.

WSO

- WSO positions are open, including a Trustee position demanding 7 years in program, maintenance of healthy body weight for 2 years, etc. (see full qualifications online at the WSO website).
- The World Service Business Conference will be April 30-May 5. New business motions need to be submitted by December 5. The format is simple and Jim has the information. Any group can bring an item forward.

Professional Outreach (PO)

- New lending library of OA materials is in existence. Anne bought cart for literature and tapes that people will begin to donate. She will hold materials, and will keep track of lending. *Reps should share information about lending library with groups – lend or donate.*

Announcements

- Daytime meetings in Raleigh could use support.

Members can bring lunch

- Friday Durham meeting at 12:30 is in business. Tuesday and Friday Durham meetings both meeting temporarily at 1st Presbyterian Church in downtown Durham, around the corner from the former meeting place at St. Paul's Episcopal.

Continuing/New Business

- Jim C. reported that WSO is very interested in the issue of teens and children in OA. Members interested but had several concerns. Decided to follow-up and get information from WSO about successful groups of teens/children as they gather it.
- Members interested in adding an "ask-it-basket" to our website. However, WSO, Lifeline, and every World Service Business Conference has an "ask-it-basket." Several options were suggested:
 - a. Allow people to pose questions through the Triangle OA website and refer them to the Trustee.
 - b. Create message board in which anyone could participate.
 - c. Create a Triangle OA "ask-it basket" that our officers/members would take responsibility for managing, answering questions and checking them.
- Question: Should meetings that meet at the same time and place, but on different days, be considered 1 group with 1 group number, or 2 separate groups with separate group numbers? Overall, consensus was that it was the choice of the members of the meetings.
- Jim C. pointed out that we need to inform people that the Fall Retreat has been cancelled through the newsletter. Mary Anne said she would ask Danette to write a blurb. Felicia expressed concern about the last-minute cancellation. Is there a way the Intergroup can support the Retreat Committee more effectively? Proposal was to discuss the Retreat issue more fully at the next meeting. Jim C. proposed a bylaw change to make the Retreat Committee a Standing Committee.
- Harriette asked that the IG Representatives bring back old newsletters so that we can circulate them at SOAR.
- Harriette also asked every Rep. to bring a home group member with her or him to the next meeting.

Letting Go and Letting God

How appropriate. Actually, I think I'm doing fairly well at this. Anyway, there's a lot of stuff going on in my life and I don't seem to have much control over any of it and I don't feel overly worried about any of it either. I don't know if that is letting go and letting God or just plain old apathy. Let me list some stuff. First and foremost, my health. It has occurred to me recently that I will never truly have good health again. Hopefully, it will be better than now, but having truly vibrant health again is not likely in this lifetime. Gus, my son, he's out of the house, but still inside my head. I worry about him a lot and pray that he will make it long enough to grow up without doing irreparable harm to himself or others. Work – enough said. Daughter, wife, aged mother – the list goes on. I am concerned about all of this stuff, but I sleep well at night and, in general, I enjoy every day – some more than others, but every day. Tuesdays, Thursdays and Saturdays included, I feel joy.

When I used to have the problems and responsibilities I have now, I woke up every morning filled with self-loathing, fear and despair. What's the difference? Back in those days I thought I was in charge. Now I know that God is in charge. What a relief!

-Watson, Tuesday Raleigh

PLEASE NOTE:



The **Durham Tuesday** and **Friday 12:30pm** meetings have changed location. St. Philips's is undergoing renovations, so the groups are now meeting one block west from the old location - at First Presbyterian Church, 305 East Main Street, Durham, at the intersection of Roxboro St. and East Main. Parking is available in the lot around back. Be sure to secure a parking permit from the church office. Meeting room is on the second floor in the Christian Ed wing.

WHAT IS ABSTINENCE ?

A Serenity Day Sponsored by the Triad OA Intergroup

What is a true commitment to abstinence? How can a plan of eating help you be abstinent?
What's the difference between a slip and a relapse?

When: Saturday, November 11, 2005

Time: Registration: 1:00 – 1:10pm

Program: 1:10 – 5:00pm

Where: Main Street United Methodist Church
306 S. Main Street
Kernersville, NC 27284

Directions to Main Street United Methodist Church (from Raleigh-Durham):

Take I-40 West to exit 206. Exit right onto I-40 Business (I-40-Br/US-421 N/Kernersville/Winston-Salem Downtown). After 3 miles, take a right onto ramp (NC-66/NC-150/Kernersville). Take a left onto SR-66. Go approximately 1 mile [you will pass the Moravian Church on the left, then Korner's Folly on the right, then MS United Methodist Church on the left]. Go past M.S. United Methodist church and turn **LEFT** onto Tanyard Lane. Park in large lot on the right, across from the church.

For information, call Lynne, 336-288-8771

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 Eleven:

“The only way to do meditation wrong is not to do it at all.”

(OA 12 & 12, page 96)



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
Deb A.	919-361-4639	any	yes	yes

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.

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, 10:00-11:00am; AA Bldg. 504 Wilder Ave.; Aileen (910) 295-1840 (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; First Presbyterian Church, 305 E. Main St. (Meeting room is on second floor in the Christian Ed Wing); Robin A. (919) 683-3013 (V, HA, BL, W) (#28531)
- Friday, 12:30-1:30pm; First Presbyterian Church, 305 E. Main St. at intersection of Roxboro St. and E. Main St. (Meeting room is on second floor in the Christian Ed Wing); 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