

Recovery TRIANGLE OA NEWS

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

Volume 21, Issue 12

A Publication of the Triangle OA Intergroup—Raleigh, NC

Donations Welcome

December 2006

Step Twelve

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs

Tradition Twelve

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities

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**

Life's Not Perfect and Neither Am I

I coined a phrase: perfectionism + procrastination = paralysis. The antidote for this formula is patience + persistence = progress.

I weigh 120 pounds and have 18% body fat, no wrinkles, and no cellulite. I have perfect coordination, can do the splits, have great endurance and strength. I make lots of money and make decisions that make lots of money. I'm never tempted to lie, I am perfectly diplomatic without being dishonest, and always considerate of other people. I always change my oil, eat perfectly (whatever that is), always recycle, and on and on. My life is mostly perfect, if perfection means the absence of frustration, tears, learning, pain, indecisions, questions, and embarrassed laughter.

No, my life is not perfect if perfect is defined as some ideal look or way of being, for which the definition is always changing. Trying to changing a societal definition of perfection equates to INSANITY. The fact that I've done it and still fall into the illusion that I can change it, lets me know that my life is unmanageable. So, I've redefined perfection through the Twelve Steps. Perfection is now "being perfectly human." In other words, it's being real. I can't manage my life, I can only experience it. Life changes from moment to moment and "being perfectly human" means that my capacity to manage it is limited, and that's ok. Being a perfect human means making mistakes and making amends.

-Alice D., Raleigh

Step 12

Step 12 reminds me that I may be the only copy of OA principals that anyone sees. I have had a spiritual awakening as the direct results of having worked the steps with sponsorship and trying to apply them in all my affairs; in the same way I try to carry this message of hope to all who may need it.

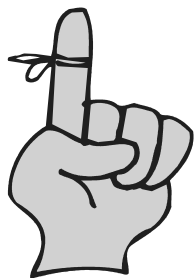
The operative word in this message to me is trying and letting the outcome be up to a Power greater than myself. It reminds me that the timing of the universe is impeccable. For me, personally, the ongoing process is Service in program.

-Jim C., Raleigh

**Topic
for
January**

Topic for January: **It Works When You Work It.** You can also write about the First Step or Tradition. We are **always** looking for writings for the newsletter. Please send your writings to newsletter@triangleoa.org by **December 8.**

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



INTERGROUP MEETING FOR DECEMBER

SATURDAY, DECEMBER 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
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: Acceptance
March	Open!! Available for sign-up!!	Step 3, Tradition 3, Topic: When to Say When
April	Open!! Available for sign-up!!	Step 4, Tradition 4, Topic: We Can't Keep It If We Don't Give It Away



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 - October 21, 2006

Who Was Present

Mary Anne, Chair; Felicia, Vice Chair; Marcia, Thurs./Sat. Aberdeen; Tracy, Sun. Durham; Mark, Sat. morning Raleigh; Anne O., Mon. Cary; Jim C., WSO Rep & Parliamentarian; Elizabeth, SOAR Rep; Gerri A., Sat. morning Raleigh; Deb, Newsletter Liaison & Thurs. Chapel Hill; Lauren, Mon. Chapel Hill; Judith, Sat. Durham; Elise, Tues/Fri. Durham; Judy, Tues. Fayetteville

Minutes from September 16, 2006 meeting were accepted with one correction: Felicia is the Vice Chair, not Vice President

Treasurer's Report

- Not much change, usual expenses and a \$60 donation
- The last report was off by \$.05

Hi-Tech

- Receiving steady hits on website
- Updates needed include: Treasurer's report needs to be posted, by-laws need to be edited, PI to be changed to PO, Retreat cancellation replaced with Serenity Day info, November 11th "Hope for the Holidays" in Cary to be posted ASAP

Professional Outreach (PO)

- Scott (not present) working on Fayetteville write-up/ad
- Anne brought fliers about the Lending Library to be distributed at meetings

Retreat

- Chair not present. Ft. Caswell offered as possible location for future retreat

SOAR

- Assembly is on the first weekend in November. If any groups have concerns that they would like addressed at SOAR, contact Elizabeth

WSO

- Proposal forms available on OA website. Deadline for proposals is 12/10/2006
- Conference is scheduled for April 30 - May 5
- Region 8 Trustee position (3 year term), 3 general service trustee positions open (2 year term; \geq 2 years of current abstinence)

Special Events

- November 11, 2006: Cary meeting to host "Hope for the Holidays." There will be a clothing exchange. \$5 suggested donation. However, no one will be

turned away!

- November 11, 2006: Kernersville Serenity Day. Jim C. to be a speaker
- Chapel Hill is planning a half-day Serenity Day. Tentative date is Saturday, December 9, 2006

Announcements

- Group Outreach Chair is vacant
- Friday Durham meeting needs to be added to the Triangle OA website
- As of November 2006, Elise will be the Intergroup Rep for the Sunday Raleigh meeting; (443) 690-0068 huny97@comcast.net

Continuing/New Business

- New treasurer needed. Must have past IG service experience, 1 year current abstinence. Duties include picking up the mail and bringing it to IG. One year term
- IG is shooting for a flat budget. They are going to budget for new software, although it may not be needed or it may be decided not to purchase it. IG wants the new treasurer to have input into whether s/he feels they need new software
- Committees: Please submit budget to Judy by November 7, 2006 for annual budgeting
- Elections: Hi-Tech position open. Jim K. is willing to remain in the position if no one expresses interest. Jim K. is willing to work with the future Hi-Tech Chair
- November 18, 2006: IDEA Day: IG will observe a moment of silence during the November 18 meeting. Also, IG to promote "Call 5 to Keep Them Alive" on/for IDEA Day. Those present at today's meeting will announce "Call 5" at meetings until November 18th. "Call 5" means you will make a commitment to call 5 OA members you have not seen in a while on November 18th
- Groups to contact Jim C. if they have a motion that they want IG to support
- Retreat: Gerri A. would like to be nominated to be involved in planning the next retreat. She will not be able to attend next IG meeting.
- Several motions were made about future retreat planning. Felicia will type up those motions and send to Mary Anne.
- Retreat discussion was tabled until next IG meeting

Willingness to Be Willing

I had been in OA for a few years, but still struggled when I went on a trip or to a serve-yourself buffet. I was planning to visit a yoga center out-of-state for a whole month. I knew the food was going to be healthy, but also unlimited. I was terrified!

I worked my way back to the first few steps and decided to trust my HP. That is, I prayed, for the willingness to be willing. Remembering the adage, “pray to God, and row to shore,” I made a list of ways I could work my program extra diligently.

1. Write everything I eat “on the road” and mail it in to my sponsor (before cell phones).
 2. Phone World Service and ask about local meetings.
 3. Phone my home support crew daily.
-And so forth

I also wrote to the Yoga center sharing my struggles with food and asking if there was any feasibility of getting to a 12-step meeting. I also asked if there was anyone living at the Center who is in OA and could help me while I am there. On the envelope, I printed “confidential.”

A few days later I got a phone call out of the blue. “May I speak with Judith, please?” My name is Shanti, I live at the Yoga Center.” “I opened your letter today. I am in OA, and was so excited to get your letter.”

The next day, I was in the dorm writing my meals into a tiny notebook when I saw a dark head peeping over my left shoulder. “Are you in program too?” she asked. Lilly became my new OA dorm mate/buddy. She, Shanti, and I met several times a week for mini-meetings on the green, rolling hill outside the center.

When I work my program diligently, and pray for the willingness to trust HP, miracles unfold in God’s way and God’s timing. *Occasionally I remember that.*

-Judith V., Raleigh

Simply Living

For me, the joy of recovery is simple. Thanks to OA, I am alive today. I’ve been in recovery for more than 13 years, a miracle in itself. No, it hasn’t been easy, and I didn’t do it perfectly.

If there is a key to my “success” today, it is this - I kept coming back! I kept coming back when I felt OA wasn’t working, when it was working, when I was working it, when I wasn’t working it and when it was working me. Why does that bring me joy? For the first time in my life, I have a name for my insanity - compulsive overeating. I have others with whom to identify and share my concerns. I have relationships that bring depth, meaning and purpose to my life. I feel useful and needed. I can give back what OA has given me. When life hands me difficult lessons, I have a Fellowship of support, if I reach out for it.

I’ve also found the joy of practicing gratitude, which I didn’t have when I first walked through the doors of OA. No, I don’t have the best life, but I have a life, and for that I am grateful.

- J.J., Holland, MI

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.



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 Twelve:

“Now we know we don’t have to fear anything that comes to us.”

(OA 12 & 12, page 99)



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); Elise (443) 690-0068 (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