

Recovery

TRIANGLE OA

NEWS

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

Volume 22, Issue 1

A Publication of the Triangle OA Intergroup—Raleigh, NC

Donations Welcome

January 2007

Step One

*We admitted we
were powerless over
food—that our lives
had become
unmanageable*

Tradition One

*Our common welfare
should come first;
personal recovery
depends upon OA
unity*

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*

Report from the SOAR Assembly - November 3-5, 2006

Neill M. and Elizabeth C. were Triangle IG reps at the SOAR Assembly in Orlando, FL on November 3-5. About 35 representatives were there, including a visitor from Mexico.

Two issues were in the forefront at this assembly. The first issue had its origin at the July SOAR assembly in Nashville, TN. At that time, it was voted that no motion, except for emergency measures, should be brought directly to the Assembly without first being checked out by the Assembly's Policies and Procedures committee. At this Assembly, we began to work out the "nuts and bolts" of how the new rule should be implemented. After some discussion, we concluded that we would have to work out difficulties as they arose.

The second major issue involves the relationship between the SOAR Assembly and the Recovery Convention, which occur at the same time in the same hotel. In past years, very few Recovery Convention attendees came to the SOAR business meetings; but, this year it changed. On Friday night, both groups came together for a typical Assembly meeting conducted by Assembly officers and Committee chairs. The officers explained what was being done and why it was done that way, which was actually a lively and interesting presentation. They described all the work of the Assemblies and how much of the 7th Tradition money is spent. It was well received and will likely be done again.

Each SOAR committee gave a presentation Friday evening about the role of their committee and the projects that are currently underway. Here's a summary:

Intergroup Outreach, known fondly as IGOR, is headed by our own Cathy R. In support of SOAR Intergroup, they have a speaker list and Intergroup sponsors; will troubleshoot any Intergroup problems; produce a map of Intergroup locations in SOAR Region 8; and sponsor two brainstorming meetings for IG chairs at each SOAR assembly. Cathy R. had to step down at this Assembly. A new chair will be announced.

Ways and Means, which generates money for OA, is chaired by Judy P. from Florida. Keeping within the Traditions, they host everything from yard sales to the OA cruise, which left from Cape Canaveral on Nov. 5, 2006.

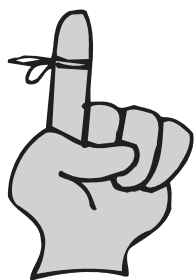
Public Information/Professional Outreach is headed by our own Harriette B. They will display Regional information for groups and Intergroup at health fairs and other public events and can advise on the use of OA films/tapes instead of, or in addition to, a speaker.

Publications Committee, chaired by Lisa E., produces the Policies and Procedures manual, which includes a calendar of region-wide events, and the SOAR newsletter. They are moving to a larger web host, where they can then add lots of new features, which may cause temporary access issues at the end of the month. (*Continued on pg 4...*)

**Topic
for
February**

Topic for February: **Acceptance**. You can also write about the Second Step or Tradition. We are **always** looking for writings for the newsletter. Please send your writings to newsletter@triangleoa.org by **January 12**.

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



INTERGROUP MEETING FOR JANUARY

SATURDAY, JANUARY 20, 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
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
May	Open!! Available for sign-up!!	Step 5, Tradition 5, Topic: Big Lessons from Small Actions



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 - November 18, 2006

Who Was Present

Mary Anne, Chair; Marcia, Thurs/Sat. Aberdeen; Tracy, Sun. Durham; Mark, Sat. morning Raleigh; Anna, Mon. Cary; Jim C., WSO Rep & Parliamentarian; Elizabeth, SOAR Rep; Deb, Newsletter Liaison & Thurs. Chapel Hill; Amyla, Tues/Fri. Durham; Elise, Tues/Fri. Durham; Judy, Tues. Fayetteville; Harriette, Secretary; Neill, SOAR Rep; Scott, PI/Professional Outreach Chair; Alice, Visitor

Treasurer's Report

- Treasurer's Report accepted

Hi-Tech

- December's newsletter is on the website

Newsletter

- Deb agreed to research who's the member responsible for updating the speaker/sponsor list that's posted in the newsletter.

PI/Professional Outreach

- Information about our meetings is listed each Friday in the N & O.
- The phone line information has been updated for November.
- The article about program was listed in a recent edition of the Prime Time in the Fayetteville area.
- There was discussion on guidelines for writing articles and posting photos of members in papers and magazines. For specific guidelines, members are encouraged to go to the WSO website or check out the PI/Professional Outreach manual.
- The Herald Sun will run a list of meetings each week. Scott will check with them to see the day in which the meetings will be posted.
- The Verizon Superpages will list the contact information for OA in our area. Scott will check to see if the information will be listed in the white or yellow pages; and, if in the yellow pages, under which heading.
- Information is still be dropped off at Professional Offices.

SOAR

- The report from the recent Assembly held in Orlando was presented by Neill and Elizabeth. The report has also been submitted for posting on the web.

WSO

- The budget for next year was submitted based on this year's expenditures. Jim encourages members to consider serving as WSO rep for 2008. If interested, the name must be submitted for nomination and

election in December.

Special Events

- A Special Events chairperson is still needed.
- Upcoming events include:
 - Retreat in Roanoke, VA on February 9 - 10, 2007
 - A Serenity Day on December 9th in Chapel Hill at Holy Trinity Lutheran Church on Rosemary St.

Announcements

- The Tape/CD library is available for members. If you'd like to borrow a tape/CD, or to see if a book is available, contact Ann at (919) 552-7571 or Anniegrace44@earthlink.net. She will give the requested item to the representative for your group for delivery.
- The proposed budget for 2007 was accepted. Groups are again encouraged to consider the 60-30-10 contribution plan as outlined by WSO.
- Nominations for the upcoming year are listed below. Elections will be held at the December IG meeting. Please note that even though someone's name is listed as having been nominated, all positions are open. However, for someone to be considered, they must be at the December IG meeting.

Chair	Mary Ann
Vice Chair	Felicia
Treasurer	Trish
Secretary	Harriette*
Retreat Chair	Gerri (Registrar TBA)
Hi-Tech	Alice
SOAR	Elizabeth & Neill are still serving their terms
SOAR Alt	Open
Newsletter Liaison	Deb
PI/Prof. Outreach	Open
Special Events	Open
Group Outreach	Open
WSO Rep	Open
Parliamentarian	Open

**(If someone will run for this position, I can serve as the IG rep for my home group. Thanks.)*

Continued from page 1...

Janice S., the Vice Chair, presented for the Twelfth Step Within Committee (Stephanie D. volunteered to be the new chair to replace Cynthia, the outgoing chair) and reminded us that there is a Twelfth Step Within Workbook. She and other delegates spoke about some techniques that work in keeping and bringing back members who have left OA, including letters, phone calls, "carefrontation," and greeters at all meetings. This committee, along with IGOR, wants to develop a list of e-mail sponsors and encourage long-distance phone sponsors if none are available locally.

The By-Laws/Policies and Procedures Committee is chaired by Ray F. This committee will be central in deciding exactly how the Assembly will implement the "only emergency measures are allowed directly from the floor" rule. The committee's main job is developing efficient ways to carry out new rules within the parameters of our by-laws.

Sarah G. and Charles A. are temporarily heading the recently established Young People's Committee, which is still in the beginning stages. There has been growing concern, both at World Service and in our region, over the number of young people with our disease whom we're not yet reaching. SOAR now has a "teen page" on its website with a list of existing young people's meetings here and abroad. Questions being asked: What ages qualify as "young people"? What distinguishes these meetings from other meetings? How do we spread "what's worked" in these meetings?

An ad hoc committee is still investigating whether SOAR meetings should be reduced from three to two per year.

The Treasurer, Scott C., reported that contributions to SOAR are down. The general financial condition is OK, but funding to any part of the fellowship cannot be increased. Reasons? Rising travel costs for SOAR officers; and a continued problem with small contributions at local meetings, resulting in less contributions to SOAR. The region's emergency fund is down to \$700, due to the impact of hurricane damage on meetings in Florida and on the Gulf Coast. Next year's budget was passed without changes.

An important announcement from World Service: Please keep the information in their database updated and accurate. Complaints about meetings that no longer exist are on the rise. Adding the meetings' zip codes and counties would be very helpful. Email: redmond@oa.org. **If we can't do anything else, let's do this!!** It could literally save lives.

The Assembly elected Sarah G. and Charles A. as candidates for SOAR (Region 8) members of the Board of Trustees in OA World Service. They will be interviewed by the present members of the Board and possibly selected to serve. Janice S. was reelected for her second term as Vice Chair, and Maureen S. as our new Treasurer. Lynne C. from Greensboro and Ray F. were elected as SOAR delegates to the World Service Business Conference, which is held each May in Albuquerque, NM, where the OA World Service Office is located.

The next SOAR Assembly and convention will be March 16-18, 2007 in Memphis, TN. Our Intergroup should consider hosting an Assembly/Convention. A newly revised hosting manual is available from SOAR. The Columbia, SC OA'ers, who will host in November 2007, have done this six times in the last 20 years and might be a good resource for our Intergroup to consult. IG chairs have two meetings at each Assembly and a computer loop, both of which are a great source for ideas and are open to anyone. Ask Elizabeth for information on how to get on the loop. Gerri H., SOAR chair, can help find hotel roommates for anyone attending a SOAR gathering. Elizabeth has her email address.

Important date: August 29 – September 1, 2007 in Philadelphia – The OA World Service Convention! This is closer than previously held Conventions in Dallas and New Orleans.

Committees are taking on more and more of the work of SOAR, both at and between the assemblies. Many important and exciting things are being done on local and Intergroup levels by the committees.

-Elizabeth C. and Neill M., your Triangle Intergroup representatives

ANNOUNCEMENT: The Los Angeles Intergroup of OA (home of 'The Virtual Speakers Bureau') presents the 47th Annual OA Birthday Party on Feb. 23-25, 2007. This event will be held at the LAX Crowne Plaza Hotel at the Los Angeles Airport and consists of workshops, panels, meals, a play, a dance, inspirational OA speakers, and a variety of participatory activities, including the renowned "ABCs of Abstinence" workshop. Many of the members leading these various activities have 20, 30 and even 40 years in program. For more information, please go to the LAIG website's Birthday Party page at: www.oalaig.org/html/birthday_party.html or contact the LAIG at: Registration@oalaig.org.

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 One:

“Once we honestly examine our histories, we can deny it no longer: our eating and our attitudes toward food are not normal; we have this disease.”

(12 & 12 of OA, p. 3)



Speakers, Sponsors, and Phone Buddies

To add your name to the list, please send an email to 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	before 9pm	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: Someone willing to take OA-related calls. Everyone on the list above is an OA Phone Buddy.

Sponsor: 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: 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

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 Winter 2007

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); Harriette 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); Evelyn (919) 848-6798 (Recover from Relapse/Relapse Prevention) (#49056)
- Sunday, 4-5pm; Grace Lutheran Church, 5010 Six Forks Rd. (Room 3); Elise (443) 690-0068 (BB) (#18237)

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