

Recovery

TRIANGLE OA

NEWS

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

Volume 23, Issue 3

A Publication of the Triangle OA Intergroup—Raleigh, NC

Donations Welcome

March 2007

Step Three

Made a decision to turn our will and our lives over to the care of God as we understood Him

Tradition Three

The only requirement for OA membership is a desire to stop eating compulsively

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*

Flying the Friendly Skies

I have been traveling a lot in the last six months. My sweetheart lives on a Greek island, so the long transatlantic flights, little commuter connections, and long layovers I have chosen is in the name of something wonderful. The travel, mild culture shock, and lack of fresh vegetables (other than copious cucumbers and tomatoes--there are only so many Greek salads a woman can eat!) was an adventure on the first trip, but now feels like a bit of a hassle...more specifically a challenge to my abstinence.

On my last visit, I designed a plan of eating, with my sponsor's help, that provided enough structure to keep me focused and, at the same time, enough freedom to be able to choose different foods in a different country.

I took along Lifelines, as well as a literature magazine from my other program, Al-Anon. I had plenty of time for prayer, meditation, and journaling. I even called my sponsor from payphones on the side of island roads busy with buzzing motorbikes.

All-in-all, things went well for me. I even managed to eat abstinely on the long flight home...passing up the prepackaged dessert without a hitch. It was after the meal cart rolled by that I noticed a loving, humorous nod from my Higher Power. On all these flights, over all these miles, during these past six months I had been flying American Airlines and Olympic Airlines...AA and OA...their initials were plastered over every seat cushion and package of peanuts! Program carried me all the way there and all the way back...lovingly and safely.

- Amyla, Durham

Dear God,

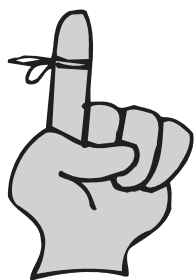
Today I choose a better me, a better way to live. Besides the overeating or getting high, I want to take life by storm and show myself and the world what I'm made of--that I'm not just some addict who has lost her way. I'm somebody today, and I choose what I want my life to be. I work each day toward my ultimate goal: to be independent, sober, and happy. I know I can do this because I have the will; and, Lord, I know with you guiding me there is nothing I can't achieve.

- L.M.W., Chapel Hill

**Topic
for
April**

Topic for April: **We Can't Keep It If We Don't Give It Away.** You can also write about the Fourth Step or Tradition. We are **always** looking for writings for the newsletter. Please send your writings to newsletter@triangleoa.org by **March 9.**

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



INTERGROUP MEETING FOR MARCH

SATURDAY, MARCH 17, 2007 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
April	Durham, Tuesday 12:30pm	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
June	Open!! Available for sign-up!!	Step 6, Tradition 6, Topic: TBD
July	Open!! Available for sign-up!!	Step 7, Tradition 7, 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 - January 20, 2007

Who Was Present

Mary Anne, Chair; Felicia, Vice Chair; Alice D., Treasurer; Marcia W., Thurs/Sat. Aberdeen; Tracy, Sun. Durham; Mark, Sat. morning Raleigh; Jim C., WSO Rep & Parliamentarian; Neill, SOAR Rep; Elizabeth, SOAR Rep; Deb, Newsletter Liaison & Thurs. Chapel Hill; Scott, PI/Professional Outreach Chair; Judith T., Tues. Chapel Hill; Judy K., Tues. Fayetteville; Jim K., Hi-Tech Chair; Cheryl, Retreat Registrar; Gerrie, Retreat Committee Chair; Leilani, Temporary Rep for Thurs. Raleigh

Minutes accepted.

Treasurer's Report

- There was a budget shortfall from 2006 (shortfall from projected income) – although we have not had to draw upon our prudent reserve
- Thanks to Judy from Mary Anne and the group for serving so long as “interim treasurer”

Newsletter Liaison

- Thanks to Elizabeth for help distributing newsletters to groups, esp. to the Raleigh meetings
- Apologies from Elizabeth for not picking up the newsletters initially. She and Deb will have a call once a month as reminder to pick them up.

PI/Professional Outreach

- Harriette got Scott in touch with local publication called Skywriter that seems likely to help us promote the program (article on OA)
- Scott dropped off information at 16 doctors' offices and clinics in the Triangle area

Retreat

- Cheryl has expressed willingness to serve as registration chair – nominated and approved by Intergroup
- Gerrie sent out a mock flyer for the retreat and got feedback. Will soon have a final draft and will post on website.
- 22 volunteers have expressed willingness to help with the Retreat. 14 of them have signed up for a workshop February 3 for fellowship and an opportunity to plan the event. (\$25 for a 24 hour mini-retreat, minimum of 15 people and maximum of 20)

SOAR

- Preparing for Memphis meeting in March
- Preparing for 12-step within work at SOAR and in our area/other areas (Neill serves on the SOAR 12-step within committee)

- Elizabeth – hotel room booked, doesn't yet have air plans; IG chair needs to sign certificate of eligibility

WSO

- World Service Business Conference coming up. Jim received the handout with potential resolutions to be brought to the floor of that meeting earlier this time than other years. Group Reps: Invited to take 1 copy each of the potential resolutions, share them with individual groups, and encourage groups to vote on them at business meetings.
- We will vote on them as an Intergroup at the February meeting.
- * See especially: proposals to change “Him” to “God” in the literature; reorganization of geographic regions within SOAR; idea about hiring an outside public relations firm to promote OA

Announcements

- Raleigh Sat. 4 p.m. meeting has closed
- Wed. Raleigh meeting has changed focus to a step meeting
- * What to do about distributing binders with bylaws to new incoming group reps? Also what to do about updating bylaws in those binders to reflect most recent changes? (No decisions – still on our minds.)

Ongoing Agenda Items

- Nominations for
 - Special Events committee chair (none)
 - Group Outreach chair – especially outreach to groups floundering, needing speakers, etc. (none)
- Eating at Intergroup Meetings
 - Elizabeth: Motion not to take a position (passed unanimously)
- Printing fewer newsletters? Consensus was not to change the number of newsletters printed
- Intergroup Inventory - There is something in the 12-step within materials for taking an Intergroup inventory. But he will have to do research on it to find out what it entails. Decided to HOLD OVER for future
- Tax Exemptions and Bank Accounts? Is Intergroup a 501(c)(3) organization and are individual groups covered under our Intergroup tax ID. number. Alice will do research. Will contact World Service Office staff and our Trustee as needed.
- Retreat - Would like to have multiple speakers and to make scholarships widely available. Retreat Committee is asking each group to make \$50 available toward scholarships. Discuss with groups; do \$25 if that is all you can afford. **Make checks out to OA Retreat Committee by March 1** (the sooner the better). Deliver checks to the Retreat Registrar, address is on the Retreat Flyer.

WHEN TO SAY WHEN

If I knew when to say “when” about food, I would never have come into these rooms. Many years later, through the grace of my Higher Power, I am now able to follow a healing food plan that includes weighed or measured amounts that represent the “normal” portions I had never experienced. Yet, there are at least two more issues of when to say “when” that I wrestle with until I can remember to turn them over to HP too.

The first is still about food - when a food needs to be added to my binge list. Of course, many of my hard core addictive foods went on the list when I first became abstinent. These were mostly high calorie, nutritionally negligible foods. Over the years, though, I have had to admit to myself, HP, and my sponsor that I was becoming obsessed with a food that was not “bad for me,” but that once eaten, triggered me to eat too much or plan to eat that food more and more often to the exclusion of other foods. When HP gives me the honesty to admit this, I always feel fear and resistance. Yet, every time I have put such a food on my binge list and asked to have the obsession removed, it has been lifted with much less pain and struggle that I had anticipated.

The second area in which I have to learn to say “when” is in taking on new responsibilities. I’m so happy to have increased energy from losing weight and the extra time I used to spend eating and feeling sorry for myself. However, just as with the “extra” healthy food, taking on more than I can do well - at work, at home, or in OA - returns me to insanity. Thanks to HP, I am slowly learning to be kind to myself by saying “when.”

-MAS, Chapel Hill

The phrase “when to say when” has meant more than one thing to me during my years in OA. At first, it meant learning to recognize and respond appropriately to feelings of either hunger or fullness. Before OA, I had never really known what hunger felt like. I’m not saying that I had never been hungry, because, of course, I had tried many crazy diets where I deprived myself of healthy nutrition. What I meant about not recognizing real hunger was that almost any “negative” feeling I had---anger, anxiety, worry, guilt, shame, sadness---caused this funny feeling in my stomach that I always interpreted as “hunger.” So, of course, I had to feed that sensation; I had to feed those feelings so they would go away. Now I usually recognize the feelings for what they are and try to deal with them using the principles and tools of the program. And I also can recognize real hunger and know WHEN it’s time for my abstinent meals.

Feelings of fullness also used to elude me. Since I ate very rapidly, in huge bites, barely chewing or tasting, I simply ate until the food was gone. I never stopped to take note of whether or not I was full. Now I know WHEN I am full before I am stuffed to the point of sickness.

The other meaning of “when to say when” is more of a spiritual thing. Well, really more of a life thing. Over the years, I have almost daily gone through the Third Step and given my life and will over to the care of my higher power. But, very frequently, I have taken back that will and tried to control my food, my weight, my character defects, the people in my life. Many times using my will has resulted in a binge. Many times it has resulted in me saying or doing something that I would later regret. Many times it has resulted in obsessively worrying and planning something that was out of my control to begin with.

Through the OA program I have learned to catch myself when I’m in this mode. I have learned WHEN it’s time to say “when” and surrender; and accept. When I say “when” and give my life and my will back to my higher power, I receive peace and serenity and answers.

-Anonymous, Chapel Hill

I was not born with this instinct, so am very grateful that I am beginning to do this as I follow the 12 step program and use the tools. I'm learning to say "no" to foods in the grocery store, so I don't have binge items calling to me from the freezer or the pantry. I've learned to say "no" to character defects like anger, being a "poor me" victim, gossiping, or taking other peoples' inventory.

On the other hand, I'm learning to say "when" in a positive way: to realize I must faithfully show up at OA meetings, to act "as if," to sense when I need a "sounding board" in an outreach call, to set aside time each day to pray, meditate, write, read OA literature, and devise a flexible and nourishing weight loss food plan. I'm learning to say "yes" to making amends, being honest with myself and others, and doing service for my home group or intergroup.

In short, OA is teaching me how to act on life, rather than react to it. I am learning when it's appropriate to say "no" and when to say "yes." I am learning about my physical, emotional, and spiritual recovery.

-Jean, Chapel Hill

The third tradition states the requirements for being a member of OA. Unlike most organizations, there is only one: a desire to stop eating compulsively. Because this sole requirement seems so straightforward, one might think that it is simple. It took me years in OA to find out that it is not.

When I was a newcomer, I had no trouble believing that I wanted to stop eating compulsively. That's what I had wanted since I was a kid. Eventually, however, I realized that what I had really always wanted was to have a normal body; not at all the same thing. I saw that I had focused on the result, which is not mine to control, instead of the process, which only I could activate.

But, the process was hard and slow and required work and persistence over a long period of time. I know now that there have been times when I really haven't met OA's one requirement, when impatience and old values have caused me to forget that to stop eating compulsively is the goal in itself.

Few alcoholics, I think, have gone to AA motivated by a desire to become useful, responsible citizens (although that may be the result). They go for help in putting the cork in the bottle and keeping it there.

-Anonymous

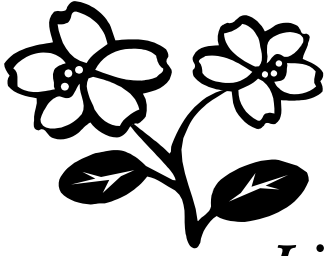
I had been in OA for several months when I formally took the Third Step. As it advises in the Big Book, I asked my sponsor to come to my house and also asked my husband to be there. Then, I stood with these two important people in my life and read to them, "made a decision to turn my will and my life over to the care of God as I understood Him."

That was all. It was over. My husband said, "That's *it*? Are you through?" And yet that thirty seconds, and the twenty years that I have since spent trying to follow through on that decision, have profoundly changed my life.

As far as I can see, the changes in me have all been good ones. I spend all of my days now working to turn my whole self more and more deeply to the wonderful, loving direction of my dear God, who has become my Best Friend. As a result, I have lots more happiness and peace in my life, as well as so many other good relationships and, best of all, a real miracle--many years of solid abstinence.

-A joyful abstinent OAer, Chapel Hill

ANNOUNCING...



*The Triangle Intergroup
OA Spring 2007 Retreat:*

Living the Principles Day by Day...

Join us for a relaxing weekend of serenity, fellowship, and nature as we gather in the foothills of the Blue Ridge Mountains at Camp Harrison in Boomer, NC

Friday, May 4th - Sunday, May 6th

Registration includes 2 nights stay and meals - starting with dinner on Friday at 6pm and ending with lunch on Sunday at 1pm

Cost, including registration, meals, and lodging:

\$130.00 Before April 7th

\$140.00 After April 7th*

*If registering after April 7th, please send a money order or cashiers check ONLY

(A limited number of partial scholarships are available)

Registration forms are available at the Triangle OA Intergroup website: www.triangleoa.org

Please contact Gerrie at (919)387-0345 or Arevadino@aol.com to volunteer for service.

Sponsored by the OA Triangle Intergroup
Speakers...Workshops...Hiking...Canoeing/Kayaking...
Meditation...Fellowship...Gentle Stretching Sessions...



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 Three:

“Instead of acting on impulse, we pause long enough to learn God’s will.”
(12 & 12 of OA, p. 27)



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
Scott P.	919-559-7679	any	yes	yes
Valerie S.	919-961-1734	before 9pm	yes	no
Neill M.	919-789-9402	before 10pm	yes	yes
Felicia	919-682-0870	any	yes	yes
Harriette	919-596-9543	any	yes	temp
Elizabeth C.	919-929-5936	any	yes	no
Jim K.	919-412-8615	any	yes	no
Tammy M.	919-303-1802	before 9:30pm	yes	no
Liz	919-661-0183	any	yes	yes
Leilani	919-387-1859	M-F before 5pm	yes	no
Evelyn	919-848-6798	before 9pm	yes	yes
Ava	919-481-4864	before midnight	yes	no
Karen	919-819-6089	before 12:30am	yes	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	no
Amyla	919-682-7425	any	yes	yes
Deb A.	919-361-4639	any	yes	yes
Cheryl	919-380-1266	Before 5:30pm	yes	no

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

(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 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; Barbara (919) 787-2844 (L, HA) (#20285)
- Wednesday, 7:30-8:30pm; Grace Lutheran Church, 5010 Six Forks Rd., Classroom #3; Anne (919) 790-5775 (S)
- 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)
- Sunday, 4-5pm; Grace Lutheran Church, 5010 Six Forks Rd. (Room 3); Elise (443) 690-0068 (BB) (#18237)

Sanford

- Tuesday, 7:30-8:30pm: The Enrichment Center of Lee County, Third St., Room B; Don (919) 353-2827 (D) (#48940)

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