

# Recovery

TRIANGLE OA

# NEWS

The Triangle OA newsletter can also be viewed on the website at: [www.TriangleOA.org/newsletter](http://www.TriangleOA.org/newsletter)

A Publication of the Triangle OA Intergroup—Raleigh, NC

Volume 23, Issue 5

Donations Welcome

May 2007

## Step Five

*Admitted to God, to ourselves and to another human being the exact nature of our wrongs*

## Tradition Five

*Each group has but one primary purpose - to carry its message to the compulsive overeater who still suffers*

## 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 Five

The 5th Step was one of the most humbling and empowering steps of my journey thus far. The preparation to Step 5 was completing my 4th Step. That was so easy to do when it came to identifying the people who I thought had harmed me. Getting to column 4 of the resentment sheet, “reluctantly looked for our own mistakes” was so much more challenging. I dragged my feet and had many emotional moments because the truth was I had never truly looked at my side of the street. I had spent my life focused on others -- judging them, being fraudulent with them, or caretaking them, etc.

So I had to get honest with myself and another human being about the ugly of me and the assets or good of me. I selected a man who has been hearing 5th Steps for decades and we sat down. Like my sponsor who has held my hand and guided me through this program, I believe he did the same through my 5th Step process.

My fear at the beginning was that I'd continue to be emotionally dishonest, yet as I went down the lists the feelings came out. One of the greatest gifts of this process was the feedback he gave me and the ‘ah ha’ moments of total clarity regarding behavior patterns in my life. I did not like some of the things I saw but I believed the steps would lead me to a different way of living. There was a freedom in this process, in that I felt I was truly beginning to live my life as a responsible adult.

Through continuing to work these Steps I continue to feel like a woman, not a little girl. I am close to forty and feel hopeful that I am living life being conscious and beginning to engage in relationships as the adult I am meant to be. I am also living in the awareness that food has not been an option or a solution for my unmanageable feelings or life's natural ups and downs for 15 months. What a miracle!! I am grateful for OA HOW because the gifts keep coming, one day at a time.

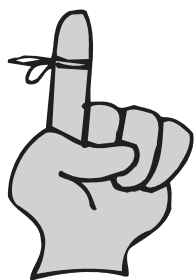
*-Mags, WI*



**Topic  
for  
June**

Topic for June: **Before and After**. You can also write about the Sixth Step or Tradition. We are **always** looking for writings for the newsletter. Please send your writings to [newsletter@triangleoa.org](mailto:newsletter@triangleoa.org) by **May 11**.

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



**INTERGROUP MEETING FOR MAY**

**SATURDAY, MAY 19, 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](mailto:newsletter@triangleoa.org)



Month	Group	Topic
June	Open!! Available for sign-up!!	Step 6, Tradition 6, Topic: Before and After
July	Open!! Available for sign-up!!	Step 7, Tradition 7, Topic: Service with a Smile
August	Open!! Available for sign-up!!	Step 8, Tradition 8, Topic: TBD
September	Open!! Available for sign-up!!	Step 9, Tradition 9, 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 - March 17, 2007

## Who Was Present

Mary Anne, Chair; Deb, Newsletter/Literature Liaison; Scott, PI/Professional Outreach Chair; Gerri, Retreat Chair; Anne, Mon. Cary; Amyla, Tues/Fri. Durham; Marcia W., Thurs/Sat. Aberdeen; Leilani, Thurs. Raleigh

## Treasurer's Report

- Accepted
- Treasurer absent, but budget distributed
- Concerns: Our budgeted expenses for the year are based on using money in our savings and our checking with no plan to replenish these sources.
- An EIN has been ordered for the Intergroup
- Two new groups have been created – Sanford and one for Group # 49441 that I cannot match to an existing group.
- Recommendations: Remind groups to write group number, time, day of week and location of meeting on checks sent to Intergroup and a contact person for questions.

## Newsletter Liaison

- Deb “cleaned up” speaker/sponsor list; it is now up-to-date

## PI/Professional Outreach

- Scott is maintaining contacts and trying to distribute excess conference literature

## Retreat

- Scholarship issue raised by Thursday Raleigh has been cleared up (no Tradition violation)
- plenty of spaces left for spring retreat, a few scholarships as well - save \$10 if you register before 4/7!

## Tape/CD Library

- Anne will ask Jim K to create an IG email for her to ease the borrowing process

## Announcements

- New meeting on Wednesdays at noon in Fuquay-Varina; details forthcoming
- Chapel Hill Monday night is seeking a new location. Ideas should be brought to the contact people for that meeting.

- In light of our budget shortfall, the search continues for a Special Events Chair to facilitate Serenity Days and other income-generating events (celebrations, dances, etc). Fresh ideas welcome!
- Also, in light of our budget shortfall, groups are encouraged to gently push for increased contributions, both at the individual and group levels.

*Please consider contributing to the newsletter - individually or as a group. Currently, we do not have any groups signed up to write for the upcoming months.*

*-Megan, Newsletter Editor*



I need a balanced view of myself in order to function efficaciously and to feel comfortable within myself and with others. If my view is not balanced, then I fall into the trap of: 1. Considering myself better than others, and convincing myself to maintain the façade that I have a reason to boast, demean others, become self-righteous and unwilling to try anything new for fear of failure, or of: 2. Considering myself inferior to others and, as a result, blaming others, getting angry, and, ultimately, becoming depressed.

When I maintain a balanced view of myself and my abilities and skills, I interact with others on an equal (i.e., sharing or trading) basis. Anger and frustration with people, places, and things seem to dissipate quicker and easier. By taking a balanced view of myself, I become content and satisfied and can sometimes note "by golly, I'm happy." This cynical pessimist becomes, if not a carefree optimist, at least a little serene. This is a darn good place for this compulsive overeater to be.

-Anonymous

## Seeds

They need to be weeded out after they grow so high? Gee – which ones will I pull? I'd feel bad if I pulled out the ones that would have grown best if I hadn't weeded them! They need watering when it is dry outside? Let's let nature do its thing and water them when the weather dictates. They need consistent weeding through the whole growing season? Forget it! So my garden, begun with all its good intentions, ends up a weed patch, yielding nothing more than an eyesore.

So, too, it can be for me with working the Program. I know what works for me. Am I doing it? Am I calling fellow OA'ers? Am I reading and writing every morning? How is my quiet time? Am I following my plan of eating? Am I being honest with my sponsor? What step am I on? More importantly, am I paying attention to the seeds God is planting in me? Am I cultivating the garden of my heart and soul? Am I trying to grow things that don't fit for me? Am I willing to do daily weeding?

Just for today, I will use the tools to the best of my ability to grow and tend the garden plot my Higher Power has given me. The soil is rich. Growth is possible and likely if I just show up daily, use the tools, and reach out for help.

-Anonymous

### *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 4<sup>th</sup> - Sunday, May 6<sup>th</sup>**

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](http://www.triangleoa.org)**

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

## 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 Five

“...in taking step five we prove ourselves capable of accomplishing a difficult task and strong enough to be completely honest with another human being.”  
(12 & 12 of OA, p. 47)



## Speakers, Sponsors, and Phone Buddies

To add your name to the list, please send an email to [newsletter@triangleoa.org](mailto: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	no	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	no
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](http://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](http://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 Spring 2007**

**Aberdeen**

- Thursday, 7:30-8:30pm; 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.

<b>BB</b> Study of the AA Big Book	<b>N</b> Newcomers' meeting available	<b>BL</b> Okay to bring your lunch
<b>D</b> Discussion of OA-related topics	<b>V</b> Format of meetings varies	<b>C</b> Closed meeting
<b>S</b> Study of the OA 12 steps	<b>T</b> Study of the OA 12 traditions	<b>L</b> Study of OA literature
<b>W</b> Meeting may include writing	<b>HA</b> Accessible to people with handicaps	<b>S/D</b> Speaker and Discussion

*Please send any changes to this list to: newsletter@triangleoa.org*