

Recovery

TRIANGLE OA

NEWS

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

A Publication of the Triangle OA Intergroup—Raleigh, NC

Volume 23, Issue 6

Donations Welcome

June 2007

Step Six

*Were entirely ready
to have God remove
all these defects of
character*

Tradition Six

*Every OA group
ought to be fully
self-supporting,
declining outside
contributions*

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**

Spring Retreat

I recently attended the Spring Retreat and I can only imagine that our editor might be overwhelmed with the amount of articles she might receive. If the fun everyone seemed to have was any indication, I think our Newsletter might be bombarded by members wanting to tell how inspiring the weekend was and the fun enjoyed by all.

Imagine this next true story. A young lady walked in. Earlier in the week, her therapist suggested OA. The lady knew nothing about OA, went home, looked up Triangle OA on the computer, saw there was a retreat, and decided to show up. Talk about courage! She acted as if she was a vacuum and all weekend long, she sucked up every piece of information she could. By the end of the events, her face was lit up like a light bulb as she clearly demonstrated that she was thankful the information she had been given was a way for her to save her life. This one was given a way out because somewhere in time, the therapist had been given information about program and realized that OA does work.

The Retreat Committee did an awesome job. There were so many crafts, games, lots of laughter even though some got wet while canoeing and/or kayaking, and lots of tense moments as some even tried rock climbing. There was not one moment the entire weekend that something was not going on. There were two speakers and although we were all there because of such a serious disease, they gave so much information from the Big Book and our 12 and 12, they told stories that made it all worthwhile.

The entire weekend helped me. I did have fun but the greatest thing I got out of it was exactly what I went for. I came away with a stronger desire to get on track even more, weigh and measure my food, and do what I know works. One phrase I heard in particular summed it all up for me. One speaker said he/she "realized that if the weight was not coming off or if I were putting on pounds, then it was evident that I was not on the right food plan or not following one as I should..." A few even signed a sign-up sheet showing interest in starting a group to help each other be more accountable and get the food on track. The only reason my name was not placed on that sheet is solely because of my nightly work schedule.

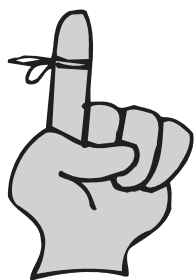
This weekend really helped me see that I want to do more than give lip service. I want to live. I want this way of life.

-Harriette

**Topic
for
July**

Topic for July: **Service with a Smile**. You can also write about the Seventh Step or Tradition. We are **always** looking for writings for the newsletter. Please send your writings to newsletter@triangleoa.org by **June 8th**.

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



INTERGROUP MEETING FOR JUNE

SATURDAY, JUNE 16, 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
July	Cary, Monday 7:30pm	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
October	Open!! Available for sign-up!!	Step 10, Tradition 10, 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 - April 21, 2007

Who Was Present

Mary Anne, Chair; Felicia, Vice-Chair; Harriette, Secretary; Deb A., Newsletter/Literature Liaison/Thurs. Chapel Hill; Gerri, Retreat Chair; Marilyn, Tues/Fri. Durham; Jim K., Hi-Tech; Marcia W., Thurs/Sat. Aberdeen; Alice D., Treasurer; Jim C., WSO Rep; Elizabeth, SOAR Rep; Tues. Chapel Hill; Neill, SOAR Rep; Mark M., Sat. Raleigh; Anne C. and AJ, Wed. Hillsborough; Carla S., Wed. Fuquay-Varina

Minutes accepted.

Treasurer's Report

- Approval deferred due to computer errors.

Hi-Tech

- List of CDs and tapes, etc. available for checkout through the new IG library will be updated soon
- Billing from Earthlink is being investigated. The bill increased significantly this month without an explanation

Newsletter Liaison

- Please continue to ask your group to sign-up to write articles for the newsletter by contacting Megan at newsletter@triangleoa.org

PI/Professional Outreach

- Chair absent, but reported that all leftover literature from the NCCA Conference last year has been distributed
- Members encouraged to keep an eye out for "free" publications that might be willing to list info about OA

SOAR

- Elizabeth and Neill gave their reports from the last assembly. The notes will be posted on the IG website, as well as in the newsletter

Retreat

- There will definitely be two speakers for the retreat at Camp Harrison. All plans are being finalized and any member can feel free to register up until the event starts

Tape/CD Library

- The library is open and is seeking donations of any OA approved material, including speaker tapes/CDs, literature, etc.

- A list of available materials is now on the IG website. Follow the link to the Intergroup Library on the left-hand column. On that page, there is a link to send an email to Anne to borrow an item

WSO

- Several additional pieces of literature are in the process of being translated.
- There has been difficulty getting the message of OA out to youth. WSO is putting a youth and family page on the website. Youth sponsors are needed. If you are willing to do this service, contact WSO
- There is a new suggested format for Steps and Traditions meetings. It will be presented at WSBC for approval.
- Input is needed by WSO on a 5-year strategic plan for OA.
- A new piece of literature titled "Seeking the Spiritual Path" will also be presented at WSBC

Announcements

- A workshop manual on Service and Traditions is available for \$9.00 from WSO
- Consider, as an individual or group, giving Lifeline as a gift to a doctor's office, facility, etc.
- New meeting in Hillsborough - Beginning June 4th, Monday Lunch meeting will be held from 12:30-1:30pm at St. Matthew's Episcopal Church in the Teen Room (lower part of church), 210 St. Mary's Road. Contact AJ at (919) 644-1239 or at ajmayhew@mindspring.com
- IG inventory is placed on hold until next month
- Members and groups are asked to consider how we can support the Triad area, which includes Greensboro, High Point, Kernersville, Winston-Salem, etc. There are only 4 meetings for the entire area and attendance is dropping. Please come prepared to present any suggestions at the next IG or see that your Rep gets your feedback
- **Budget Shortfall:**
 - \$6500 was budgeted for 2007
 - We are not bringing in that amount. Contributions are way down. If we continue at this rate, we'll use up our reserve.
 - Groups are asked to please look at your contributions to IG, Region, & WSO

SOAR CONVENTION

Memphis TN, March 16-18, 2007

Report submitted by Neill M., Triangle OA SOAR representative

March 16, 2007, 7:00pm - 8:20pm

- Meeting called to order at 7 p.m. by Gerri H., SOAR 8 Chair
- Janice, co-chair, presented the Forum for the Memphis SOAR convention on service
- What keeps you from committing to serve at the region level?
 - no knowledge of the position or service needed – What does it require?
 - abstinence requirement
 - expense of sending representatives
 - understanding and accepting the commitment
 - need more encouragement?
 - share rewards of service
 - fear
 - being asked?
 - what are my limits? (balance)
- What would make region service more attractive?
 - let people know that service is enjoyable!
 - remind people that the primary purpose of service is to keep us abstinent!
 - service keeps us connected
- What do you want to get out of service? What would you be willing to do? How many hours of day/week/month/ would you commit to?
 - Abstinence!
- How can we more effectively communicate Region's service needs beyond the Assemblies?
 - strong leadership
 - bringing the information home
 - communication
 - more time for committee meetings

March 16, 2007, 8:45pm Memphis presentation and discussion – “Being Abstinent”

- Gerri H. – “Abstinence is Freedom and the Twelve Steps are the guide to freedom. I am a woman of substance, not a woman of substance abuse. I'm better at thinking like an addict because I have more time as an addict. When my head makes an inappropriate suggestion, I say, 'Thank you for sharing.' The second time it comes up, I say 'next time I'm going to tell on you.' The next time I make a phone call and share the crazy things my head has been telling me.”
 - Jerry – Abstinence is the first thing I do every day. Abstinence has given me a life.
 - Judy – I can't put anything into my mouth that puts me back into self-will. It is not about me. It is about service to my Higher Power. I am in a God-centered life, instead of a me-centered life.
- - - - -

March 17, 2007, 8:30am SOAR business meeting called to order

- Committee Heads briefly explained the work of their individual committees.

9:30 am Committee Meetings

- 12th Step within Committee: Addressing relapse and retention
 - Phone bridge for committee members to stay connected
 - 12th step with tri-fold display for next SOAR
 - Sponsor by e-mail
 - 12th step within logo
 - Road show committee

* I committed to writing an article an article about meetings in our area that are working and why they work!

1:30 pm

- Next SOAR is in St. Petersburg, Florida on July 13-15
- Scott, Region 8 treasurer, reported that deposits totaled \$9,372.16 and expenditures totaled \$7,677.29
- Charles A. - There are 687 affiliated groups in Region 8, and 99 unaffiliated groups in Region 8
- Beth - Central Florida SOAR in November was a big success!
- Roll Call – 29 voting, 4 non-voting attendees to the business meetings
- Assembly bid from Jackson, Mississippi IG for March 13-16, 2008. \$119/night, \$20 lunch, \$25 dinner, complementary shuttle. Bid was accepted
- Motion to amend P & P with PI/HPM to PI/PO was unanimous
- Emergency motion to transfer \$1,000 from trustee nom/budget to WSO delegate travel budget - approved
- Emergency motion for budget override of \$50 for PI/PO committee literature approved!

- Harriette, Acting Chair – Ways and Means Committee
 - Audits the treasury for quarter
 - Seeks fund raising opportunities for Region 8

- Ray Fry, Chair - By Laws/Policies and Procedures Committee
 - Explain new procedure for writing and submitting motions

- Lisa, Chair - Publications Committee
 - Everyone is encouraged to submit articles for newsletter and website.
 - The SOAR website has been extensively updated and with sections for Newcomers
 - The P & P manual is constantly updated
 - Webmaster says March 2008 is date for new and improved SOAR website

- Committee Meeting Reports (based on meetings held in the morning)
 - Professional Outreach Committee:
 - How do we get more people in touch with PI/PO?
 - Lynne C. is the new chair for IGOR:
 - Intergroup speaker list and if funding and interests needed. Intergroup sponsors list.
 - Intergroup chairs group and list
 - Funding for people from Latin America to attend SOAR
 - Content unaffiliated groups to see if they can or wish to join an Intergroup

- Jerry, Chair - Young People Committee
 - Review Alateen Manual to help in creating OA manual for young people
 - Create a meeting format for young people
 - Submit these to WSBC for approval

- Stephanie, Chair - 12th Step Within Committee:
 - Free phone bridge for committee members
 - Display for next SOAR
 - Committees for articles
 - Logo
 - Sponsoring by email list
 - BO questions
 - Roadshow

- The Webmaster requested that people send in their stories to be published on the website. He also can create email loops for committees. Help is also available for Intergroups who need help with their websites.

- Judy, interim secretary, had a plea for people to spread the word about attending SOAR.

SOAR CONVENTION

Memphis TN, March 16-18, 2007

Report submitted by Elizabeth, Triangle OA SOAR representative

Random impressions from a wonderful SOAR assembly:

Looking over at another boarding line in RDU and briefly seeing an OA buddy, grinning and waving wildly...arriving at our hotel and hugging friend after friend from past assemblies. Folks from AL, GA, SC, FL...feeling closer to familiar, and also new, OA friends as we work together...seeing the excitement and anxiety of an Hispanic rep, as she tells of trying to help and communicate with new, struggling OA groups in Venezuela and Colombia...and many, many more...

We, Neill M. and Elizabeth C., were your representatives, and we thank you so much for sending us to the Southeast OA Region (SOAR) Assembly. We worked hard, had fun, learned a lot, and grew in recovery.

The General Assembly, including the SOAR officers, the seven committee heads, and all 29 of the Intergroup Representatives, met Friday evening and all day Saturday. It ended at about 5 p.m. Over half of this time was spent in committee meetings. On Sunday morning, the assembly reps joined with the OA recovery convention, which was held concurrently all weekend in the same hotel. We heard two good speakers and had plenty of good workshops to choose from.

The tone for all the general assembly meetings was set Friday night with a forum on how to increase the number of volunteers for service in SOAR. The need is great. For example, SOAR can have two World Service Trustees run for election, but only one person has volunteered. The big question is how we can get more representatives to come to SOAR, and how we can fill the leadership positions.

Reps said that Intergroups are often not aware of the SOAR shortages and they don't know the facts about the different jobs. Therefore, more publicity from SOAR going back to all the Intergroups is essential. Also, it's necessary to show Intergroups how it hurts them to have these posts unfilled at SOAR. Also, we should emphasize that SOAR service will help us recover just as much as service to a meeting or an Intergroup does. And as one rep said, "You get to have so many friends!"

On Saturday morning, the assembly heard brief reports from SOAR officers and the seven committee heads. Everyone outlined what they'd done during the past four months and answered questions. The Treasurer said that SOAR expenditures in November-December 2006 exceeded contributions by about \$1,200.00. We have sufficient prudent financial reserve to cover this. (Translation: It isn't an emergency, but we need more money coming in, folks!)

Following the brief general assembly, all of the committees met, tried to fill their empty posts, and made plans for the coming months.

I, Elizabeth, am a member of the Intergroup Outreach Committee, fondly known as IGOR. Our mission is to reach out to help any Intergroup that is having problems, whether they are financial, difficulties in following the Traditions, or whatever. First, we offer to get a sponsor for any Intergroup that wants one. I took the job of "Matchmaker" at this assembly, which means I am now the person who will find a sponsor for any Intergroup that requests one. Also, we provide Intergroups with speakers who can share their recovery. We work to help fund Intergroups that want to send a rep to assemblies, but don't have enough money and we distribute a map showing all of the Intergroups in SOAR.

Everyone reading this might want to consider doing service as an Intergroup and, then possibly, a SOAR rep. As is obvious from the descriptions of committee work, people doing all these jobs do a lot of service for us. We don't think about them much, but we and OA would miss them a lot if they weren't there. Thanks again for sending us to Memphis.

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.”

.....

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.

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
ReMona	919.491.3958	any	yes	no
Dana	252.314.6849	any	yes	yes
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

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 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) (#48786)

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; Binkley Baptist Church, 1712 Willow Dr.; Mary Anne (919) 968-0304 (L, HA) (#12897) (Until 6/7, meeting held at Tuesday location; meet at new location beginning 6/7)

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

- Monday (Starting 6/4), 12:30-1:30pm; St. Matthews Episcopal Church, 210 St. Mary's Rd. (Teen Room); A.J. (919) 644-1239 (D,V,HA,BL,L)
- 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.

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