

Recovery

TRIANGLE OA

NEWS

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

A Publication of the Triangle OA Intergroup—Raleigh, NC

Volume 23, Issue 7

Donations Welcome

July 2007

Step Seven

*Humbly asked Him
to remove our
shortcomings*

Tradition Seven

*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**

Step Seven

For me, asking God to remove my shortcomings is something I must do daily. It seems when I am made aware of one shortcoming and think I have overcome that problem, another one shows itself. An example of this is that my overeating causes me to think of myself, how I look, what people must think of me, and why I am so self-conscious. Thankfully, when I use the steps for recovery, these thoughts are not all-consuming and taking up all my time. Another example is when I have dealt with the problem of self-centeredness; I realize that it is possible I am not humble about God removing this defect of character.

Even though this is an ongoing exercise of choosing to let God remove my shortcomings, there is an underlying gratefulness when I realize that He has done this in my life, something I cannot do for myself. There is also underlying joy that I am not alone in this battle of living life, a life that is not perfection and never will be, but a life that is a work in progress. The OA Program has helped me be honest about my real self, my real struggles with compulsive overeating, what it has cost me in time and energy when fighting it, and what kinds of pain I have caused other people in my life. I am thankful for Step 7.

I thought I was close to God, but OA has helped me be more willing to let God.

-Alice, Cary, NC

“In OA, we have decided that humility is simply an awareness of who we really are today and a willingness to become all that we can be.”

When I left OA ten years ago, I left with a dozen white chips and a determination fueled by a desire to show the world that I could control my compulsive overeating; that I wasn't like you and never would be. I managed to obtain periods of abstinence, or rather, short bursts of exercising that countered my food intake enough to achieve a balance of sorts, but not a spiritual balance. I began to focus on everything I did, or didn't do, as a yardstick for imperfection. When I didn't feel perfect, which was constantly, I ate to change the way I felt. I couldn't be perfect, so I ate the perfect food I craved. I spiraled into a self-destructive cycle of bingeing and starving or overeating.

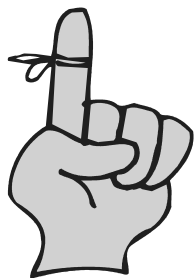
Today, as a newcomer with a love for my Higher Power and my new found abstinence, I realize that I am perfectly imperfect, a child of God and a worthwhile human being I don't carry the burden of perfection any longer. I leave this up to my Higher Power and just stay focused on doing the best I can, one day at a time.

-Rich

**Topic
for
August**

Topic for August: **A Journey of Change**. You can also write about the Eighth Step or Tradition. We are **always** looking for writings for the newsletter. Please send your writings to newsletter@triangleoa.org by **July 13th**.

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



INTERGROUP MEETING FOR JULY

SATURDAY, JULY 21, 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
August	Open!! Available for sign-up!!	Step 8, Tradition 8, Topic: A Journey of Change
September	Open!! Available for sign-up!!	Step 9, Tradition 9, Topic: Keep it Simple
October	Open!! Available for sign-up!!	Step 10, Tradition 10, Topic: Freedom from Myself
November	Open!! Available for sign-up!!	Step 11, Tradition 11, Topic: Freedom from Myself



Telephone Meetings

Last Updated: June 5, 2007



Procedure for Phone Meeting	Day and Time	Contact	Phone Number
Call 563-843-5600, Pin Number: 168643#	Sat. 8am EST	Pam	508-832-3628
Call 563-843-5600, Pin Number: 168643#	Sun. 8:00am EST	Dawn	413-245-9354
Call 712-432-3000, Pin Number: 304567#	Mon. 9pm EST	Brenda	973-704-5082
Call 712-580-1800, Pin Number: 12128#	Wed. 8:30pm EST	Ruth	315-457-6261
Call 319-279-1000, Pin Number: 135103#	Thurs. 8pm EST	Marilyn	610-525-3397
Call 319-256-0100, Pin Number: 1047827#	Fri. 10am EST	Marcos	727-548-4303

TRIANGLE INTERGROUP MEETING - May 19, 2007

Who Was Present

Mary Anne, Chair; Harriette, Secretary; Alice D., Treasurer; Jim C., WSO Rep; Scott, PIPO Chair; Elizabeth, SOAR Rep/ Tues. Chapel Hill; Neill, SOAR Rep; Mark M., Sat. Raleigh; AJ, Wed. Hillsborough; Alice S., Wed. Fuquay-Varina; Laureen, Mon. Chapel Hill; Tracy, Sun. Durham; Lalani, Thurs. Raleigh

Minutes accepted.

Treasurer's Report

- Approved
- Earthlink account was up in March, but went back down
- Budget is more on track; doesn't look as if we will have to use prudent reserve to complete the year
- Check for \$1,200 was received from Retreat Committee

Hi-Tech

- Absent

Newsletter Liaison

- Absent
- Mary Anne agreed to take Deb the Newsletters at the Thursday meeting
- Telephone Meeting section on page 2 of the Newsletter needs updating. Contact names, times, and codes listed are incorrect. Lauren agreed to get the correct information and forward to Megan
- Add Fuquay to Triangle's regular meetings—Wednesdays from 1-2pm at Fuquay-Varina United Methodist Church. Contact Carla at 557-7712 or 771-1393.

PI/Professional Outreach

- Scott will add Fuquay and the new address for Cary's meeting to the phone list
- Scott will print meeting lists to give to professionals for distribution
- IG wants to officially thank Scott for all the efforts he put into getting the message of hope out to the community

SOAR

- Neill will represent our area at SOAR in July in St. Petersburg, Florida

Retreat

- IG wants to officially thank Gerri and all the Retreat Committee for a job well done
- Check for \$1,200 was forwarded to the treasurer

WSO

- Report from the recent WSBC Conference that was held in Albuquerque will be submitted to the Newsletter for next month's printing

Tape/CD Library

- Hillsborough has several items to submit to the library
- To obtain items, see the website for information

Announcements

- Monday Chapel Hill is moving July 9th to the Newman Center, 218 Pittsboro St., Chapel Hill, NC
- First Thursday in June, Chapel Hill Thursday night will begin meeting at Binkley Memorial in room #16
- IG is looking for information on holding an IG Group Inventory
- Harriette agreed to look at the materials at the Scout Hut on Group Inventories; **Update:** The OA Handbook for Members, Groups, and Intergroups has a list of questions for a group inventory. Many apply to an IG. In addition, there is a longer set of inventory questions at the OA website (www.oa.org) for download.
- Groups are asked to consider supporting the Hillsborough Group
- AJ is willing to support the Goldsboro group by going to share her experience, strength, and hope
- IG will wait to hear from Felicia to see how we can support the Triad
- Elizabeth will also speak with Lynne to see what more we can do to support the Triad IG
- Each group is asked to consider hosting a special event, whether it is a Serenity Day, a special Newcomer's Day, a day on Sponsorship, a picnic, a dance, or any number of events that might spark even more interest among our fellowship
- Any group hosting events are to remember that IG is here to help in any way it can

Step Seven

I am a visitor tonight and have worked Step 7 in all aspects of my life, including addiction to painkillers and overeating and eating to fill a void. Step 7 was truly humbling as I had to, and have to continue to, be willing to let my Higher Power have complete control, remove shortcomings as He sees fit and take action in order to overcome many obstacles in my life. As a child, I was depressed and did not know why. I started using food as a substitute, a way to release dopamine quickly in my brain and help to comfort me. This continued for years and only got worse as I made the choice of marriage and was involved in a very unhealthy marriage for years. My compulsive overeating that filled that void became more and more often and in larger quantities. I got to the point of being morbidly obese. I tried every diet on earth, but nothing would work. I did not try coming to OA. As a last ditch effort in my mind, I had a mini-gastric bypass and had part of my duodenum removed. I could not physically overeat anymore.

Around the same time, I had my second daughter and cracked my lower back hours after giving birth. The doctors prescribed extremely strong narcotics and, after I had the surgery removing part of my duodenum, I turned to the narcotics. That addiction grew stronger and stronger until eventually it became out of control. I still “needed” to feel that void, although I did not realize I had a void and had been caught in the grips of addiction since childhood. Through my addiction to narcotics, I was led to Alcoholics Anonymous and began to see that connection that, for me, started with food. In “humbly asking him to remove my shortcomings,” this is included. Although I still cannot, and will really never be able to, compulsively overeat again, I understand and feel the pain that goes along with that loss of control.

I decided to go back to school to get my Masters in Business and Bachelors in Family Consumer Sciences. My desire and dream is to open a wellness clinic targeting children who suffer with compulsive overeating, as this is becoming a nationwide epidemic. I hope to combine the physiological, psychological, spiritual, and family aspects in order to help people, specifically children. I can relate. I have lived this life and it would have killed me, as I was becoming more and more obese; always searching for something when what I needed was a spiritual fill for my “void.” I work the steps through another program, but find them to work in multiple areas of my life. Step seven is especially precious to me, because it truly is surrendering; and through complete surrender, I find strength through my Higher Power.

-Jenny

I need to be humble when I ask God to remove my shortcomings, so that I don't ask with conditions, bargaining, or expectations. I need to ask because I want to be rid of my character defects, but I am not asking for God to make me perfect! I can pray for the humility I need in order to work this Step and trust that my Higher Power will give it to me.

-Anonymous, Monday Cary

Tradition Seven

The wisdom of our forefathers is truly amazing. O to have been a fly on the wall as they discussed the many issues surrounding, and arising from, the creation of a Twelve Step program and an organization of, and for, a family as we are!

How wise to consider the importance of not allowing outside influence to enter the sanctity of group consensus. Lord knows we have enough to deal with just bringing together truly compulsive personalities from any and every walking life and conceivable background.

As there was great thought and divine inspiration in the creation of our family, so there was intelligence and guidance brought forth to protect each group from outside interests, unnecessary opinions, or other interruptions to our purpose.

Money talks and, therefore, the only money to speak on OA is from its members. The contribution of each of us to sustain our group, not only speaks to our group commitment, but also to the value each of us places on our OA meeting and expresses our desire (as much as we are able) to sustain its ongoing health and life.

-Anonymous

Tradition Seven

I am very grateful for this tradition. When I came into program weighing 172 pounds (now I maintain at 110 pounds), I was looking for something that would help me but not exploit my problem with weight.

When I heard OA had no dues or fees and only passed the basket to meet expenses, I was willing to see if it could help me. Indeed, it has given me a new life, a new attitude, and a way of leaving behind my old ways of negativity. In return, the only suggestion is to give back what has been given to me. At times I wish I could be the “star” of the program – but thankful I learned to humbly give service back as it was given to me is much better than any star status. In the past, I have done a number of service positions in our local intergroup. I find I feel more comfortable in service in meetings and one-on-one. The 7th tradition reminds us to give back in all areas, especially financially. I feel this is also important, as the welfare of the fellowship depends also on our being able to meet financial needs. To that extent, I give what I can. Recently, as my financial life has become more secure, that means contributing \$2 a week to my home group meetings. If I am absent, then I make up my contribution when I return. I also give to other meetings when I attend them. I am very blessed that, as I grew in this program, I became more financially secure. Still, I did this even when it was harder. I do agree there were times when I could not give but I hope I have made up for those times. I have been so richly blessed that I am happy to give back.

-Anonymous

Service with a Smile

Most of my life I have given service. My parents were my models. The service I have given is my reward. The God of my understanding has given me the motivation and means for my giving service.

My relationship to God is intimate. We have an ongoing conversation. God lets me know that I and others are worth serving. Trust in God deepened as I asked for and received help. God was serving me and I loved it and found that I loved reaching out to serve others.

Giving service helps me fill my lonely places. It prevents isolation. It increases my self-regard and respect.

-Anonymous

I am glad to be of service because it's the way I pass on the recovery that has been given to me. My service helps me to feel that I am “part of” instead of the “odd one out” I felt I was before recovery. Service keeps my recovery strong and helps me from becoming complacent. I give service with a smile because I know that it is strengthening my abstinence. It gives me an extra reason to show up. I give service with a smile, and I always receive a wonderful smile back, whether it is over the phone with a sponsor, knowing smiles and nods when I share my story, or a smile from a newcomer that I greet. I can gladly do my part to extend the loving hand of OA to others as it was given to me.

-Anonymous, Monday Cary

Something My Sponsor Said...

I told my sponsor I had received the digital scale I ordered to weigh my food; but it was still in the box. In her ever so wisdom-filled way, she lovingly said, "I don't know how much good it's going to do in there."

-Harriette

Service with a Smile

I am always happy for the reminder that any service, no matter how big or small, no matter how high-profile or not, is an important service to OA as a whole. As I travel a lot for work, I can no longer hold service positions within groups. Even though I have a “home group,” I’m lucky if I can make it to that meeting more than once a month.

So how do I stay connected? What kind of service can I offer? For one, I am able and happy to accept phone calls at any time. I do not mind being woken up if it will help someone with their program. Secondly, whether I am in or out of town, I try to arrive early or stay late to help set up, put away chairs or literature or do whatever needs to be done.

After 14 years in program, this keeps me humble, as I expected to be president of OA by now! Well, back to setting up chairs; if no one set up chairs where would the president and VIPs sit?

Joking aside, thank God that there are no “presidents” or “VIPs,” and no service too small. For today, I am grateful for the physical ability to move chairs because, due to back problems, I am not always able to do so. So, for today, I will take phone calls and move chairs with a smile!

-Anonymous, Monday Cary

Something Happened...

Something happened recently that I got really excited about, such a God-like moment. I got up with intentions of going to the bank at which we opened the group’s account to turn in the paperwork for our new EIN number. However, considering the cost of gas and how tired I was, I thought I might be able to accomplish what I wanted by going to the branch that was nearer to me and the one I frequent.

I patiently waited my turn and, when the representative asked to help me and I told her what I wanted, she paused and wanted to know what OA was. I gave her a shortened version of what program is all about. Her face lit up as she began to tell me how my walking in her door was an answer to prayer. She told me of different diets she had tried and how the food was still way out of control. She then told me how she had spent the previous day in prayer and told God she needed his help; and, if indeed it was HIS will, that He was going to have to help her by showing her what to do. Just a few hours later on that bright Monday morning, I walked in with what we know is a message of hope. I normally have newcomer packets in my car to give out; but when I looked, I realized I had to go back to the house to get one out of the van. I returned and then also gave her the link for the Newsletter.

Of course, I just had to give her directions to the best group there is - my Homegroup, of course. I told her it would be a week before I would be able to get to the meeting, but others would be there to welcome her. I left after getting a warm fuzzy hug and saying, “I’ll see you there!” Upon my return, I found that she had indeed, not only gone to the meeting, but had also gone to one that perhaps you were at. Hearing that, **really** made me smile.

I get excited when I read how Bill Wilson encouraged members to not be so anonymous that they can’t find us when they need to. We’ve got something that works and I know I help myself when I reach out and share that which was so freely given to me. Let’s keep it going. What ‘ja say?

-Harriette



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 Summer 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; Newman Catholic Student Center Parish, 218 Pittsboro Street.; 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, 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) (#39161)
- Wednesday, 8-9pm; Hillsborough United Methodist Church, 130 West Tryon Street (at the corner of Tryon and Wake Streets); ; Robin L. (919) 732-0936, A.J. (919) 644-1239 (BB, D, S, N, V, HA, L, S/D) (#33461) **NOTE: Meeting will move to this new location July 18, 2007**

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