

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 8

Donations Welcome

August 2007

Step Eight

Made a list of all persons we had harmed and became willing to make amends to them all

Tradition Eight

Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers

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 Eight

Wow - I've harmed myself with judgment, shame, compulsive overeating, and believing what others thought of me over what I thought of myself. Admitting that I have harmed myself and others means at some point, God Willing, I will accept my imperfections; that I don't always know what is best for me and that I make mistakes. Can I honestly accept these things about myself without feeling bad about who I am? How do I make amends to myself? By accepting my powerlessness, by turning my will and life over to the care of God, by choosing to work my program and being honest about it? Do I really recognize, acknowledge and understand how I have harmed myself--the isolation, morbid obesity, self-hatred, constantly comparing myself to others, mistrust/suspicion? It appears to be easier to make amends to others - that I can handle a little more smoothly. Step 8 requires me to accept myself - the good, bad and the ugly - slowly, but surely, I ask for the willingness to accept myself, accept who I am, what I have done to my body, to my friendships, to my family, to myself and make amends to change my thoughts, behaviors and actions towards myself and others.

-Anonymous, Durham Sunday Morning

Honesty as a Gift

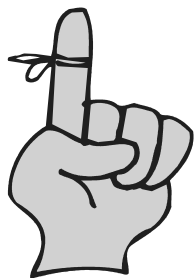
Honesty is critical to recovery in OA - being honest with myself about my eating behaviors, my fears, my shortcomings, and resentments. There can be no recovery without honesty. The ability, requirement, and permission to be honest with myself has been a great gift. My Higher Power knows me to the deepest fiber of my being, so there is no need for me to "put my best foot forward." I need only to take the step and my Higher Power is there to embrace me, welcome me, love me just as I am. I have also recently realized that "honest" can describe more than just my self-awareness and my sharing. I realized that, while in the food, I could not "claim" even life's most mundane, even profane, realities. Now, in abstinence, I can. For example, I did not know what honest hunger was for the longest time. If I felt a numbing in my stomach, it was more likely to be some chemical reaction of the various food I had consumed than to be real and honest hunger. The first time I felt hunger after finding abstinence, I smiled and it made me think of other things I can now honestly claim: Honest fatigue, honest farts, honest sadness, honest lust, honest courage, honest hope, honest sharing, honest burps, honest joy, honest anger, honest thirst, honest fear, honest illness, honest compassion, honest laziness, honest love...

-Anonymous, Durham Sunday Morning

**Topic
for
September**

Topic for September: **Keep it Simple**. You can also write about the Ninth Step or Tradition. We are **always** looking for writings for the newsletter. Please send your writings to newsletter@triangleoa.org by **August 10th**.

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



INTERGROUP MEETING FOR AUGUST

SATURDAY, AUGUST 18, 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
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: TBD
December	Open!! Available for sign-up!!	Step 12, Tradition 12, Topic: TBD



Telephone Meetings

Last Updated: July 12, 2007



Procedure for Phone Meeting	Day and Time	Contact	Phone Number
Call 712-432-6100, Pin Number: 223163#	Sat. 8am EST	Pam	508-832-3628
Call 712-432-6100, Pin Number: 223163#	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 712-432-6100, Pin Number: 223163#	Fri. 10am EST	Janine	206-780-9663

Apologies...Minutes from the June 16th Intergroup Meeting were not available prior to the print date.

MY DISEASE TOLD ME I DIDN'T BELONG

Several weeks ago I was attending my weekly OA meeting and feeling pretty good. I had been making it to meetings on a regular basis, my eating was “clean” and I was beginning to think I might be “getting the program” at last. As the meeting ended, I made my usual dash for the door when a friend stopped me and asked if I would be the speaker at the group’s next speaker meeting. Suddenly, I didn’t feel quite so good. I had never told my OA story, and was not at all sure that I wanted to. However, as a long-time member of AA and Al-Anon, I knew that one of the strongest suggestions (there are no “musts”) is to always say “yes,” and so I did. I left the room wondering what I had gotten myself into.

I had been attending OA for about five years. When I first came in, I was certain that I had a problem with food, and was feeling desperate. Since other twelve-step programs had worked to relieve me of compulsive behaviors, I was confident that OA could do the same. However, I was also not at all sure that I was a compulsive overeater. I believe that the fact that I even had to ask myself the question meant that I qualified – but the disease had such a strong hold on me that the denial was undeniable (pun intended).

Over the next five years, I attended OA intermittently. I often sat in meetings and felt separate and “apart from” – like I didn’t belong. I clung to the fact that I was only fifteen pounds over normal weight for my height and therefore “not as bad” as almost everyone else I saw in the room. I was playing a variation on an old theme. In AA I had been taught not to compare my insides to other peoples’ outsides (when they looked good and I felt bad). In OA, I had to learn not to compare my outsides with other peoples’ outsides!

Having accepted the invitation to speak, I spent the following weeks thinking about my relationship with food and the pain it had caused me and my loved ones. When I entered the room the night I was scheduled to speak, I said a prayer to my higher power, asking only that I be guided by my spirit and not my brain.

As I shared my story, the miracle I had been waiting for started to wash over me. As I was sharing, I could hear my own words and recognized that they were the words of a compulsive overeater. I shared the pain I had caused and the confusion that I felt around food. Perhaps the main “a-ha” moment came when I realized (and said out loud in a room full of other OAs) that food no longer worked – what I had once perceived as the solution to my problems had become the problem. And I remembered, yet again, that a higher power was the solution, and only solution, I needed in my life.

When the meeting ended that night, I thanked my friend for asking me to speak and thanked my higher power for granting me the gift of surrender. There is no longer a bit of doubt or confusion in my mind: I am a member of Overeater’s Anonymous. ~ *Patty R, Reprinted from the Connecticut OA Intergroup Newsletter (Spring 2007)*

FROM “LESS THAN” TO EMBRACED

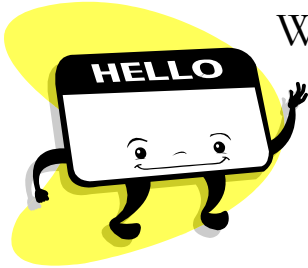
Most of my life I have felt “different” and “less than” family, classmates, and coworkers. As a young child in the 1930’s, I was denied the 5 cents for the daily snack most of my classmates had at their school desks. Shopping for “chubby” clothes was shameful by family standards, and I dreaded the changing seasons when this became necessary. By junior high age – grades 7-9 – I learned about dieting and skipping breakfasts. This pattern went on all my life till I came into OA. I was often very hungry but never had a lasting weight loss. I was always the heaviest amongst family, friends, neighbors, and co-workers. The pain was only anesthetized by my numbing out on my drug of choice, food.

When I came to OA in 1985, I was very ready to do whatever I was told to ease this longstanding pain of being different. The rooms and the loving, accepting people in them assured me it would work – if I worked it. I embraced the program, steps, literature, tools, and all the wonderful new friends who loved me till I could love myself. OA has given me a life, and I’m enjoying every minute.

~*Louise G., Greater Syracuse IG., reprinted from the Region 6 Assembly Newsletter (September 16, 2006)*

SPONSORSHIP & SURRENDER

The 1st Overeaters Anonymous Serenity Day Co-Sponsored by the Triad & Piedmont Intergroups!



Why is it so important to surrender our will?

How can a sponsor help?

Speaker! Workshops! Fellowship!!

When: Saturday, September 15, 2007

Time: Registration: 1:00 – 1:10

Program: 1:10 – 5:00

Where: Jersey Baptist Church

2920 Jersey Church Rd

Lexington, NC 27292-8741



Directions to Jersey Baptist Church:

From Greensboro: Take new 85S to exit #88, Linwood Rd. At the end of the ramp, turn left and go back over 85. Go approx. 4 miles, winding country road, to Jersey Baptist Church Rd, turn left. Church will be on the left.

From Charlotte: Take new 85N to exit #88, Linwood Rd. At the end of the ramp, turn right. Go approximately 4 miles, winding country road, to Jersey Baptist Church Rd. Turn left. Church will be on the left.

From Winston: Take 52S. After 52S merges with old 85S, go to the Linwood exit. At the end of the ramp, turn left and go back over 85. At the stop sign, turn right onto Hardgrave Rd. You will pass over new 85 and Hardgrave will become Linwood Rd. Go about 4-5 miles to Jersey Baptist Church Rd. Turn left. Church will be on the left.

For information, call Becky, 336-956-6172 or Maria, 704-641-9295

Additional copies of this flier can be downloaded at: www.oaregion8.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.”

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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
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; (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