

# Recovery

# TRIANGLE OA NEWS

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

A Publication of the Triangle OA Intergroup—Raleigh, NC

Volume 23, Issue 9

Donations Welcome

September 2007

## Step Nine

Made direct amends  
to such people  
wherever possible,  
except when to do  
so would injure them  
or others

## Tradition Nine

OA, as such, ought  
never be organized;  
but we may create  
service boards or  
committees directly  
responsible to those  
they serve

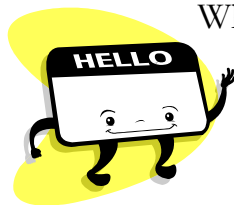
## The Eight Tools of Recovery

A Plan of Eating  
Sponsorship  
Meetings  
Telephone  
Writing  
Literature  
Anonymity  
Service

- OA 12 and 12 and  
The Tools of Recovery

## 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

### 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.

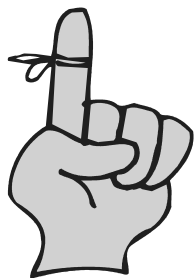
For information, call Becky, 336-956-6172 or Maria, 704-641-9295

**Additional copies of this flier can be downloaded at:**  
[www.oaregion8.org](http://www.oaregion8.org)

**Topic  
for  
October**

Topic for October: **Freedom From Myself.** You can also write about the Tenth 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 **September 7th.**

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



**INTERGROUP MEETING FOR SEPTEMBER**

**SATURDAY, SEPTEMBER 15, 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
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
January	Open!! Available for sign-up!!	Step 1, Tradition 1, Topic: TBD



**Telephone Meetings**



*Last Updated: August 10, 2007*

Some wireless companies are blocking calls - Check with your phone company.

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. 8am EST	Dawn	413-245-9354
Call 712-432-3000, Pin Number: 304567# or 8299#	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	Lori	210-829-4195 Call 9am-8pm EST
Call 712-432-6100, Pin Number: 223163#	Fri. 10am EST	Janine	206-780-9663

# TRIANGLE INTERGROUP MEETING - July 21, 2007

## Who Was Present

Alice D., Treasurer; Jim C., WSO Rep (Acting Chair); Scott, PI/PO Chair; Neill, SOAR Rep; Carla, Fuquay-Varina; Lauren, Mon. Chapel Hill; Tracy, Fri. Durham; Anne, Mon. Cary; Marcia, Thurs. & Sat. Aberdeen; Gerrie, Retreat Chair; Jean, Sat. Durham; Jim K., Hi-Tech Chair

Minutes for June were not submitted for inclusion in the Recovery Newsletter. They will be circulated to the Intergroup listserv for publication in next month's newsletter and to be posted on the website.

## Treasurer's Report

- Only one group donated last month
- Big boost from the Retreat

## Newsletter Liaison (absent)

- More writings are always welcome.
- Please add Fuquay-Varina to newsletter meeting list

## WSO

- Work is underway to reach out to the Native American community.

## SOAR

- SOAR 8 Report from June meeting was submitted.
- Next SOAR Convention is scheduled for November 2-4 in Columbia.

## Retreat

- There are already 3 Serenity Days in NC during September; instead of holding another Serenity Day on the last available Saturday in September, would like to support the Hope for the Holidays hosted by the Cary Monday night group on October 27th from 9am-3pm.
- Serenity Day will be held in January with a focus on newcomers, a fresh start, and the Intergroup.
- The location for the Fall 2008 Retreat was discussed. The beach would be the first choice and a closer location would be a second choice; however, it will largely depend on availability of sites.
- Gerri will book speakers ahead of time.
- Jim K. will put Serenity Day information on the website for the Piedmont.

## PI/Professional Outreach

- ABC affiliate will take a Beta copy of the OA PSA. It will cost \$30.45. A copy will be sent.
- Would like to send 10 copies to each of the 28 meeting locations. The existing budget will cover the costs of distribution and accompanying cover letter.
- The SOAR Intergroup Committee Chair has contacted Jim C. regarding a group in Smithfield, which is not affiliated with an Intergroup. Jim will contact them about joining our Intergroup.

## Hi-Tech

- Jim C. has information from the WSO for the website.
- Update to the Chapel Hill Monday night meeting was changed on the website.

## New Business

- The Cary Monday night meeting is hosting Hope for the Holidays on October 27th. They are looking for speakers, volunteers to lead workshops, etc. Contact Anne at 919-552-7571 or via email at anniegrace44@embarqmail.com
- Group Inventory needs to be scheduled. Discussion was tabled until August since attendance at the July IG meeting was very low.
- Jim C. reviewed new literature, including the pamphlet "Reaching Out to Black Members," which is coming out in September. "A Guide for Sponsors" is coming out in September as well.

***Please consider volunteering your group to submit writings for the monthly newsletter! No writing were submitted for the past two months.***

***Thank you!***

***-Newsletter Editor***

*Minutes from the June IG Meeting were missing from the August newsletter*

## **Triangle Intergroup Meeting - June 16, 2007**

### **Who Was Present**

Mary Anne, Chair; Felicia, Vice-Chair; Deb A., Newsletter/Literature Liaison/Thurs. Chapel Hill; Gerri, Retreat Chair; Alice D., Treasurer; Neill, SOAR Rep; AJ, Wed. Hillsborough; Carla S., Wed. Fuquay-Varina; Anne, CD/Tape Library/Cary; Wendy, Visitor from Hillsborough; Lauren, Mon. Chapel Hill; Jean, Tues. Chapel Hill

Minutes accepted.

### **Treasurer's Report**

- Approved
- Budget appears to be on track based on expected Group contributions.

### **Hi-Tech** (absent)

- Email addresses for IG members are listed below:  
chair@triangleoa.org, hitech@triangleoa.org,  
literature@triangleoa.org,  
news\_liaison@triangleoa.org,  
newsletter@triangleoa.org, outreach@triangleoa.org,  
public\_info@triangleoa.org, retreat@triangleoa.org,  
secretary@triangleoa.org, soar8@triangleoa.org,  
special\_event@triangleoa.org,  
treasurer@triangleoa.org, vice\_chair@triangleoa.org,  
webmaster@triangleoa.org, ws\_conf@triangleoa.org

### **PI/Professional Outreach** (absent)

- Absent

### **SOAR**

- Neill is registered for the next SOAR event in St. Petersburg. He is the only representative from our area that will attend.

### **Retreat**

- The final report for the Spring 2007 retreat was given and will be posted on the website. 38 people attended, 4 people canceled at the last minute. The retreat was well-received and financially successful. Future focus areas include providing more focus on newcomers and new retreat goers.
- The IG decided to hold a special one day retreat in lieu of a weekend beach retreat in Fall 2007. Suggested themes included celebrating IG, learning about service, assisting newcomers

- It was decided to reserve Camp Herring Ridge for the 2008 Spring retreat.
- Locations for a Fall each retreat in 2008 will be explored by the retreat committee.
- The IG requested inexpensive gifts that would be a memento of the retreat to be provided in the future for the retreat leaders.

### **Tape/CD Library**

- A request was made to remind members to use the OA library. A list of tapes, CDs and literature is available at [www.triangleoa.org](http://www.triangleoa.org)

### **WSO** (absent)

### **Group Inventory Process**

- We are still waiting to determine where the IG's copy of 12 Step Within is located. We have not found any guidelines for conducting an inventory of IG. There are guidelines on conducting group inventories. Some of the questions may be useful for the IG.
- It was suggested the inventory be done before November, the regular meeting extended and lunches be brought. A definite date and place were not decided.
- Neill was authorized to buy a 12 Step Within Workbook for approximately ten (10) dollars at the SOAR conference.

### **Business**

- Felicia left a message with the TRIAD IG and has not received a response on how the Triangle IG can be of service.

### **Announcements**

- Monday Chapel Hill meeting is moving on July 9<sup>th</sup> to the Newman Center, 218 Pittsboro St. The meeting begins at 7:30pm. Contact Micaela (910-383-0308) or Linda (919-933-1355) for directions.
- A lunchtime meeting has started in Hillsborough on Mondays from 12:30-1:30 at St. Matthew's Episcopal Church, 210 St. Mary's Street.
- The Hillsborough Wednesday evening meeting is changing times and places. Throughout July 11<sup>th</sup>, it will meet from 7:30-9:00 PM at the Hillsborough Presbyterian Church on 102 West Tryon Street. Beginning July 18<sup>th</sup>, it will meet from 8-9pm at the Hillsborough United Methodist Church on 130 West Tryon Street.

## 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.”

.....

**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](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
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
Seanna H.	919-678-8031	before 9pm	yes	yes

## 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 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 St; 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)

**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)

**Fuquay-Varina**

- Wednesday, 1-2pm; 1005 S. Judd Pkwy (SE side room 122); Alice (919) 557-7712, Carla (919) 771-1393

**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)

**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.

**Telephone Meetings:** See page 2 for more 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*