

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 10

Donations Welcome

October 2007

Step Ten

Continued to take personal inventory and when we were wrong, promptly admitted it

Tradition Ten

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy

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 10

I experienced my "self-will run riot" recently when I let 10 hours lapse between my breakfast and lunch meals, and I exceeded my limit of moderate exercise. As a result, and not surprisingly, I felt dizzy, nauseated and out of control.

Because of Step 10, I was able to promptly admit my wrong and change my anorexic behavior the following day. I regained my abstinence and thus my sanity. Freedom from myself feels so much better than bondage to self. I am a grateful recovering anorexic.

-Anne R., Chapel Hill

“Freedom from Myself?”

The topic was “freedom from myself,” but I don’t know if I have gained that freedom in Overeaters Anonymous, or even if that is my goal. What I have gained is a much greater understanding of who I am, and a greater capacity to be with myself, to accept myself, eating oddities and all. And I have gained the willingness to separate *myself* from the voice in my head that says, “be afraid! Be very afraid!” (of not getting enough food, or getting too much, or of what might happen if I talk honestly with one person or another, or take risks in my work).

I met this morning with a nutritionist who commented that I did not trust myself very much – not as much as I might, after five years of abstinence from compulsive overeating and almost ten years of maintaining a healthy weight. My immediate response was one of skepticism and fear (did she really mean that I should ask *myself* how much protein or carb. or fat I need at a given meal??). But in reality, I know she’s right. My fear is way out of line with my record of achievement and the ways I have learned to take care of myself in the past five-plus years. I don’t need to give up my food plan, or the nutritional wisdom I’ve gained over the years – or my bright line about consuming my trigger foods. But I could definitely benefit from some flexibility and loving self-trust.

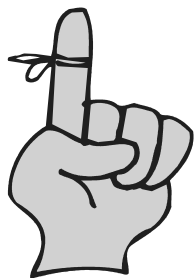
I realized, too, that this is at least as important in other areas of my life as it is in regard to food. I am a competent, responsible, hard-working, mature person. I have demonstrated over a very long time my ability to finish project I initiate, to be present in the lives of my loved ones, to pay my bills, hold up my end of a bargain (mostly), and treat the people I meet with respect (mostly). Maybe it is time for some freedom from the old way of relating to myself.

-Felicia, Durham

**Topic
for
November**

Topic for November: **Hope for the Holidays**. You can also write about the Eleventh Step or Tradition. We are **always** looking for writings for the newsletter. Please send your writings to newsletter@triangleoa.org by **October 12th**.

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



INTERGROUP MEETING FOR OCTOBER

SATURDAY, OCTOBER 20, 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
November	Cary, Monday	Step 11, Tradition 11, Topic: Hope for the Holidays
December	Open!! Available for sign-up!!	Step 12, Tradition 12, Topic: Together WE Can
January	Open!! Available for sign-up!!	Step 1, Tradition 1, Topic: TBD
February	Open!! Available for sign-up!!	Step 2, Tradition 2, Topic: TBD



Telephone Meetings

Last Updated: September 8, 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 Call 7am-9pm PST

TRIANGLE INTERGROUP MEETING - August 18, 2007

Who Was Present

Mary Anne, Chair; Felicia, Vice-Chair; Alice D., Treasurer; Tracy, Sun. Durham; Anne, Mon. Cary; Marcia, Thurs. & Sat. Aberdeen; Jean, Sat. Durham; Jim K., Hi-Tech Chair; Kara, Tues. Raleigh; Cheryl, Sat. Raleigh; Deb, Newsletter Liaison & Thurs. Chapel Hill; Elise, Sun. Raleigh; Elizabeth C., SOAR Rep. & Tues. Chapel Hill (temporary)

Minutes for June accepted with amendment - Jean represented Saturday Durham, not Tuesday Chapel Hill.

Minutes for July accepted as published.

Treasurer's Report

- Accepted as submitted

Hi-Tech

- Website up and going well

Newsletter Liaison

- Reminder to reps to mark down how many newsletters they take for a meeting. The mailed newsletters will be sent out by next Saturday.
- We need groups to sign up for writing content of the newsletter. Individual contributors are always welcome to submit writing to newsletter@triangleoa.org about their experience, strength and hope in recovery.

Retreat

- There will be a January Serenity day planned. Also planning for '08 Spring and Fall retreats has started.

PI/Professional Outreach

- No report.

Library

- An updated list of literature will be posted on the website.

WSO

- No report.

SOAR

- No report.

Special Events

- See Hope for the Holidays under New Business

Announcements

- The Chapel Hill groups have permanently changed location due to renovations on former building.
- November is the month for nominations for Intergroup positions. Please start looking for people that would like to serve. Position requirements will be posted in the newsletter for Chair, Vice-Chair, Secretary, Treasurer and WSO. Jim will provide this information to the newsletter editor.
- The annual treasure report is due in November.

New Business

- The Monday night Cary meeting is doing a Fall Serenity Day retreat. They are looking for volunteers to speak, hold workshops, or help in any manner. To volunteer, contact Anne 919-552-7571. Hope for the Holidays will be held on October 27th from 9am – 3pm at Greenwood Baptist Church in Cary on the corner of Kildaire Farm Rd. and SE Maynard. Come into the parking lot from Kildaire Farm Rd. Lunch is on your own. Suggested donation is \$5, no one will be turned away. Also there will be a raffle and clothing exchange. If you need directions from I-40, contact Anne at anniegrace44@embarqmail.com
- Requesting Jim C. to submit a written report from WSO to the newsletter
- Brainstorm about themes for Hope for the Holidays: Service as a Lifeline, FEAR (Face Everything And Recover), Trigger Foods, Emergency Plan for the Unexpected Times, Writing for the December Newsletter, What Gets You During the Holidays - Expectations vs. Realism, Relapse and Recovery, the Holidays You had in Recovery, Holidays In the Office, and Alone During Holidays.
- Newcomers have tried to attend the Mon-Fri Raleigh noon meetings. Meetings have very low participation, and the contact person is not able to attend at this time. We will add a notation to the listing in the newsletter, voice mail, and website to please call the contact person to make sure the meeting is going to happen. Kara C. will create the article and contact Scott the Public Outreach to change the voice mail.

Freedom from Myself

Recently, I have been immured in self by emotional pain. There is nothing that will make you self-centered faster than a breaking heart. My whole being seemed concentrated on that pain, like a spiritual toothache. But, here is the difference being in OA's 12-Step program makes: I picked up the phone, called other members of the program and poured out my sorrow. They responded with patience, understanding, and love. And, here is the miraculous result: when their kindness stemmed the first flood of my anguish, I was really, wholeheartedly, able to say, "I don't want to spend this phone call talking exclusively about myself—tell me what's going on with you." I could truly listen, and even feel relieved and soothed to get out of myself by focusing my attention on another person's life. In the future (as in the past), I shall likely be the one picking up the phone to hear someone sobbing or fulminating on the other end of the line. Then I can "pay it forward" by listening with the kind of undivided, empathetic attention I have so often received.

My point is that relief from the bondage of self is not a state I achieve once and for all, under all circumstances. It springs from a circle of giving and receiving that OA has opened up to me—a circle of love and care that flows between my OA "buddies" and me, and into which compulsive overeating cannot enter.

-Anonymous, Durham

Journey of Change

This program has been a "Journey of Change" for me on all three levels—physically, emotionally, and spiritually.

Physically, my weight is no longer my worth. I don't let the scale dictate how I feel about myself today. I'm able to accept my body. Yes, I do realize that it needs some work, but I don't sabotage myself because I am not a size XYZ--no size was ever small enough anyway. I'm able to recognize with honesty that my Plan of Eating needs to change in order to lose weight and maintain a healthy size. But, I am no longer bingeing (or starving) to cope with life. I have eaten three meals for years, but admit that moderation and exercise definitely need some current attention.

Emotionally, I was a child when I came into OA at age 25. I was taught here how to accept life on life's terms during happy times and in times of crisis. I learned how to express emotions other than just anger. I learned how to live my own life and not "borrow a life" from those around me. I learned to take responsibility for myself, my actions, and my decisions. I learned how to be positive about myself and my life. I started to set healthy boundaries with family members and at work. I started to feel serene even in the midst of stressful situations. I started to dream and wonder. I became creative. I became enough. I came to realize that my life is not a dress rehearsal; it's the only life I have, so I better live, not just exist.

Spiritually, I had a religious God, but it's been a journey to explore life with my Higher Power. I had to figure out what I want this power to be in my life. My concept of HP continues to change and grow. But, HP is my constant source of strength through my daily life. I trust that my HP is always giving me exactly what I need, though it may not always be what I want.

Change takes time. This is a hard fact for me to accept. But, when I compare my life before program to my life today, I know, without a doubt, that HP knows so much better than I do--the key for me is to trust my HP and just stay out of the way!

-Di, Raleigh



Reinvigorating Raleigh's Midday Meetings

It is 12:00 noon. You've had a bruiser of a morning. The afternoon promises more of the same. You need a serious pick-me-up to make it through. What do you reach for? Your car keys! Come over to Six Forks Road in Raleigh and gather with OA friends for a midday meeting. It is a great way to recharge, re-center, and get ready to face the rest of your day with strength and focus.

Those that have attended the Raleigh 12:30 meetings held on Mondays, Wednesdays, and Fridays at Grace Lutheran Church refer to them as "an oasis in my day", and "the best lunch break I can take." Unfortunately, those meetings have recently faced logistical challenges and availability has suffered. Without someone to set-up and lead consistently, attendance has dwindled. There is now great interest in breathing life back into those meetings and ensuring the continuance of Raleigh's daytime fellowship opportunities.

We as an OA community are strongest when we can offer both newcomers and each other a full compliment of meeting times. Building the midday meetings back up is an important part of keeping Raleigh's OA meeting schedule robust. In order to make this possible, we need your help.

There are three ways you can directly participate in the revitalization efforts:

Attend any of the midday meetings- your presence is the most important and needed contribution! For detailed location information, see the meeting list on the back of this newsletter.

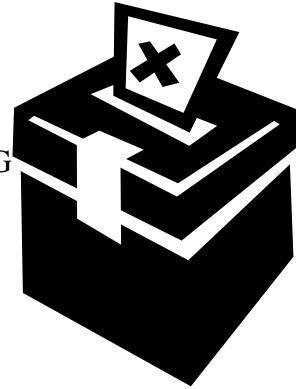
Sign up to lead one of the 12:30 meetings during September or October. There is a leader sign-up sheet and calendar available at each meeting or you can call the meeting contact, Cathy, at 919-848-6963.

Spread the word! Announce this information at other OA meetings, tell anyone that might be interested about the daytime meeting schedule, arrange a ride share with others coming from Downtown, or encourage an OA friend to meet you there. Getting the word out is the key to keeping these midday meetings alive and thriving.

Thank you for your help and see you there!



Nominations for the 2008 Intergroup Board of Trustees



Nominations for the 2008 Intergroup Board of Trustees will be held at the November IG meeting on Saturday, November 17th, 2006. Votes will be cast by all IG reps, Committee Chairs, or alternate IG reps in attendance. You do not have to be present to be nominated, but you must be present at the IG meeting in December to be elected.

Your Intergroup Board consists of:

1. Chair: Responsible for setting the agenda for, and presiding over, all IG meetings; serves as WSO and SOAR representative. Requires one (1) year of current and continuous abstinence.
2. Vice-Chair: Serves in the absence of the Chair. Requires six (6) months of current and continuous abstinence.
3. Secretary: Keeps minutes of all IG meetings; sends notices of upcoming IG meetings; keeps WSO informed of all changes to group contacts, locations, and other information.
4. Treasurer: Maintains checking and savings accounts for the IG; submits financial reports at monthly IG meetings; prepares and presents an annual budget. Requires one (1) year of current and continuous abstinence.
5. WSO Delegate: Attends and reports on WSO Conferences. Requires two (2) years of current and continuous abstinence.
6. SOAR Representative(s): Attends all region assembly meetings. Requires one (1) year of current and continuous abstinence.

REQUIREMENTS:

Unless otherwise noted in the position descriptions, IG Board members must meet the following requirements:

- a) have been working the 12 Steps for one (1) year or more;
- b) have familiarity with the 12 Traditions;
- c) have six (6) months current and continuous abstinence;
- d) have one (1) year or longer as an active OA member;
- e) have past service as an IG rep of Triangle Intergroup or another OA Intergroup.

GIVE SERVICE AS A COMMITTEE CHAIR !

The following committees need an OA member or members who is/are willing to serve as chair or co-chairs, as well as dedicated members of these committees:

- Retreat Chair: With the help of a Retreat Committee, locates upcoming retreat locations, plans fall and spring retreats for OA members, registers and plans retreat activities
- Public Outreach: Distributes OA PSAs to local TV and radio stations; makes sure that local meeting information is published in area newspapers or other media, spreads information about OA to organizations that come into contact with still-suffering compulsive overeaters.
- Group Outreach: Maintains contact with OA groups throughout the Triangle Intergroup area; visits meetings and provides support as needed.
- Special Events: Coordinates IG level special events as needed (a great position if you have an idea for an OA dance, yard sale, pot luck, you name it).
- Hi-Tech: Maintain the triangleoa.org website and mailing lists.

Please contact Mary Ann, IG Chair, by email at chair@triangleoa.org if you are willing to serve in any of these positions or have questions.

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
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

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 Fall 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) (#20756)
- 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) (#45514)

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.

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