

# Recovery

TRIANGLE OA

# NEWS

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

Volume 23, Issue 11

A Publication of the Triangle OA Intergroup—Raleigh, NC

Donations Welcome

**November 2007**

## Step Eleven

*Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out*

## Tradition Eleven

*Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication*

## 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

Nobody likes to be wrong, but I have had a near-physical need to be right. In personal relationships, work, community activities, or volunteer work, I have spent hours thinking through and "rehearsing" who might do what or who might say what to whom. Anticipating every little thing that could possibly go wrong and having a "Plan B" ("Plan C", "Plan D", etc.) just in case. I thought this made me a better friend, a better beloved, a better employee, a better volunteer, a better person in general. Not only could I be counted on in every imaginable circumstance, I could be counted on in every UN-imaginable circumstance. Because, of course, I had spent a great deal of time imagining it and planning for it. I remember telling my boss once, when he reminded me that a particular project did not have to be perfect: "I know it does not have to be perfect, but it does have to be right." I still kind of believe that one. Talk about insanity.

Through OA, I am learning that trying to be right all the time is just a great big wall to my recovery. It puts my self-esteem in other peoples' hands, which is just rude. Others don't want be in charge of my self-esteem. They have enough to do just to take care of their own self-esteem. Step 10 reminds me that I alone am responsible for my personal inventory. Since I love myself, there is no shame in admitting to myself that I have done wrong and, if that wrong has harmed someone else, making appropriate amends. Imagine that.

*-Anonymous, Sunday Morning, Durham*

Step 10 is to stop adding things to my 4th - 9th steps. It helps me recognize and correct the wrongs I do to others sooner. This helps me deal with my feelings as they occur and reduce guilt and shame.

When I leave items be and not try to correct them, I feel guilt and shame. The shame has me believe I am not good enough to be with others. It allows me to justify isolation and overeating. Thoughts of "I am not worthy of being around others" and "Eating this will stop me from feeling bad" come to the forefront of my mind.

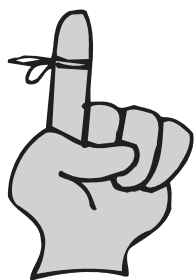
Be addressing the wrongs I have done early, it helps me "act upon life, instead of reacting to life." Step 10 allows my relationships to grow and not be polluted by garbage. Simply put, I clear my side of the street once, then take care of the street removing each days garbage so as not to let things pile up.

*-Jim K, Raleigh Sat morning*

**Topic  
for  
December**

Topic for December: **Together WE Can.** You can also write about the Twelfth 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 **November 17th.**

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



**INTERGROUP MEETING FOR NOVEMBER**

**SATURDAY, NOVEMBER 17, 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
December	Chapel Hill, Tuesday	Step 12, Tradition 12, Topic: Together WE Can
January	Open!! Available for sign-up!!	Step 1, Tradition 1, Topic: Taking the Spiritual Path
February	Open!! Available for sign-up!!	Step 2, Tradition 2, Topic: Accepting Reality
March	Open!! Available for sign-up!!	Step 3, Tradition 3, Topic: TBD



**Telephone Meetings**

*Last Updated: October 4, 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 - September 15, 2007

## Who Was Present

Mary Anne, Chair; Felicia, Vice-Chair; Alice D., Treasurer; Tracy, Sun. Durham; Mande, Mon. Cary; Marcia, Thurs. & Sat. Aberdeen; Jim K., Hi-Tech Chair; Kara, Tues. Raleigh; Cheryl, Sat. Raleigh; Elise, Sun. Raleigh; Elizabeth C., SOAR Rep. & Tues. Chapel Hill (temporary); Harriette, Secretary & SOAR 8 Rep; Neill M., SOAR 8 Rep; Scott, PI Chair; Gerrie A., Retreat Chair; Carla, Fuquay-Varina

Minutes for August meeting accepted with amendment - Announcements: The annual treasurer's report is due in November and next year's budget is due in December.

## Hi-Tech

- Newsletter is posted.
- Hope for the Holidays flyer made & posted on website.

## Newsletter Liaison

- Two groups signed up to write for November.
- Chapel Hill Tuesday will write for December, unless there will be a writing workshop for the November newsletter at the Hope for the Holidays Serenity Day. If that occurs, Chapel Hill Tuesday will write for the next available month.
- More volunteers are still needed.

## PI/Professional Outreach

- Twenty-eight packets of information have been sent to health care professionals.
- Phone line has been updated.

## Retreat

- Trying to arrange a date in May for the Spring Retreat at the same site as last year. First date was unavailable - seeking alternate date. Should have final date next month.
- Gerrie went to World Conference in Philadelphia and is arranging speakers for the Spring Retreat - a husband and wife with strong recovery.
- Still seeking location for January's mini-retreat. A location in Holly Springs, through the Parks & Rec. Dept. may be available. Seeking a Holly Springs resident in program that can help reserve the site since residents of Holly Springs get a discount.
- Beach locations for the Fall retreat are already booked. Will continue to search for other beach sites, but also looking at locations that are closer to Triangle as alternative.

## SOAR 8

- Next conference is in Columbia, SC the first weekend in November. Neill and Elizabeth are looking for anyone interested in sharing a ride down.

The conference will cover both recovery and business and is open to all.

## Special Events

- Chapel Hill Monday night is planning a holiday Serenity Day focused on: "Stopping HALT (Hungry, Angry, Lonely, Tired)" and "Happy, Joyous, and Free."

## Group Outreach

- Mon, Wed, Fri. Raleigh noon meeting is picking up but still needs support - keep coming!
- Member seeking feedback about starting a 7am meeting in downtown Raleigh. If interested, email public\_info@triangleoa.org.
- Fuquay-Varina meeting is held Wed. from 1-2pm and is hoping for more people to attend.
- Outreach to Triad - Contacted Retreat Chair to coordinate dates of Spring Retreat so don't overlap.

## Treasurer's Report

- Committee Chairs are asked to submit budget and expenses for 2008 during the November meeting. This will allow the budget to be prepared for the annual report and 2008 budget in December. The Retreat Committee is asked if they could have a projection for donations next year at Nov meeting.
- Last month's report showed Chapel Hill Thurs with a double credit - corrected in this month's report.
- IG reps are asked to check with their meeting treasurers to ensure amount listed is correct.
- Sept. report accepted as submitted.

## Old Business

- IG Inventory - This should be an ongoing process. At the Oct meeting, we will move quickly through the committee reports, allow for urgent business, and reserve one hour for IG Inventory.

## New Business

- Healthy Meetings Information from World Service Convention presented by Gerrie. At the 3-day event in Philadelphia, there were 1200+ attendees. Next convention will be held in Los Angeles in 2010 with "We Are Family" theme.
- SOAR 8 Rep positions may only be held for 2 consecutive terms. Elizabeth is ending one term, Harriette and Neill are one year into their two year term. Unsure if Jim C's term as WSO rep is ending or if he has one year to go. Chair, Vice Chair, Treasurer and Secretary positions are all open. Committee Chairs - Jim will be stepping down from Hi-Tech; Megan, Newsletter Editor, interested in stepping down; Gerrie stepping down as Retreat Chair; Scott has served 2 terms as PI/PO Rep.

## Thoughts on "More About Alcoholism" in the Big Book...

I am a compulsive overeater. After being abstinent for 10 years, I decided I could eat sugar in a controlled moderate way. I tried - really. I kept my sponsor, went to meetings occasionally and ate. Not only did I gain weight, I returned to constant obsessing about my weight, body size, food choices - that is all I focused on pre-Recovery and I returned to that state of being.

I am grateful today that I know, and accept, I am a compulsive overeater. With the help of my higher power and my OA support team - I am happy, joyous and free one day at a time. As long as I remember that I can't do sugar in moderation, and if I decide I need to try, I need to make a phone call first. Today, having life is more important than having sugar.  
*-Anonymous Thursday night Raleigh*

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These paragraphs use strong language - "delusion," "insanity or death," "we get worse, never better." On the other hand, I appreciate how cut and dry the Big Book is. There's no wiggle room. If I eat, I'll go crazy or die. The notion that I can occasionally binge and then get back on track is a delusion.

How I wish I weren't physically and mentally different from my fellows! I wish I didn't have to carry my food, weigh and measure, read labels, and go to meetings. I wish I could just enjoy a Labor Day barbecue unthinking.

The greatest gift of OA, to me, is that once I completely accept that I have a disease, that it is progressive and fatal, then I can have my attention to the solution. I don't have to be stuck in that place of trying, once again, to prove that the rules don't apply to me. I can get on with the business of recovery through the 12 Steps and 12 Traditions.

*-Kristi, Chapel Hill*

## HELPFUL TIPS FROM THE WORLD SERVICE CONVENTION

### A list of Absolute for Abstinence

1. No spontaneous eating.
2. Plan your Program Activities first BEFORE anything else.
3. Nurture the memories of eating, recount them and tell them to others so you don't forget what it was like the day before you came into the rooms. That horror should not be forgotten.
4. There are NO special days.
5. Wait 10 seconds before eating anything.
6. Keep Coming Back
7. Be tough on yourself and others. Don't kill them with compassion.
8. Honor your body. Have a food plan and exercise plan. NO NEGATIVE THOUGHTS. Not by you or from others.
9. Ask for what you need, even if you think it is obvious. Don't assume anything you need is obvious to anyone but you!
10. Ask HP to walk with him. Some call on their Higher Power to walk with them everyday; instead, ask to walk with your HP and follow their path.
11. Keep your bank account in the black - when you are going out of town, plan your food. If you can't get to a meeting, take a phone list or double up on meetings before you go.
12. Don't ever let service replace recovery activities.

### Principles for vital healthy meetings

1. Exhibit radical hospitality. Invite people to your meetings, stay with newcomers. If a newcomer walks into the meeting, they are ready to come to meetings and want to be there. Have newcomer greeters, have newcomer phone callers. The Big Book is our text book and the meetings are our schools for Abstinence.
2. Be Passionate about Program
  - When asked to speak, it would be helpful if speaker tried to reach the other persons heart
  - Have Speaker Meetings. If you don't have a speaker, play a CD of speaker
  - Qualify at your meeting. It is not about your vanity, it is about the others help
3. Member Program Progress - Steps, Traditions, Tools - whatever it takes to obtain it. Intergroup, retreats, conventions, give your presence and your service.
4. Take part in risk taking service to improve the conditions of others.
5. Practice extravagant generosity - 7th tradition, sharing.

Triangle OA Serenity Day

**Making the Holidays Joyous:**

**Avoiding H.A.L.T**



**Speakers, Panels, Discussion & More!**

**A Newcomer Meeting will be available**

**When: Saturday, December 8, 2007, 1-5pm**

**Where: Holy Trinity Lutheran Church,**

**300 East Rosemary St., Chapel Hill, NC 27514**

**Questions: Contact Micaela (919-383-0937) or Linda (919-933-1355)**

**Suggested donation is \$5. No one will be turned away.**



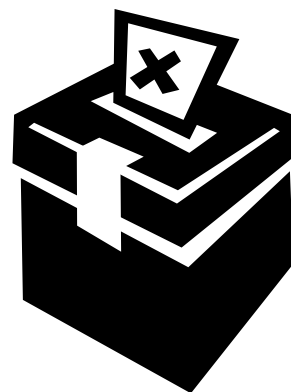
**OTHER UPCOMING EVENTS**



<b>Date of Event</b>	<b>Event Name</b>	<b>Location of Event</b>
November 2 - 4, 2007	SOAR 8 Recovery Convention & Business Assembly	Columbia, South Carolina
March 7 - 9, 2008	SOAR 8 Recovery Convention & Business Assembly	Jackson, Mississippi
October 17 - 19, 2008	Fall 2008 Retreat at Camp Harrison	Boomer, North Carolina

***Make meetings a Haven of Recovery, make others Keep Coming Back.***

# 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, 2007. 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](http://triangleoa.org) website and mailing lists.
- Newsletter Editor: Create, format, edit the monthly Triangle OA Newsletter.

Please contact Mary Ann, IG Chair, by email at [chair@triangleoa.org](mailto: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.”

.....

**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 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); 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) 835-1410 (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*