

# 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 12

Donations Welcome

December 2007

## Step Twelve

**Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs**

## Tradition Twelve

**Anonymity is the spiritual foundation of all these Tradition, ever reminding us to place principles before personalities**

## 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](#)

## Together We Can

The incredible acceptance, support, and love I have received in our fellowship in the last twenty-plus years were essential to my abstinence. I could not have done it without you, my dear friends. This wonderful network of OA is, with my dear family, the most treasured thing in my life. Thank you all, and may we always “trudge the road of happy destiny” together.

*-Anonymous, Chapel Hill Tuesday night*

I grew up in the era of Davy Crockett and the TV westerns. I learned that, even though the hero had people depending on him, he was supposed to stand on his own two feet. I’m not sure I knew the term “rugged individualism” back then, but I certainly bought into that piece of popular culture. Even though I was a girl, I also made it clear to my parents that I wanted to be a cowboy, *not* a cowgirl. Cowgirls, I explained, either stayed at the ranch and kept house, or got kidnapped and tied up. I wanted the more active role—the rescuer, not the one to be rescued.

Did this make me a likely candidate for a program in which I had to accept my powerlessness? Maybe not; but desperation drove me through the door. However, I still wanted to do it for myself. Whether it was food or a stubborn character defect, I wanted to fix it. Things got a little easier when I acknowledged that I might need some help from HP; but even then many of the joys of recovery couldn’t seep through into my self-reliant isolation. I don’t know how those walls came down. I do know that they were chipped away by a loving sponsor, caring OA buddies, and the simple observation that doing it alone wasn’t working. Today “I put my hand in yours, because together we can do what I could never do alone.”

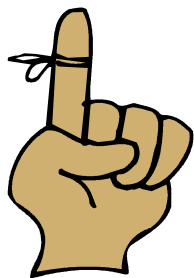
*-Anonymous, Chapel Hill Tuesday night*



Topic  
for  
January

Topic for January: **Taking the Spiritual Path.** You can also write about the First 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 **December 7th.**

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



**INTERGROUP MEETING FOR DECEMBER**

**SATURDAY, DECEMBER 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
January	Raleigh, Saturday morning	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
April	Open!! Available for sign-up!!	Step 4, Tradition 4, Topic: TBD



**Telephone Meetings**

*Last Updated: November 9, 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	Linda D.	502-319-4948
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 - November 20, 2007

## Who Was Present

Mary Anne, Chair; Jean, Sat. & Sun. Durham; Anne, Mon. Cary; Jim K., Hi-Tech Chair; Harriette, Secretary; Elizabeth C., SOAR Rep. & Tues. Chapel Hill (sub); Neill M., SOAR 8 Rep; Scott, PI Chair; Alice S., Wed. Fuquay-Varina; Lauren, Mon. Chapel Hill; Deb A., Thurs. Chapel Hill

Minutes accepted.

## Treasurer's Report

- Approved

## Hi-Tech

- Hits to the website are increasing and IG asked that a note be placed on the website stating that the meeting list is updated periodically.

## Newsletter Liaison

- No outstanding news to report.

## PI/Professional Outreach

- Scott is formatting instructions so the person who takes on the PI/PO service position will have guidelines.

## SOAR

- Neill and Elizabeth are ready for the upcoming SOAR in Columbia.
- Elizabeth will be stepping down after this term.

## Retreat

- Camp Harrison is booked for the Fall Retreat.
- The committee is still trying to secure a spot at North Topsail for the Spring Retreat.

## Tape/CD Library

- A display will be set-up at the upcoming Serenity Day for member to check out.

## Announcements

- Harriette will send Jim the articles she has on cross-talk to be posted on the website.
- Deb agreed to make a poster for display at Serenity Day describing the OA structure.
- Groups are encouraged to have periodic group inventories.
- The questions Neill put together for a group inventory will be posted on the website.
- IG started what will be an ongoing inventory using the questions Neill got from program literature. After listening to the questions, IG felt that some of our strengths are due to the fantastic job of those giving service at this time. IG also tries to encourage groups to host Special Events, etc.
- Some areas we felt we need to continue focusing on is efforts for reaching all populations and if we are

“preaching” the importance of service, or if we can do more to encourage others to give service.

## Special Events

- Chapel Hill's Monday night meeting is hosting a Serenity Day on Saturday, December 8 from 1-5pm at Holy Trinity Lutheran Church, 300 East Rosemary Street in Chapel Hill (the old meeting location). The theme is Living Happy, Joyous and Free: Avoiding H.A.L.T during the holidays. There will be workshops, a panel discussion, a skit, meditation, and arts/crafts.
- Workshop topics:
  - Self-Care Through the Use of the Twelve Steps and 8 Tools of Recovery
  - Dealing with Difficult family Dynamics and Stressful Situations
- Panel Discussion:
  - Avoiding H.A.L.T. - Creating the Holidays You Want: Developing a New Relationship with the Holidays
- **Volunteers are still needed!!** If interested in volunteering, please contact: ReMona Thompson at 919.491.3958 or at rtsugar@yahoo.com

## **My Recovery through the World Service Convention**

I was blessed enough to attend the World Service Convention (WSC) in Philadelphia this summer. The experience was life-altering. The best way for me to communicate my experience is to share what I heard (which reflects the opinions of OA members and are not to be attributed to OA as a whole) - things that HP had ring true to me:

Surrender – not so much giving up as learning to cooperate.

Not a goal weight, a God weigh.

“Figure it out” isn’t a slogan.

The disease is three-fold: compulsive overeating, bulimia, anorexia – and I can go through all phases of it.

The disease is progressive. Is my recovery?

Steps 6 & 8 - some people call them the forgotten steps.

I can do a 10<sup>th</sup> step by doing an immediate change in attitude.

On my tombstone I don’t want “I was right,” but I was loved.

3As – awareness, acceptance and action.

When my defects knock on the door, invite them in and have a talk with them, but don’t let them bring in their luggage.

That nothing happens by mistake does not mean it happens the way God wants it to happen.

Acceptance is I can’t make a circle into a square.

Acceptance does not mean approval.

I may be able to live a normal life, but I will never be able to eat normally again!

I think life’s good now, it only gets better.

God is not a part-time worker, He enjoys full time work.

Silent 12<sup>th</sup> step – pray that God will get the person into the rooms.

If I don’t buy it, I can’t eat it.

Relapse is not a part of my recovery, but I am not afraid of it – it’s not catching.

Don’t be seduced by progress.

Get up (share, contribute, serve) – if I sit on my butt too long, it reminds me of resting on my laurels.

If I rest on my laurels, I’ll break them.

There is hope!

We are people of courage!

Make the amends or eat!

Fat or forgiveness!

You don’t have to weigh and measure, you can be as fat as you want!

The Big Book is like a cookbook – I can read it all day and starve. Action is the key!

I went to 3 meetings a week; my closest meeting was 2 hours away.

There is more to this program than just not eating compulsively.

Ask God to give you the grace to put enough food on your plate to nourish your body; and to stop you when you have had enough.

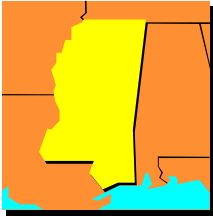
We wear our recovery on our belt buckle.

Serenity – it’s like walking the rollercoaster instead of riding it.

This is a program for life!

I am a gratefully, abstinent compulsive eater, recovering by the grace of God, one day at a time. Attending the WSC was a significant part of my first year of recovery. The next convention is in LA in 2010, marking 50 years of OA helping compulsive eaters obtain healthy spiritual, emotional and physical recovery. I welcome us all to save a dollar a day for LA!

*-Atiya, Tuesday night and Saturday morning meetings, Raleigh*



# MARCH MISSION TRIP TO MISSISSIPPI



Help a suffering compulsive overeater recover. The Twelfth Step Within committee mission is to help struggling members to strengthen their OA program and move into solid recovery. A goal is to send a few of these members to the March 7-9, 2008 SOAR 8 Recovery Convention (& Business Assembly) in Jackson, Mississippi. Mississippi OA and surrounding areas have been hard hit by Katrina and its aftermath. We can help!

The idea is to have a flyer for the Mississippi SOAR 8 available at each meeting in your area (These are available at [www.oaregion8.org](http://www.oaregion8.org)) and pass an extra basket (just for the next few months) for donations to get one of the still suffering members to the Region 8 Convention. If everyone just put spare change in every week till February that would really add up. From there it would be up to the individual meetings or Intergroup how they would use the money. A person from a local meeting could be sent or if there is not enough money to do that it could be consolidated with the Region 8 Treasurer Karen Cornacchia (1001 Starkey Road #456 , LARGO, FL 33771) and sent on to the hosting Mississippi IG for them to send a local member in need to the convention.

Region 8 Recovery Conventions are powerful. Strong abstinent OA members share what they used to be like and how they got out of the food into recovery. There is opportunity for fellowship & fun. It is a great place to get abstinent if you are in relapse.

This will help the Central Mississippi Intergroup who will be hosting the event by bringing financial support. They are hurting and we can help!

Please consider making a can or passing the basket or Tupperware for the MARCH MISSION TO MISSISSIPPI. Together we can do what we could never do alone.

- 12<sup>th</sup> Step Within Chair Region 8



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## UPCOMING EVENTS

Date of Event	Event Name	Location of Event
December 8, 2007	OA Serenity Day—Making the Holidays Joyous: Avoiding H.A.L.T	Chapel Hill, NC
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

## Together We Can

This is one of the most powerful phrases in the OA program for me. Like many compulsive eaters, my disease was one of isolation. Before program, I faced my life, and its inevitable problems, by myself. No, that isn't right. I didn't face life at all; I hid in the food and behind my wall of character defects.

Coming into these rooms, overweight and emotionally/spiritually destitute, I was welcomed with open arms and hearts. That was the beginning of the end of my isolation. Working Step 5 and sharing myself with my non-judgmental, accepting sponsor really started opening doors and pulling down the walls that I had made. Being together with other compulsive eaters at meetings, and hearing that they had once had the same unhealthy relationships with food that I did, but were now "happy, joyous and free," gave me hope. Being together with my Higher Power in prayer and meditation and writing has further strengthened me. Together my HP and my OA buddies and I can do all sorts of things in my life that I could never do alone. I am so grateful for the OA kind of togetherness.

*-Anonymous, Chapel Hill Tuesday night*

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When I arrived late to the 12:30 pm meeting in Raleigh, I saw one car in the lot and the lights on in the meeting room. I was so grateful for this mid-day break, which would take the place of my usual Friday telephone meeting I was unable to attend due to a conflict. When I entered the meeting room, I found no one there. I had read many Lifeline articles about these situations, thought and prayed about a meeting of two (me and HP), but had never experienced one before. In the past, I always turned the situation over to HP, and someone else would be at the meeting when I arrived, or would show up soon after.

Undeterred, I was excited to have a meeting. I took out all of the materials, signed the "we care" book and started reading the format. I read some sections out loud because, as with prayer, it often helps me to focus when I both see and hear the words. I decided to write this article as a way to share on a tool that had been particularly helpful to my recovery. Daily meetings are a large part of my recovery. I have been blessed with the willingness and ability to make and keep that commitment to myself, one day at a time.

I will continue to attend the Monday, Wednesday and Friday 12:30 pm meetings as my schedule allows. I am so grateful to live in a community where the recovery is strong. I am grateful that someone cared enough about their own recovery and mine to form these meetings so that I have a place to go to further my recovery. And I am grateful that daily meetings enable me to maintain continuous abstinence, one day at a time. Thank you HP!

*-Anonymous, Raleigh Friday midday*

## Step 12

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"Having had a spiritual awakening as a result of these steps, we have tried to carry this message to compulsive overeaters. . ."

This means sharing my experience, strength, and hope at meetings; by being a speaker; doing other "service," such as carrying the key, being a committee head in my home group or working in Intergroup. It means calling newcomers and telephoning those in the group who are floundering. It means being a sponsor after I have 30 days of abstinence; holding someone's hand, being a cheerleader or a coach to someone; and sharing with them "what worked for me."

" . . . and to practice these principles in all my affairs. . ."

This means using the gifts of the program (love, forgiveness, humility, courage, honesty, perseverance, etc.) with *everyone* I encounter: family members, clerks, service people, friends, co-workers, etc.

*-Anonymous, Chapel Hill Tuesday night*

## Step 12

Anonymity. This has kept me coming back to OA, and other 12 step programs, even when I've been away for a while. It helps minimize shame I might be feeling when I feel inadequate about my weight, my food, and my life. There's a freedom and a level of trust and comfort I experience when I go to an OA meeting. I feel secure in sharing about my life and my eating. It's almost better that I don't know what the occupations and statuses are of the other people, and I also like that I am not required to share mine.

There have been several people over the years in program meetings that rub me the wrong way. I've thought about not going to certain meetings, and then I'm reminded by the 12<sup>th</sup> step - to place principles before personalities. That helps me continue going to meetings and to learn patience and acceptance of others that may rub me the wrong way.

*-Anonymous, Chapel Hill Tuesday night*

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## Cross Talk

A Message from OA World Service...

This is an Ask-it Basket comment from Lifeline October 1992:

There is no specific definition of cross talk in OA literature. The "Group Handbook" (now known as the "OA Handbook for Members, Groups and Intergroups") suggests that in discussion meetings groups should "give everybody a chance to participate, but discourage cross talk. "The Suggested Meeting Format" comes closer to a definition: "We share our experience, strength, and hope in OA; feedback, cross talk, and advice-giving are discouraged here."

It seems from this that anything other than focusing on your own experience during your pitch could fall into the category of cross talk. That may include comments on what someone had just shared, no matter if you are giving support or offering an opinion. In OA we should feel free to express what's difficult to express elsewhere, unfettered from others judgment.

Yet telling how you faced a comparable situation or felt similarly is common at meetings and can be, depending on your intention and tone, the best way to share your experience, strength, and hope.

Clearly this is a gray area. Part of what we come to OA meetings for is to hear others recovery, see how they dealt with problems and feeling similar to ours, and to know we're not alone. But responding to what others say is not sharing your experience: it's your view of others in the room.

The dictionary defines cross talk as "unwanted signals." Since you never know if another member will want your comments or not, or how they will be taken, it's best to steer clear of making them during a meeting.

Sometimes it's hard not to respond verbally immediately, particularly when someone has shared something deep and painful, or where there are tears. A loving hug or pat on the shoulder may be the best response. After the meeting has ended, talking with the person is the best expression of understanding and support.

Interrupting another member is also considered cross talk. Beyond the obvious need to respect each speaker, interruptions can be disruptive, cut short a member needing to speak, and result in someone not being heard. To prevent this many groups ask members to raise their hands and be called upon by that day's leader for sharing. They also ask others not to share until it is their turn.

Tradition four safeguards every OA group's autonomy-problems are decided by group conscience. If the cross-talk question troubles your group, request a steering committee meeting where the issue can be thoroughly discussed. Be sure each member's personal definition of cross talk is heard. Ultimately, the group consensus on what will be considered cross talk in that meeting should apply.

## Cross Talk, cont'd...

And, in the first program guide of OA, "I Put My Hand in Yours," Rozanne S., our co-founder writes:

We have learned to be firm about not having any interruptions, comments, questions or undercurrents of talk while someone is speaking. In this way we extend to each speaker those courtesies we would like shown to ourselves, for each of us needs a brief period of uninterrupted time in which to speak of what is in our heart to the rest of the group. If someone does ask a spontaneous questions or make a comment, the leader asks that it be kept until after the meeting. More important, any time it's necessary, the leader should remind the group of the urgent need to courtesy and quiet. In this way, we can proceed in an orderly manner without having the group go off on a tangent. Confusion and cross-discussion during the meetings serve only to emphasize our lack of self-discipline, whereas we find that orderly procedure and a definite format help us each week to organize our thoughts and actions along more constructive lines.

Finally, you and your group should always remember this simple slogan, "OA Spoken Here!"

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Some thoughts that come to mind are: Principles before personalities - I focus on the message, and not the individual. This way it doesn't matter who said it, just that it was said and is helpful to you. Sometimes someone may not care for a particular individual, so as soon as someone shares that "MARY said...", that person doesn't listen to the message because there is a personality getting in the way.

When we share generally, we don't put anyone up on a pedestal and set them up to fall down. We also don't insult each other by agreeing or disagreeing with them. I remember there are no stars or VIPs and this keeps us all humble. I am carrying the message, not the individual. I know from experience when someone shared, "I am so grateful that MARY was willing to tell me about OA..." I felt very uncomfortable. It wasn't about me. It was about how doing 12 Step work is there for all of us to do and how important it is to do 12 Step work. Instead the share was more a "look how wonderful this person is," rather than "WOW, 12 step work is so important. I know I wouldn't be here today if someone in the fellowship hadn't taken the time to tell me about Overeaters Anonymous and the local meetings."

Another way to do this would be to acknowledge you heard something that helped you. Something like, "The sharing this morning has helped me with some insight to an area of my program...." or "What you shared reminds me of a time I did something similar...." or "Some of the sharing this morning has reminded me of...." or even, "An experience came to me...."

Another problem when we cross talk and talk directly to the member that shared their thoughts is that our comments may be seen as advice giving, putting the person down, telling them how they should have done it, how they were wrong, etc. In OA, we are free to share openly and on page 110 of our 12 & 12 on Tradition One, it says "...or we may feel that we 'just have to share' our advice with someone in a meeting. Tradition One tells us to curb those impulses for the sake of the group. On page 111 it says, "Ideally, OA is a place where every member has ample opportunity to share, where we don't try to confront or fix each other in the groups, where we do not dump...." In the next paragraph it goes on to say, "What tradition One suggests is that we give other peoples' opinions a respectful hearing. We express our own opinions honestly without belittling those who may disagree. As we listen and speak, we keep our minds and hearts open to our Higher Powers will in all matters."

In our Traditions, we talk about when a group conscience is held, everyone has an equal voice and we listen openly to all points of view. Tradition Two also reminds us that when everyone has the opportunity to voice their opinion, and they are heard, you will find everyone more willing to cooperate with decisions where they had input on.

## 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](mailto:newsletter@triangleoa.org)*