

Triangle OA Recovery News

February 2019

Volume 34, Issue 2

Donation\$ Welcome

A Publication of Triangle OA Intergroup, Raleigh NC ♥ Digital Version Available at www.triangleoa.org
The opinions expressed in the articles are those of OA members and not of Overeaters Anonymous as a whole.
For more information about OA, please visit Triangle OA's website or www.OA.org.

Step 2 Came to believe that a Power greater than ourselves could restore us to sanity.
Spiritual Principle: Hope

"For all of us, coming to believe was something that happened as we began taking actions that others had told us had worked for them. Whether we believed these actions would work for us didn't seem to matter. Once we took the action and saw it work, we began to believe. Then we tried other suggestions, and our lives began to be transformed." — OA 12&12, p.15

Tradition 2 For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
Spiritual Principle: Trust

"[w]e learn in OA to state our needs and desires in an adult way and to let others tell us theirs, expressing our willingness to go along with any decision that takes everyone's needs into account. Anger and bitterness are often replaced by harmony and peace when we treat each person with respect and really listen to what everyone has to say. When this happens, a loving God's will is expressing itself through us and through our OA group." — OA 12&12, p.105

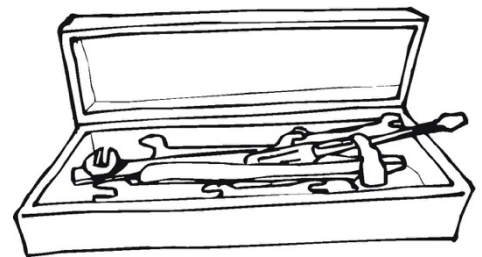
Concept 2 The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority, and effective conscience of OA as a whole.
Spiritual Principle: Conscience

Tools

"In working Overeaters Anonymous' Twelve-Step program of recovery from compulsive overeating, we have found that a number of tools are available to assist us. We use these tools [...] on a regular basis, to help us achieve and maintain abstinence and recover from our disease" *The Tools of Recovery*, p.1

Our tools are:

- | | |
|--------------------|---------------|
| ⇒ A Plan of Eating | ⇒ Literature |
| ⇒ Sponsorship | ⇒ Action Plan |
| ⇒ Meetings | ⇒ Anonymity |
| ⇒ Telephone | ⇒ Service |
| ⇒ Writing | |



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It's a strange thing when certain aspects of my life balloon and mushroom into a cloud so big I don't know what to do or where to go with it. It takes over all my senses and that's all there is, even though I know that's not true. It's like being in an airplane and I am asked what I am most grateful for today. Well, all my blessings are below me, where I can't reach and can barely see them. All I am certain of is the darkness that encompasses

Step 2



me right now, the fear of being in this plane and all I feel is the weight of its massive engine and I can't really think about anything else. Those dots below, those good things in my life, are not real at this moment. It's just me and this problem of food, wanting food, thinking about food, releasing all that I am to food. And then something shifts, there's turbulence, a bump in the road so to speak. I am asked again what I am most grateful for today and it's those same darn dots below. The supportive friends, my loving family, my warm house, a good job, my hopeful faith. The plane will land, I will have the blessings back. And that weight of darkness which I didn't think I could ever come out of begins to see a sunrise when I put down the food. The 12 steps and fellowship of Overeaters Anonymous is my sunrise. Put down the food.

—Anonymous, Apex

What Do I Need to Let Go of?

To ensure continued recovery in this program, I must let go of...

- Hindrances that get in the way—I must honestly take inventory of the roadblocks to my recovery
- All thoughts that I can control this disease—I must turn control over to my Higher Power; only he can guide me to continued recovery
- My propensity to react without thinking—only by pausing can I remember the past results of taking the first bite; remembering helps me to resist
- My anger—letting my anger out of the box is never followed by positive results; by working the steps, my anger will gradually dissipate

This will bring to me serenity and the ability to live mindfully and within the boundaries set by my Higher Power!



After I was willing to finally take the First Step in my OA journey, I became stuck at Step 2. I did not have a Higher Power or a God of my understanding that I believed in or that I trusted. My sponsor encouraged me to seek out my own concept of a Power greater than myself. I came to understand that I could "act as if" I believed in this Higher Power, taking the next Step, and then the next. Well, I thought, I'm certainly good at pretending something is true. I've done that all my life!

A short time later, I attended an OA Serenity Day. I heard a speaker share her experience, strength, and hope. She had lost over 100 lbs. and she had a sense of the joy of living about her. She said "My God didn't work for me, so I fired Him and hired a new God." This newfound God loved her no matter where she was in her life, was always there for her, and always wanted

more for her than she wanted for herself. This last statement polarized me, for I instantly knew a truth about myself. I was always selling myself short in life. I asked the speaker if I could "borrow" her God. She laughed and said "Of course, there's more than enough of God to go around". This God was a Higher Power to who I could "act as if". All of a sudden, I was on Step 3!

—Neill M., Intergroup



Learning to Let Go and Let God

Before OA, I was a mess spiritually, physically, and emotionally. When I first came through the door, I honestly had no hope that OA would work for me, but I was desperate and had nowhere else to go.

Fortunately, I got a sponsor immediately and began working the Steps. I didn't really give Step 2 a lot of thought at first, mainly because I just plain didn't understand what it meant. I was one of those fellows who is described in the 12 & 12's chapter on Step 2 as believing in God in the abstract, but not seeing Him as involved in my day-to-day life. It seemed to me that He had bigger things to deal with in this world than what I was eating. I did pray each week at church to be able to stay on the Diet Plan du Jour for the upcoming week, but that was about it. When I heard my fellows share their experience, strength, and hope along these lines, I didn't doubt them, I just didn't think it'd work for me. But again, I had nothing to lose by trying.

One night when I was still pretty new, I was white-knuckling it and didn't think I'd make it. Something told me to pray to stop thinking about food. I guess I'd been practicing my program long enough that my intuition was beginning to be audible. Even though I'd never done such a thing before, I acted "as if." Amazingly, it worked! I surrendered, and the struggle ceased. I actually forgot all about bingeing, and went to bed abstinent. I'd never before understood what it meant to turn something over to God, but that night I finally began to see how to do it and what can happen when I do. I began trying it with other things I was fretting over, and each time it worked. I was hooked! Since then, I've turned many struggles over to God. As I've grown in program and my relationship with God has deepened, I've learned to trust Him with almost all the things that I'm worried about and that could

cause me to binge. Lately, I've been working on turning over fear. It was hard at first, but each time I do and it works, it's easier to do the next time. For most worries, a little quiet time spent in prayer and meditation works for me. Once I let it go, I'm soon led to the next right action. Sometimes I'll take back a problem, and that's when I use my God Box. Everything that I've ever put in my God Box has been resolved—sometimes as I'd wanted, and sometimes in even better ways. That absolutely amazes me, because when I first heard about this tool, I thought it sounded hokey. Now I'm a believer. The fears that I find the hardest to turn over are those involving the welfare of my loved ones. I still sometimes start out by trying to give God marching orders, but I'm making progress.

By working the Steps, I've had that psychic change that the Big Book promises, and for that, I'll be forever grateful. My recovery continues to move me more and more towards being the person I always wished I could be but never dreamed possible. Before program, I came to believe that I was just plain broken. In OA, I've come to believe that God can, and will, change us into the people He always meant for us to be. He has for me, and He continues to do so. I used to be hopeless, now I brim with hope. What a miracle! —Susan, Chapel Hill



Next newsletter themes, due dates, and meetings contributing:

MARCH	S/T/C 3 (faith, identity, trust)	Wed February 6	Garner Wednesday
APRIL	S/T/C 4 (courage, autonomy, equality)	Wed March 6	Carrboro Thursday
MAY	S/T/C 5 (integrity, purpose, consideration)	Wed April 10	Chapel Hill Tuesday

But wait, there's more! YOU can contribute to the newsletter too! If you have something to share, or an idea for a feature, we welcome your original writings and your ideas (all submissions subject to editing). And if you have talents creating art, cartoons, or puzzles, we won't just welcome your contributions, we'll worship at your feet! (Well, OK, maybe not, but we'd be highly, highly enthusiastic and grateful, as your new newsletter editor possesses NO skills whatsoever in those areas!)

Just send your submission to newsletter@triangleoa.org; the deadline is the Wednesday before the 2nd Saturday of the month.

Hope

What's in a Name?

"We came to believe that a power greater than ourselves could restore us to sanity."

I'm so thankful that the word "God" does not appear in the second step of our program. I doubt that anything else has given me (and countless others) as much trouble as "the God thing." My religion of origin brought me no relief from the pain of compulsive overeating. Neither had any other "organized" religion. I thought God was the problem, not the solution. Certainly, religion had not made me friends with my body, the "vessel of sin and weakness." I grew very mistrustful of *that* god.

Only the gift of desperation got me to sit through my first few meetings and the intense discomfort I had around the idea of surrender to a power greater than myself.

Fortunately, an early sponsor, hearing my objections, reminded me that I only needed to accept the concept that something bigger than me might help. Hadn't I already turned my will, my life, my time, my money, and my energy over to food, then diet books, exercise gurus, medical treatments, and every other bright shiny fix for my "weight problem"? What made God any more ridiculous? She suggested I consider my own concept of a beneficent power that could be both in me and more than me at the same time. Then she asked me to give it a name, so I could communicate with it. When I heard the 12 steps read, I could substitute that name if "God" was too much to deal with. My first god was Good Old Dora, then Nature, Love, Grace, etc., until I was no longer frightened by the word "God." It became a placeholder word like all the rest, a shorthand for communicating the indescribable peace I found when I finally got to the meditation part of Step 11. There is no word, no name that does this entity justice. Step 2 now means that no word can stop my healing. We are invited only to consider a beneficent concept and carry that with us until the experience of "God" makes all words used to describe it irrelevant. And when I came to the end of that fight, I rejoiced. I hope the same for you. —Anonymous, Intergroup

Announcements

For information about OA and meetings in the Triangle Intergroup area, call our info line: 919-406-9300

Before you take that next compulsive bite, reach out!


Support for your recovery is just a click away! Region 8 has developed a link where you can find help for breaking out of relapse (and available mentors to talk to), late night phone contacts, online sponsors, and a variety of other resources to aid in your recovery. Simply visit www.oaregion8.org & click the red RECOVERY HELP button!


The screenshot shows the SOAR8 website for Southeast Overeaters Anonymous Region 8. At the top, there's a language dropdown set to English and a list of regions including Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North Carolina, South Carolina, Tennessee, Puerto Rico, South America, Central America, and Caribbean Islands. A search bar is also present. Below the header is a navigation menu with links: Home, Newcomers, Meetings, Region 8, Committees, Documents, Assemblies, Calendar, Newsletters, Podcasts, and Contact Us. The main content area has a large red arrow pointing to a red button labeled "RECOVERY HELP". Below this, there's a "WELCOME TO OVEREATERS ANONYMOUS" section with a brief description of the organization. To the right, a "Next SOAR8 Assembly" section shows a countdown timer: 80 DAYS, 16 HOURS, 10 MINUTES, and 41 SECONDS.


Triangle OA Meeting List

Stick me to your fridge. Keep me in your pocket. Give me to a friend. Post me at your gym. Carry the message that there is hope!

 Accessible

 Newcomer's meeting


 Can bring meal to meeting.


 Closed meeting—restricted to OA members & others who think they may have a problem with food; newcomers are welcome and encouraged to attend.


All meetings are 1 hr, unless otherwise specified.

Day, Time	City/Location	Format/Contact
Chapel Hill Area (Chapel Hill, Carrboro, Hillsborough)		
Sun 4pm  	Carrboro Methodist Church, 200 Hillsborough Road (white wood house across Shelton Stt from the church)	Variable Anne G 919-360-3789
Tues 6pm	Chapel Hill, Christ United Methodist Church, 800 Market Street Church Office, across Sumac St from main church, Room 4; from the parking lot behind office, leftmost door	Big Book Linda D. 919-260-3690
Wed 6pm  	Hillsborough Methodist Church, 130 West Tryon Street (enter from Wake Street) In Ministry Center	Big Book, Steps, Discussion A.J. 919-644-1239
Thurs 12:30pm  	Same as Carrboro Sunday meeting	Literature Linda, 919-260-3690
Thurs 7pm 	Chapel Hill, Binkley Baptist Church, 1712 Willow Drive, Room 17 Park behind church, door on end of building nearest Willow; knock.	Literature Mary Anne 919-260-5693
Sat 9am 	Hillsborough, UNC Hospital, 420 Waterstone Drive 1st Floor Training Room 10011	Big Book Terrie 919-998-8089
Durham		
Tues 12:30pm  	Durham, First Presbyterian Church, 305 East Main St at Roxboro St Christian Education Wing, 2nd floor. Ring buzzer; inside, turn right, through 1st set of double doors to stairs	Variable, Writing Robin A. 919-683- 3013
Wed 12:30pm   	Durham, Holy Infant Catholic Church, 5000 Southpark	Variable Karen 919-937-9674
Thurs 12:30pm  	Same as Durham Tues 12:30 meeting.	Variable, Writing Robin A. 919-683-3013
Sat 10-11:30am  	Durham, Westminster Presb. Church, 3639 Old Chapel Hill Road Main building, 2nd Floor; Ring bell to enter. Elevator to the right.	Variable, Newcomer Harriette B. 919-596-9543
Sun 10-11:30am  	Durham, Structure House, 3017 Pickett Road, Room 220. Newcomer meeting 10-10:30, regular meeting 10:30	Variable, Newcomer Clare 919-428-6109
Fayetteville Area (Fayetteville, Aberdeen)		
Sun 6pm	Fayetteville Manna Church, 630 Executive Place	Sarah 919-850-5473
Sat 9:30am 	Aberdeen AA building, 504 Wilder Avenue	Steps, Discussion Aileen 910- 295-1840
Greenville		
Mon 7pm 	Greenville First Presbyterian Church 1400 South Elm Street 14th Street Entrance Take the elevator to the 2nd floor	Big Book Pat K. 252-353-6546
Thurs 7pm 	Same as Greenville Mon 7pm meeting	Big Book Christina L. 252-227-1051
Sat 11am 	Same as Greenville Mon 7pm meeting	Big Book Nancy S. 252-565-5424
Morehead City Area (Morehead City, Havelock, Swansboro)		
Tues 10am 	Havelock First Baptist Church, 111 Hollywood Boulevard Park in the 2nd lot; Meeting is in the Education Bldg. on left	Steps, Traditions, Big Book Theresa 252-447-1690
Wed 5:30pm	Morehead City Carteret General Hospital 3500 Arendell St. <i>Meeting Room #4</i>	Janet 252-504-2025
Thurs 2:30pm	Swansboro First Baptist Church 614 W Corbet Ave.	Rose 252-393-7747
Raleigh Area (Raleigh, Apex, Cary, Fuquay-Varina, Garner)		
Sun 4pm 	Raleigh, Grace Lutheran Church 5010 Six Forks Road; Fellowship Hall	Literature Loretta 646-242-3767
Mon 7:30pm 	Same as Raleigh Sun 4 pm meeting	Big Book Judy 919-782-3523
Tues 7:30pm  	Same as Raleigh Sun 4 pm meeting	Steps, Discussion Alice 919-233-9646










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 Newcomer's meeting

 Can bring meal to meeting.

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Day, Time	City/Location	Format/Contact
Raleigh Area (continued)		
Wed 7-7:45am	Raleigh, St. George's Anglican Church, 1210 Dixie Trail Use the back door	Literature study Kim 919-673-6609 Tony 919-606-7324
Wed 1:30pm	Fuquay-Varina Methodist Church, 100 South Judd Pkwy SE Room 126	Mary Ellen 919-290-7416 Juliann 919-608-8382 Bert 910-658-6092
Wed 7:30pm	Garner, First Presbyterian Church of Garner, Lakeside Dr & Benson Rd (NC 50), 1mi south of US 70; Use back parking lot	Discussion, Literature, 11th Step Meditation Danielle 919-817-9244
Thurs 7pm 	Apex Methodist Church, 100 South Hughes Street	Big Book Cari 919-924-7113
Thurs 7:30pm 	Raleigh, Highland Methodist Church, 1901 Ridge Rd at Lake Boone Trail Class Building, Room 202	Steps, Traditions, Literature, Discussion Audrey 919-510-5571
Sat 9am 	Raleigh, Holy Trinity Lutheran Church, 2723 Clark Avenue at Brooks Street Education Building, Room 220	Steps, Traditions Kim 919-673-6609
Sat 10:30am 	Raleigh, The Fountain Church, 9621 Six Forks Rd (near I-540 & Six Forks); Through double glass doors; left to small classrooms	Big Book Christine 919-280-7130
Selma		
Thurs 1pm 	Selma, Jernigan Building, 112 East Anderson Street Visitor Center side, conference room back of hall	Variable, OA literature Cindy 919-202-5990
Wilmington Area (Oak Island, Rose Hill)		
Mon 6pm 	Wilmington, First Christian Church, 2035 Oleander Drive Back of building	Variable Valerie 910-899-2462
Tues 10:30am	Rose Hill, Bethel Wesleyan Church, 2635 South NC Highway 11	Lori 910-470-9967
Wed Noon 	Wilmington, Pine Valley Methodist Church, 3788 Shipyard Boulevard Building B, Room 3	Big Book, Steps, Traditions Linda B 910-274-6203
Thurs 10am  	Oak Island, Ocean View United Methodist Church, 8400 East Oak Island Dr. Room 6	Big Book Josette 910-233-3943
Sat 9:30-10:45am	Wilmington, Church of The Servant, 4925 Oriole Drive (off College Road/BB&T)	Big Book, Steps, Traditions Fran 216-856-9036

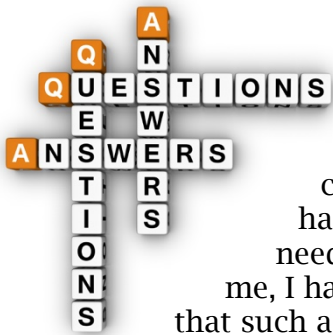


Reach Out!

Below is a small sampling of the many phone and online meetings OA has to offer. For a full list, visit www.OA.org and click on Find a Meeting. Triangle OA does not endorse any particular meeting over another. Closed meetings are restricted to OA members and anyone who thinks they may have a problem with food. Newcomers are welcome and encouraged to attend!



Daily Meetings (all times EST)	Phone Num.	Pin #
Daily 6:45 am	712-432-5200	4285115
Mon-Fri 7:00 am and 10:00 am <i>A Vision for You Meeting</i>	712-432-5210	876148#
Mon-Sat 11:30 am <i>Big Book/11th step meditation</i>	712-432-5200	836731#
Daily at 6:00 pm	712-432-5200	4285115#
Specialty Meetings (all times EST)	Phone Num.	Pin #
Anorexia/Bulimia, Saturday 2:00 pm	641-715-3690	909726#
Gay, Lesbian, Bisexual, Transgender, Thursday 8:00 pm	712-432-1500	372888#
Men, Sunday 8:30 pm <i>Closed* meeting.</i>	563-999-2090	316200#
OA HOW, Sun 6 pm <i>Closed*, 2-hr meeting in the HOW tradition</i>	641-715-3865	186313#
Online Meetings (all times EST)	URL	
Daily at 7am, 10:30 am, 2:30 pm, 6 pm, 8:15 pm, 10:30 pm, 12:30 am	www.aa12step4coes.org	
Daily 3am, 6am, 9am, 12pm, 3pm, 6pm, 9pm, & 12am	www.OArecovery.com	



Coming to Believe

I've been around these rooms for a long time, and during that time I have continued to grow and change in my ability to work Step 2. By the time I had read, thought, and written about Step 1, I no longer doubted that I needed to be restored to sanity. However, like many people before and after me, I had trouble believing (a) that there is a Power greater than myself and (b) that such a power could and would restore me. Yet, I desperately needed to make a start on Step 2. Having admitted that I was powerless over food, it was essential that I find some source of power, or my situation was hopeless. I didn't believe in God, and the suggestion that I make the group or some inanimate object my Higher Power made no sense to me. I read the *To the Agnostic* chapter in the Big Book, and I resented the implication that I didn't believe now, but if I kept an open mind, I would eventually come around to their way of thinking. I was able to agree to the minimum—that I was not the ultimate power in the universe. Meanwhile, following the instructions, I was asking an unknown Power for my daily abstinence and I was receiving abstinence. I was pragmatic enough to stick with something that was working—however challenging it was to my intellectual beliefs. Since that time, I've experimented with some conventional religions and found some things that appealed; but never found the spiritual stimulation I found in program. I've thought about spiritual concepts from other cultures, and could respect them, but they didn't fit my Western cultural assumptions very well.

Eventually, I accepted that I had come to believe from empirical evidence in my life that there was some Power greater than myself, but I didn't know if it was internal, external, or both. I still struggled with the near-universal question about why a loving HP allows bad things to happen to innocents, which, in turn, led me to struggle with what it meant to trust HP.

About 19 months ago, recovering from relapse, I realized that without coming to any intellectual answers, I had come to trust my still-vague concept of a Higher Power. As I meditated most days on the 3rd step prayer, I thought about bearing witness to the three elements listed in the prayer: (1) HP's power—the power to not eat compulsively, the power to keep turning over my character defects, and the power to keep growing along spiritual lines; (2) HP's love—love for me to fill the fear of not being loved that had always plagued me, and an increased ability to love others; and (3) HP's way of life, which I interpret—for my own life—as the 12-Step way of life, as shown me by the literature, my sponsors, and those who share in every meeting. I may never have answers that satisfy me intellectually, but I have answers that help me live a life of freedom from compulsive overeating, one day at a time. For today, that is more than enough. —Anonymous, Intergroup



*Many thanks
to Intergroup
for writing
this month!!*

Useful Info



Triangle OA Speaker & Sponsor List

Send any additions/corrections/updates to newsletter@triangleoa.org.
Triangle OA Recovery News cannot assure confidentiality, privacy, or anonymity of any personal information printed in this newsletter.

Name	Number	Speaker	Sponsor
A.J.	919-644-1239	✓	–
Alice	919-271-3292	✓	✓
Atiya	919-302-1030	✓	–
Carla	919-848-7023	✓	–
Dana	252-314-6849	✓	✓
Deb	919-332-4343	✓	✓
Elizabeth	919-929-5936	✓	–
J.V.	919-233-9777	✓	✓
K.C.	919-612-2000	✓	✓
Lauren	919-536-2162	✓	✓

Name	Number	Speaker	Sponsor
Liz	919-649-2088	✓	✓
Maris	919-259-4403	✓	–
Mary Anne	919-260-5693	✓	–
Neill	919-789-9402	✓	✓
Robin	919-683-3013	✓	✓ (temp)
Seanna	919-624-6658	✓	–
Steevie	919-414-5084	✓	✓
Tammy	919-274-4052	✓	–
Tony	919-606-7324	✓	✓

Intergroup Officers and Chairs:

Chair:	Mike
Vice Chair:	Sid
Treasurer:	Karen
Secretary:	Mary Anne
WSO Rep:	Cory
SOAR Reps:	Neill, Clare
Newsletter Editor:	Anne L.
Newsletter Distributor:	open
High Tech:	Susan
Retreat Chair:	open
Retreat Registrar:	open
PIPO:	open
Group Outreach:	open
12th Step Within:	open
Parliamentarian:	open



Don't wait for an engraved invitation!
All OA members are welcome to attend Intergroup—
Please join us!

If you live 50+ miles from the Intergroup meeting, money is available to reimburse you for mileage. Just give the IG treasurer your mileage. <50 miles, you may petition Intergroup for assistance.

Saturday, February 16
10:15am to noon
Community United Church of Christ
corner of Wade Ave & Dixie Trail
iRaleigh

TRIANGLE INTERGROUP

4900 NC Hwy 55, Suite 160, #238
Durham NC 27713

E-mails:

webmaster@triangleoa.org

newsletter@triangleoa.org

chair@triangleoa.org



Triangle Intergroup Minutes

December 15, 2018

Present: Mike (Chair), Sid (Apex, Group Outreach), Anne (Thursday Chapel Hill), Mary Anne (12th Step Within), Karen (Hillsborough Saturday), Valerie (visiting), Rebecca (Treasurer), Nancy (Raleigh Sat 9am), Clare (Sunday AM Durham), Lauren (NL Editor/Retreat Chair), Judy (Raleigh Thursday), Susan (Carrboro Thursday), Heather (High Tech), Sherylyn (WSO), Taylor (T/Th Durham Lunch), Neill (SOAR), Atiya (SOAR), Cory (WSO)

Opened with serenity prayer and readings. November minutes approved as presented.

REPORTS

Treasurer's Report: (Rebecca) Approved as presented.

WSO: (Sherylyn/Cory) Nothing to report. Sherylyn rotating off.

SOAR: (Atiya/Neill) Atiya rotating off. Still working on the "Help" button on the SOAR website. SOAR also has workshop resource materials available for those interested. Next assemblies: April (Ft. Lauderdale) and October (Memphis). Atiya highlighted the travel line on our budget, which is meant for reimbursing people traveling from far distances to get to Intergroup.; we will announce this in the newsletter. New business for a later meeting: will we bid for 2020 or 2021 Region 8 SOAR conference?

High Tech: (Heather) Nothing to report.

Group Outreach: (Sid) Reached out to someone for the Selma meeting, hasn't heard back.

Newsletter: (Lauren) No writers for February, so Intergroup will write (thanks, IG!). Group supporting March is Garner Wednesday. Carrboro meetings will write for April.

Public Info, Prof. Outreach: (Susan, absent) Nothing to report.

12th Step Within: (Mary Anne) Serenity Day ("Let's Get Spiritually Fit Before the Holidays Hit!") in Chapel Hill was wonderful! \$106 collected. Pamphlets about relapse and recovery were given to participants. Mary Anne has the remainder to pass to her successor.

2019 State Convention: (Sid) Hawthorne Inn in Winston-Salem booked for first weekend in May. More will be revealed.

Retreat: (Lauren) Lauren was unable to present a report in November, but others spoke for the retreat, which went well. Lauren thanked Sherylyn, Sid, and Nancy, who were instrumental in making the retreat happen. No final financial figures yet, as Lauren does not actually have access to the checking account.

Audio Library: (Nancy) The library is living at Holy Trinity Lutheran (9am Saturday). It will be back to IG to pass to the next custodian in February or March.

Announcements:

If you travel 50+ miles to get to Intergroup meetings you are eligible to be reimbursed for mileage.

If you have any changes that need to be made electronically, please send them to webmaster@triangleoa.org.

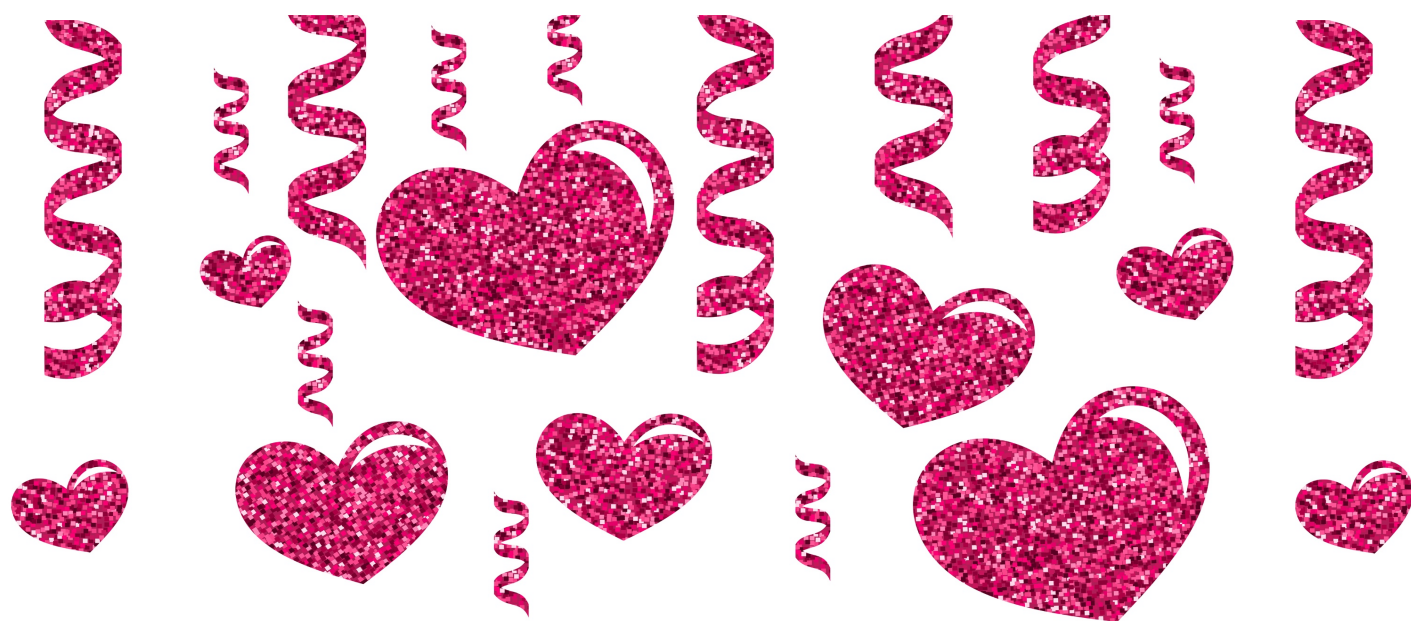
7th Tradition Collected: \$46

Election Results for 2019 IG Service

Positions: Chair: Mike; Vice Chair: Sid; Treasurer: Karen; Secretary: Mary Anne; WSO: not open for election; SOAR: Clare; Newsletter Editor: Anne L.; High Tech: Susan
Open positions: Newsletter Distributor*, Retreat Registrar, Retreat Chair, PIPO, Group Outreach, 12th Step Within, Parliamentarian.

* Anne, Mary Anne, Karen, and Susan volunteered as backups for picking up newsletters.

Next Intergroup meeting: Saturday, January 19



♥ LOVING ♥ ABSTINENCE

♥ *The Best Valentine Ever!*
Loving Abstinence-
Physical, Emotional, Spiritual

Speaker! Workshops! Fellowship!! ♥

Saturday, February 9, 2019

Registration:
12:30pm - 1:00pm
Program:
1:00pm - 4:30pm

NEW LOCATION!

Guilford Park Presbyterian Church
2100 Fernwood Dr
(corner of Lawndale)
Greensboro, NC 27410
(Weds. Meeting location)

For information or directions, call Lynne: 336-202-4409