

March 2019  
Volume 34, Issue 3

Digital Version  
Available at  
[www.triangleoa.org](http://www.triangleoa.org)

# Triangle OA Recovery News

A Publication of Triangle OA Intergroup • 4900 NC Hwy 55, Suite 160, #238 • Durham NC 27713  
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## Step 3

Made a decision to turn our will and our lives over to the care of God as we understood Him.

*Spiritual Principle: Faith*

"Once we compulsive eaters truly take the 3rd Step, we cannot fail to recover... We have what we need any time we are willing to let go of self-will and humbly ask for help." — *OA 12&12, p.23*

## Tradition 3

The only requirement for OA membership is a desire to stop eating compulsively.

*Spiritual Principle: Identity*

"While the desire to stop eating compulsively is required, a person doesn't have to be abstinent to be welcome at OA meetings...In OA, the door never closes to a member who has returned to active compulsive eating." — *OA 12&12, p.108*

## Concept 3

The right of decision, based on trust, makes effective leadership possible.  
*Spiritual Principle: Trust*

## A Plan of Eating

Tool of the month:

"As a tool, a plan of eating helps us abstain from compulsive eating, guides us in our dietary decisions, and defines what, when, how, where, and why we eat. There are no specific requirements for a plan of eating; OA does not endorse or recommend any specific plan of eating... Each of us develops a personal plan of eating based on an honest appraisal of [our] past experience. Although individual plans of eating are as varied as our members, most OA members agree that some plan—no matter how flexible or structured—is necessary." — *The Tools of Recovery, p.1-2*

"Eating plans may change over time as you gain more experience or your body changes. You may think a particular food is not a trigger and later find that it is. Or you may find that you need to lose weight but, are not doing so with your current plan of eating. If you have been in the program for a while, you may find that you need either less food or more exercise to maintain a constant weight." — *A Plan of Eating, p.10*



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# Within Corner

## Twelfth Step

I have experienced several relapses in the 30 years I have been in OA. In all cases, I had stopped working the Steps and was only using a few Tools, such as a food plan and going to meetings. Without the power of the 12 Steps, I was defenseless against the daily "life on life's terms," and I eventually retreated into fear, resentment, depression, and finally, the food.

However, my personal miracle was that I kept coming back to meetings. Even though I was in slipping-and-sliding mode or full-blown relapse, I sat in meetings and heard the solution to my problem over and over again. That is what my "addict's amnesia" needed. I also needed the unconditional love, support, and contact with people who accept me wherever I am in my life.

If I am feeling angry, afraid, vulnerable, or alone, I can find what I need at a meeting. If I am abstinent and working the OA program, can I make a personal commitment to call someone I haven't seen in the rooms lately? We all need a little extra help, support, and love sometimes. Please consider giving yourself and someone else the gift of an OA outreach call today.

—Neill M., 12th Step Within chair

### I Can't, God Can, Let God!

Once we have made the decision to Let God, once we have acknowledged our powerlessness, and once we have come to believe there is a solution, the Third Step will be simple and we can embark on our journey to recovery! We are ready to accept help, without reservation from our HP and begin taking actions that will allow us to receive that help, we have decided from here on to follow spiritual guidance in making every decision. This step is simple, but it is not easy. It is not easy because we have now adopted a new way of thinking and acting on life. Any time we are faced with a choice, we seek guidance from our HP and, when guidance comes, we act on it. We have a willingness to adopt a new attitude about eating and weight control. We are shown a program of recovery that addresses the emotional and spiritual aspects of our problem. We work the program in order to achieve freedom from compulsive eating and compulsive food behaviors. Working the remaining 9 steps will allow us to experience freedom from the obsession with food and the compulsion to overeat. This achieved, we can enter into a program of working with our HP and gain the willingness and the ability to maintain our recovery! —Sid H, Garner



### Do you have a favorite recovery app you can't live without?

Email the name, platform (iOS, Android), what it does (briefly), and how it helps your recovery, to the newsletter address (below), and we'll feature it in an occasional App Corner feature!!

#### Next newsletter themes, due dates, and meetings contributing:

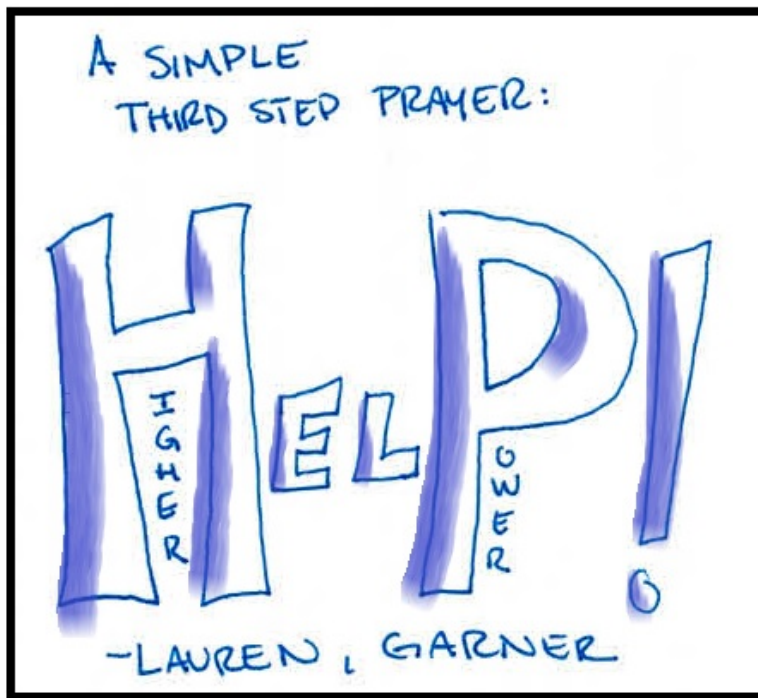
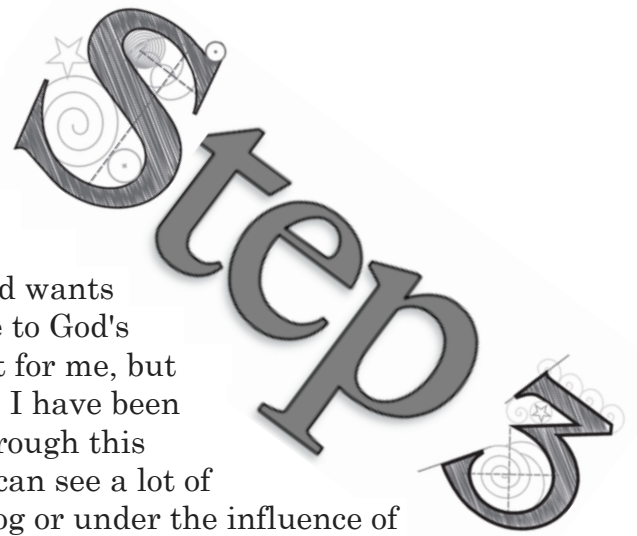
<b>APRIL</b>	S/T/C 4 (courage, autonomy, equality)	Wed March 6	Carrboro Thursday
<b>MAY</b>	S/T/C 5 (integrity, purpose, consideration)	Wed April 10	Chapel Hill Tuesday
<b>JUNE</b>	S/T/C 6 (willingness, solidarity, responsibility)	Wed May 8	Chapel Hill Thursday

If you have something to share or an idea for a feature, we welcome your ideas, original writings, cartoons, drawings, or puzzles! All submissions subject to editing.

Just send your submission to [newsletter@triangleoa.org](mailto:newsletter@triangleoa.org); the deadline is the Wednesday before the 2nd Saturday of the month.

*Made a decision to turn our will and lives over to the care of God as we understood him...*

I currently practice this Step in the morning, in the evening, and often in between. I am currently working Step 3 so it seems appropriate to do so. By practicing this Step daily, I find I am better able to discern God's will for me. It is through this practice that I have learned that God wants me to be happy, joyous, and free. Trusting my will and life to God's hands means I still have to do my part too. God won't do it for me, but will carry me through the struggles of recovery and of life. I have been shown God's grace and mercy over and over again, and through this program, I can see it more clearly and in all the details. I can see a lot of things with more clarity since I am no longer in the food fog or under the influence of sugar smog. God accepts and loves me for who I am, and so do the people in OA. My life is becoming more and more manageable as I align my actions with God's will for me and practice recovery in OA. —Anonymous



*Turn it over  
Turn my will over  
Turn my life over  
Turn it over  
Not one time  
Not once for all  
but many times every day  
Not just food  
Not just my defects  
But every part of my life  
Relationships, work  
Joys and heartbreak  
God has always been waiting for me  
It's God's turn now  
My turn didn't work out very well  
—Anonymous, Apex*

**THANK YOU**



**...to Garner  
Wednesday for  
writing this  
month!!**

**Happy St. Patrick's Day!**



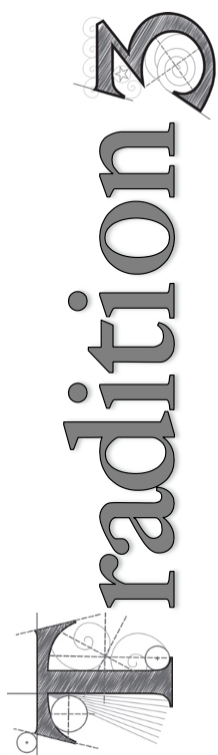
## Too Stubborn for My Own Good

The OA 12&12 talks about some believers struggling with Step 2 because “we believed in God’s existence, but we didn’t really believe God could and would deal with our compulsive eating problem.” I came into program a lifelong believer in both God *and* God’s willingness to help me in concrete ways, if I just asked (and both times I did, I got a very clear miracle!) But asking, that was the sticking point for me. Not just when I got to Step 3, but before I even came into OA. I’m a stubborn person, and I’ve always been loath to ask for help, from God, from friends, from anyone—I always felt I should be able to handle things on my own; after all, I was smart, emotionally healthy from 8 years in therapy, and self-confident. But as *Our Invitation to You* says of this disease, “willpower, emotional health and self-confidence, which some of us had once possessed, were no defense against it.” And God has shown me rather pointedly before that I might be able to handle things on my own, but sometimes help makes them easier. And still I was too stubborn to ask for help with my eating problems.



When someone I trust who’d long tried to get me to try OA said to me, “I know you understand all this intellectually, *but you’ve never turned it over*,” those words rang in my head for days, and I could not dislodge them. She was right, I had never turned it over. So I screwed up my courage and finally went to a meeting, and then a second. And I heard the words above from *Our Invitation to You*, and then those were the words that rang in my head. I texted her and said I’d been to a couple meetings and that I might have to admit she was right. She replied that OA required me to admit two things, and neither of them was that she was right!

I did turn it over then, and I swear I heard God say “Finally! I thought you’d never ask!!” And that was all it took, asking. I got my third miracle, the biggest one of all: by the time this newsletter sees print, I will, by the grace of God, be celebrating 6 months of abstinence, and I can imagine no greater gift. Now I start every day by turning “my will and my life over to the care of God,” and bit by bit, I’m learning to turn over other problems large and small. God always helps me or shows me the way: I just have to ask. —Anne, Chapel Hill



*“In OA, we’ve learned that people can differ with us on important matters and still be loving, supportive friends. When we apply OA’s Tradition 3, we find the treasure of friendship often where we least expect it, with people we once would have excluded from our lives.” —OA 12&12*

When the only requirement for membership is a desire to stop eating compulsively, I am accepted where I am in my recovery process and who I am in the place I am right now. Having been in program for a few years now, it’s helpful to be reminded of the sentences above. This is the truth of our program—I have been accepted as a member and so I can love and accept others, even if we differ on any subject. The person next to me in the meeting? He has a desire to stop eating compulsively. He wants recovery. The person sitting across from me at Intergroup? She wants recovery. The OA fellow who hurt my feelings by pointing out my weight gain to me in an unkind manner? She wants recovery too. When I practice Tradition 3, I can find love and understanding—for myself and others—beyond my wildest dreams!

—LK, Garner



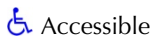
# Triangle OA Meeting List



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
<b>Chapel Hill Area (Chapel Hill, Carrboro, Hillsborough)</b>		
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 Jennifer D 919-259-2843
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
<b>Durham</b>		
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
<b>Fayetteville Area (Fayetteville, Aberdeen)</b>		
Sun 6pm	Fayetteville Manna Church, 630 Executive Place	Sarah 919-850-5473
Sat 9:30am	Aberdeen AA building, 504 Wilder Avenue	Steps, Discussion Donna M 910-603-0542
<b>Greenville</b>		
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
<b>Morehead City Area (Morehead City, Havelock, Swansboro)</b>		
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. Meeting Room #4	Janet 252-504-2025
Thurs 2:30pm	Swansboro First Baptist Church 614 W Corbet Ave.	Rose 252-393-7747
<b>Raleigh Area (Raleigh, Apex, Cary, Fuquay-Varina, Garner)</b>		
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



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
<b>Raleigh Area (continued)</b>		
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
<b>Wilmington Area (Oak Island, Rose Hill)</b>		
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](http://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	<a href="http://www.oa12step4coes.org">www.oa12step4coes.org</a>	
Daily 3am, 6am, 9am, 12pm, 3pm, 6pm, 9pm, & 12am	<a href="http://www.OArecovery.com">www.OArecovery.com</a>	



# Triangle Intergroup Minutes

January 19, 2019

**In Attendance:** Mike (Chair, Web committee) Kathy Z, (Rep. Chapel Hill Tues 6pm), Anne L (Newsletter editor, Rep. Chapel Hill Th 7pm), Clare (SOAR, Rep. Durham Sun 10:30am), Margaret (Rep. Wilmington meetings), Susan (Rep. Carrboro Th 12:30pm); Sid (Vice Chair), Ali (PI/PO), Mary Anne (Secretary), Karen (Treasurer), Nancy (audio library, Rep. Raleigh Sat 9am), Taylor T (Group Outreach, Rep. Durham Tu/Th 12:30pm), Neill (SOAR), Cory (WSO).

Minutes from December approved as submitted

**Treasurer's Report:** IG account has been transferred to the new treasurer, Karen. She asked procedural questions, and group members asked about the lag time between checks being sent and contributions showing up on the treasurer's report. The report was accepted as submitted.

## STANDING COMMITTEE REPORTS

**WSO (Cory):** Groups need to meet and vote on items on the WSO agenda questionnaire before the February IG meeting. This allows our groups to prioritize which items will go on the agenda at WSO. Reps should email their groups' responses to Cory or bring the tally of yes and no answers for each item to the February meeting. This is very important for maintaining OA's principal of being governed from the bottom up. All Reps are asked to commit to this important service. Karen will distribute the link to the IG mailing list for the groups' convenience.

**SOAR (Neill & Clare):** Neill has booked his flight for next assembly in Ft. Lauderdale. Clare will begin making her arrangements soon.

**High Tech (Susan):** Please let Susan know if you are not getting emails. The email list of those who wish to receive the newsletter electronically had been dropped, seemingly unintentionally. Susan will re-instate it. Please advise your groups that anyone wishing to may sign up to receive the newsletter this way.

**Group Outreach (Sid, outgoing):** Someone contacted Sid, expressing an interest in starting a meeting in Clayton. He suggested this person get in touch with someone from the meeting in Selma. He has not yet sent that person our material about how to start a meeting, but will follow up with that.

**Newsletter (Anne L):** This was Anne's first newsletter. She is awaiting software that should make the next one easier to lay out. It is 10 pages this month, but she will try to keep to 8 pages in future. Although people really like having the loose meeting list in the center of the newsletter, this adds substantially to the cost. The group suggested that it might be useful to produce it that way one or two more times in 2019, leaving it on the back cover in other months.

**PI/PO** (vacant in Jan; filled in this month's elections)

## AD HOC COMMITTEE REPORTS

**12th Step Within** (vacant in Jan; filled in this month's elections)

**2019 NC State Convention (Sid):** The committee is now only three people, and they have decided that it is not practical to put on a convention in 2019. Please contact Sid if you are interested in working on the committee to assure the convention occurs in 2020. The group is close to completing arrangements to host the convention at the Hawthorne Inn in May 2020. For this to happen, the committee needs a coordinator and a registrar. When it is clear that they can go forward for 2020, they will request seed money from all three participating intergroups.

**Retreat (Lauren):** There was \$94.74 in net income from the Spa Day retreat after all expenses were paid.

**Audio Library (Nancy):** The library is currently with Nancy. There is no update.

**Announcements:** Greensboro will host a Valentine's retreat on Feb. 9, as advertised in this month's newsletter.

## NEW BUSINESS

**2019 Elections:** Roles were discussed, by position. Election results: PIPO – Ali; Group Outreach – Taylor; 12th Step Within/Special Events – Neill; Newsletter Distribution – Anne L. will pick up from the printer and bring to the meeting. Ali will mail them out to groups not represented at IG. Parliamentarian, Retreat Chair, and Retreat Registrar – still vacant, election will be held at Feb meeting.

**Retreat account prudent reserve:** Mary Anne researched the bylaws, but not the meeting minutes since the last revision of the bylaws and *Policies and Procedures*. The bylaws verify that any amount in the retreat account in excess of the limit set by IG should revert to the general treasury. She will try to search minutes by February. To facilitate that, Anne will extract minutes from past newsletters and send these to Mary Anne for review. Susan will send the newsletters missing from the web page (due to copyright issues with images) to Anne, who will strip images and extract minutes for Mary Anne.

**Bylaws and Policies and Procedures do not reflect many changes adopted by IG since 2015:** Issue raised but discussion postponed until a parliamentarian is elected.

**Modifying the newsletter to save costs:** At an earlier meeting, the point had been raised that publishing the newsletter is one of our highest costs. After discussion, a motion passed to make **no** cost-saving changes to the newsletter for the time being as the newsletter is key to "carrying the message".

**Next Intergroup meeting:** Saturday, February 16



# Announcements



## RU 18-30 & Abstinant FR?

Complete the "YP Story" release form and then email your story and the form to [info@oa.org](mailto:info@oa.org) with subject "YP Story."

WE NEED YOUR RECOVERY STORY.

(IT'S FOR A FRESH PAMPHLET.)

Deadline:  
April 1,  
2019

Give service and hope to OA members your age! Share your story of recovery as an 18 to 30 year old. Start with these questions but include anything that's been important for your recovery:

- How did OA reach someone young like you and inspire you to recover?
- How do you work your program? (You can't be too specific here.)
- How do you use paper and face-to-face resources like books, pamphlets, and meetings?
- How do you use virtual resources like podcasts and online meetings?
- How do you use other technology in your recovery?
- Why is it harder to be young in OA?
- Why is it easier?
- What rewards has OA recovery brought you?
- Hmm... oh yah HOW OLD ARE YOU?

Make it a goal to give inspiration to other young people in OA by sending your story!

Together we can  
make young people's  
stories part of  
the fabric of OA!

## Triangle OA Speaker & Sponsor List

Send changes to [newsletter@triangleoa.org](mailto: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	✓	✓
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	✓	✓

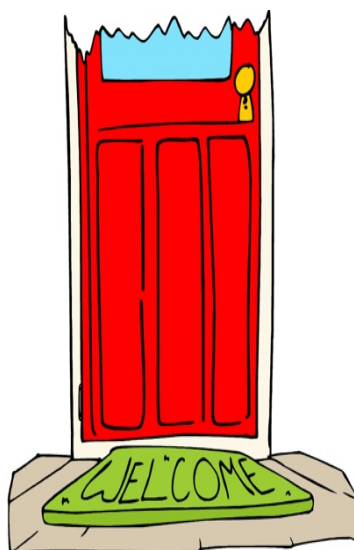
## We're rolling out the welcome mat!

All OA members are welcome to  
attend Intergroup—  
Please join us!

Live 50+ miles from the IG meeting? Money is available to reimburse you for mileage; just give the IG treasurer your mileage. Live <50 miles? Petition Intergroup for assistance.

**Saturday, March 16**  
**10:15am to noon**

**Community United Church of Christ**  
corner of Wade Ave & Dixie Trail in Raleigh



*The Durham Sunday 10am  
meeting at Structure House  
needs speakers for the  
1st Sunday of the month!*

