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Triangle OA Recovery News

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

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Email the webmaster to subscribe to the newsletter by e-mail.

Step 4

Made a searching and fearless moral inventory of ourselves.

Spiritual Principle: Courage

"The self-analysis we do in Step Four is essential to our recovery from compulsive eating. This Step continues the transformation process that began with our admission of powerlessness in Step One, a process of increasing honesty and self-awareness that will gradually free us from the bondage of self." — *OA 12&12, p.26*

Each group should be autonomous except in matters affecting other groups or OA as a whole. *Spiritual Principle:* Autonomy

"Living by the Fourth Tradition in OA means learning to act autonomously, even as we live in harmony with others. Here, we accept responsibility for ourselves, for our actions and their consequences, and for our own recovery." — *OA 12&12, p.117*

Tradition 4

Concept 4

The right of participation ensures equality of opportunity for all in the decision-making process. *Spiritual Principle:* Equality

Action Plan

Tool of the month:

"An action plan is the process of identifying and implementing attainable actions, both daily and long-term, that are necessary to support our individual abstinence and emotional, spiritual and physical recovery.

This tool may vary widely among members and may need to be adjusted as we progress in our recovery. A newcomer's action plan might focus on planning, shopping for and preparing food. Some members may need a regular fitness routine; time for meditation and relaxation; strategies for balancing work, family and friends, and our program. Others may need help to organize their homes; deal with their finances; and address medical, dental or mental health issues.

Along with working the Steps on a daily basis, an action plan may incorporate use of other OA tools to bring structure, balance and manageability into our lives." — *The Tools of Recovery, p.5-6*



Meeting News...

NEW MEETING

11th Step Meditation Meeting,
Durham, Mon 7pm
See meeting list for more details

NEW LOCATION

As of April 6, Durham Sat 10am
is moving from the main building to
the Log Cabin at Westminster Presb.

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.



Within Corner

—Neill M., 12th Step Within chair

12th Step

"Fears are not facts." When I read this in *For Today* recently, my mind began to fill with some of the fears that I once held onto as facts:

- ☒ "If I give up my favorite foods, I will never enjoy eating again!"
- ☒ "I might get too thin!"
- ☒ "I'll never be able to lose all this weight!"
- ☒ "If I live by this OA program, I'll never have any fun again!"
- ☒ "I'll probably die before I ever find recovery."
- ☒ "I'll never be able to do this OA the right way."

Many of my fears were based on lies and half-truths that I had heard or made up related to my obsession with foods and eating. Self-will is often self-destructive, and I didn't have many periods of clarity until I had heard the same things over and over in the meetings. Finally, I couldn't ignore the truths about my disease; I had to be honest about where I was in regard to acceptance and willingness. Here at last I could make a beginning. Pride, procrastination, and perfectionism served to impede me, and I could always rationalize slips and relapses. However, I kept coming back to meetings. I was able to face my fears and I didn't have to do it alone. My Higher Power and my OA buddies helped me see and accept my human self, my fears, my self-will, and my dishonesty.

Persistence continues to pay off with spiritual progress. Practicing honesty was very difficult, but I also experienced trust and unconditional love. When I isolate, all I find is fear, dishonesty, and my disease. When I come to the rooms of OA, I find love and acceptance, over and over and over again!

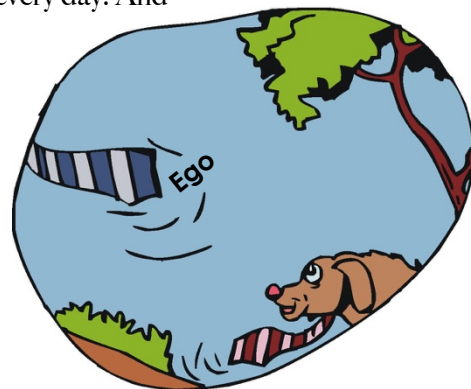
Following My Ego Around

I have often heard in the rooms that if you're having trouble with one Step, the problem is probably with the Step before it, so to go back and see where your blockages/barriers are in the prior Step.

For me, if I'm having trouble starting or doing Step 4, I probably have not fully done Step 3—turned my life and my will over to the care of God as I understand God. There is some blockage, usually my ego, my fear, or both, that is holding me back. And I don't know about you, but I don't just take Step 3 once; I have to take it every day. And I don't just take it in regard to food; I have to take it in regard to almost every action/interaction in my day where it's possible to make a choice between something selfish/self-serving (ego), and something that is for the greater good—Good Orderly Direction—because all my actions and reactions and interactions ultimately affect how I feel about myself, and how I feel about myself affects how I eat.

If I am living according to Good Orderly Direction, doing "esteem-able acts" instead of following my ego around, I like myself better. And when I like myself, I am much more willing to use the tools and do the other footwork that keeps me spiritually fit and keeps me abstinent, one day at a time.

—Grateful Compulsive Overeater



Step 4 Spiritual Principle: Courage

With many years in the program, I am still continually amazed at the courage I see over and over as people learn to look honestly at the things we used our addiction to hide from. For so many years I tried to cover my fear and shame with the food, yet having the courage to finally admit things first to myself and then to another human being has allowed me to face my life and accept responsibility for my actions. —Anonymous

Blessing the OA Path

Emptiness is far too familiar
It's not just fear

We fill ourselves
with what we know
Hoping it is what we need

The fear of truth binds us
Holding captive the grace
of our higher power

The lies of identity chew
They savor our hurt

Courage and surrender
stuffed into silence

Abstinence longs
to bring satiation

Love desires to be our banquet
The finest meal

And our higher power, the host

—Kori, Carrboro

Worth the Price of Admission

This Step can be really intimidating. It sounds like dredging up all that gunk I'd tried so hard to forget, but honestly, did I ever really forget it? I came into program feeling less than, broken, like there was just something irredeemably wrong with me. When fellows would say that they loved me, in my head I'd reply that they wouldn't say that if they really knew me. So maybe all that gunk wasn't so well hidden after all. Because I also came in with the gift of desperation, I followed my sponsor's guidance and got right on the Steps. By the time we got to Step 4, I knew I could trust her with all the things that caused me such shame. The first three Steps had led to abstinence, so I became willing to do whatever it took to keep my recovery going. Steps 1-3 are said to get us right with HP, 4-9 with others, and 10-12 with ourselves. Getting right with God helped me find the courage to begin getting right with others.

As I went through the OA 12&12 Workbook questions, I became more and more eager to get to the other side, to finally be able to release all that baggage that'd been weighing me down. I actually found myself feeling fear that I'd forget to include something and then still be stuck with it. Of course, my compulsive brain thought I'd be stuck with it forever. Fortunately, my Still, Small Voice (what I call my intuition), reassured me that if God meant me to be dealing with something now, I'd remember it. There would be plenty of future



4th Steps for whatever surfaced in the future.

The OA format was great for my first time through the Steps, since it focuses more on food as the drug of choice. However, these days, I use the Big Book inventory format when I go through the Steps. I have found it works better for me now that the Steps have become an integral part of my daily life. Listening to Joe & Charlie's *The Big Book Comes Alive* makes this format a lot more user-friendly than it is in the BB. They clarify nicely the points I didn't understand on Bill W.'s original inventory form, especially the column on how events affect my natural instincts (Social, Security, Sexual). Some fellows prefer one way, some the other. Whichever way doesn't matter, so long as we just do it. The only way to do Step 4 wrong is to not do it at all. And guess what? The gift it gives is freedom from self-hatred. That's definitely worth the price of admission. —Susan, Carrboro



In my (sometimes not so humble) opinion, no discussion of Step 4 is complete without talking about how the spiritual principles of Steps 1, 2, and 3 are necessary for the completion of Step 4. It's clear that *honesty*, the spiritual principle of Step 1, is essential to working Step 4: if we are not going to be honest, there's no reason to even put our energies into writing our fearless moral inventory.

Step 2 has *hope* as its spiritual principle. I could make all kinds of funny associations between hope and Step 4: I hope I can do this; I hope it doesn't kill me; I hope my sponsor still likes me after she/he knows all about me. But I think the biggest way that hope is related to Step 4 is that Steps 4-9 are the action Steps that really change us, so beginning Step 4 *does* bring with it hope that we can become people who can learn how to deal with life on life's terms, without finding it necessary to eat compulsively.

Step 3's spiritual principle, *faith*, is also directly related to Step 4. When I take Step 3, every day turning my will and my life (my actions and attitudes) over to the care of god as I understand god, I am practicing my faith that I am not alone, no matter what the world and life throw at me. And I also have faith that doing Step 4 is a necessary action that will lead to the attainment or maintenance of spiritual fitness and the daily reprieve of abstinence.

So as I do yet another Step 4 (I don't believe it's a one-and-done action, although I know that some do), I am indeed practicing its spiritual principle: *courage*...AND I am also practicing the preceding three spiritual principles. What's important for me to remember in that statement is that *practice* is what it's all about, since I have yet to rise above the level of humanity. :) —Anonymous





Tradition 4: Each group should be autonomous except in matters affecting other groups or OA as a whole.

I have a nature that rebels at the very idea of dictates, rules, regulations, and even suggestions. My recovery in OA has taught me that it's ok to listen to helpful suggestions and to consider the worth of rules and regulations before deciding if I agree with them. It has also taught me the importance of respecting the rights of others, whether or not I agree with them. None of this growth could have happened without the simplicity of Tradition 4.

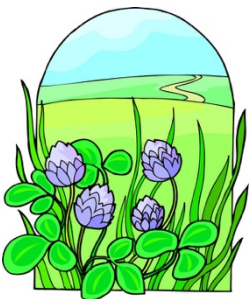
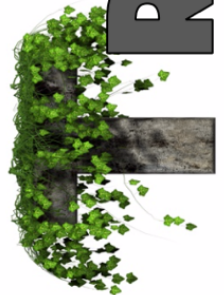
This tradition gives us the extraordinary freedom to find a meeting format that works for our individual group. It gives us the freedom to discuss, to agree and respectfully disagree with our fellows in the meeting, and to learn to abide by a group consensus. It means there is a home for everyone. Where I may feel uncomfortable at the format of one meeting, another one just feels like home. Once, when I was worried about moving to a new town and that I would not fit in with the OA groups there, my sponsor wisely said, "They don't have to like you, they just have to accept you." What freedom, to know that I can be me, warts and all, defects and assets, and be accepted somewhere! That is a direct gift of this tradition.

This tradition also teaches me discipline. I do not have the right to injure OA as a whole in order to make a meeting more comfortable for me. I may have found a book that is incredibly helpful to my personal recovery. I am welcome to share that information with fellows outside the meeting rooms. But in the meeting, we honor OA-approved literature as the best way to carry the message of OA. I may have found a technique that really helps me strengthen my personal recovery. If it is not one of the tools of OA, I do not talk about it in meetings. For one hour, I focus on something that has worked for OA as a whole for longer than I've been around, and I practice the disciplines of humility and service. I learn to keep it simple.

Our world is not structured this way; thank goodness our meetings are!

—Anonymous

TRADITION 4



**Thanks to Carrboro Thursday
for writing this month!!**

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.









Changes in bold.

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 St 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
Durham		
Mon 7pm NEW!	Durham, Mt Bethel Presbyterian Church, 3541 Rose of Sharon Rd 10 min meditation centered on an OA principle, then OA literature study	11th Step meditation Valerie S 919-961-1734
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. 919-667-7546
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. 919-667-7546
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. As of April 6, meeting will be in the Log Cabin at WPC!	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 Donna M 910-603-0542
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. Meeting Room #4	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 Mary Ester 919-847-1158

-  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.

Changes in bold.

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	Debbie 908-720-1548 George 845-304-4369
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
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.oa12step4coes.org	
Daily 3am, 6am, 9am, 12pm, 3pm, 6pm, 9pm, & 12am	www.OArecovery.com	

Triangle Intergroup Minutes



February 16, 2019

In Attendance: Mike (Chair, Web committee), Anne L (Newsletter editor, Rep Chapel Hill Th 7pm), Clare (SOAR, Rep. Durham Sun 10:30am), Susan (High Tech, Rep. Carrboro Th 12:30pm); Allie (PI/PO, Newsletter distributor), Mary Anne (Secretary), Karen (Treasurer), Nancy (audio library, Rep. Raleigh Sat 9am), Taylor T (Group Outreach, Rep. Durham Tu/Th 12:30pm), Neill (SOAR), Judy (Rep. Raleigh Th 7:30pm), Robert S. (Rep. Carrboro Sun 4pm), Kathy R (Rep. Durham, Sat 10am)

Minutes from January approved as submitted

Treasurer's Report: The report was accepted as submitted.

STANDING COMMITTEE REPORTS

WSO (Cory): Unable to attend. Requested group WSO agenda ballots.

SOAR (Neill & Clare): Both Neill and Clare have registered and booked flights, rooms, and food plans for the upcoming assembly.

High Tech (Susan): The newsletter by email is now available. Please email Susan (webmaster@triangleoa.org) if you would like to receive it electronically. Anne L. has removed questionable clip art from the 2014–2015 issues and sent cleaned versions to Susan to be returned to our website.

Group Outreach (Taylor): Taylor will meet with Sid this month to further clarify her role and plan next steps.

Newsletter (Anne L): The following groups have signed up to write: April—Carrboro Th 12:30; May—Chapel Hill Tu 6pm, June—Chapel Hill Th 7pm. Other reps expressed tentative interest and will finalize plans with Anne.

PI/PO (Allie): Some medical professionals are confusing OA as a whole with the specific practices of OA HOW. To correct this misconception, Allie will order *Introducing OA to the Medical Profession* for distribution to medical practices. Kathy R will be speaking to an all-recovery event in Durham and ordering the 1-page flier for potential new members to distribute at that event. She recommended that Allie also order multiples of this for physicians to make available to their patients. She also suggested contacting UNC and Duke employee wellness programs. Susan is taking pamphlets to every member of her health team and her clergy. Allie will return to the past practice of posting meeting announcements on Craig's List. She asks that members send any additional ideas for PI/PO to her.

AD HOC COMMITTEE REPORTS

12th Step Within (Neill): Neill will begin calling meetings to offer his availability to speak about 12th Step Within resources for part of any meeting. Reps, please take this message back to your meetings.

2019 NC State Convention (Sid): Absent. The steering committee can use more volunteers. Please contact Sid with any questions.

Retreat (vacant): No report.

Audio Library (Nancy): CDs available to check out at this meeting. In March, Nancy will bring entire library if someone else would like to borrow for their meeting(s).

Announcements: Saturday morning Durham needs support—good opportunity to pick up a weekend meeting.

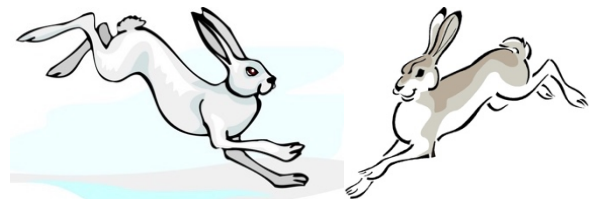
NEW BUSINESS

Parliamentarian: Robert will research and consider the nomination, but anyone else interested should be present at the March meeting as well.

WSBC Agenda Questionnaire: All reps gave their group votes to Karen, who will arrange to get them to Cory this week to be tallied and sent to WSO.

Retreat Committee and Budget: January 2015 minutes reveal that the maximum amount to be kept in the retreat account is \$2,000. Any amount over that is to be returned to the general Intergroup account. There was some discussion of closing the retreat fund bank account as we have not had an overnight retreat in 4 years and have no volunteers for Retreat Chair or Retreat Registrar. Kathy R and Neill will research the by-laws and policies and procedures for Intergroup and draft a motion for the March meeting that includes what changes would need to be made to these documents if the account is closed.

Next Intergroup meeting: Saturday, March 16



Hop on over to Intergroup!

**All OA members are welcome
to attend!**

*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, April 20

10:15am to noon

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



Announcements



**You could be getting the
newsletter delivered straight
to your inbox!**



Convenient! Saves paper! Available earlier and in Full Color!!

What are you waiting for? Sign up today!

Just email webmaster@triangleoa.org and ask to be subscribed to the newsletter by email. Be sure to include your email address in the body of your email, as it doesn't always show up in the header.

Spring into Recovery Serenity Day

Save the
date!

What: Speaker ■ Ask-It Basket Panel

God Box creation ■ Fellowship

When: Saturday April 27 ■ 1–4pm

Where: Log cabin at Westminster Presbyterian Church

3639 Old Chapel Hill Road, Durham 27707



Group Secretaries: Update Your Meeting Info!

Do your part to carry the message: make sure the details of your meeting—day, time, location, OA contact name, phone number, and any other necessary information—are up to date so everyone who is searching for a solution to compulsive eating can find their way into our rooms.

To update the **TriangleOA list**: email webmaster@triangleoa.org and newsletter@triangleoa.org

To update the **OA.org list**: go to <https://oa.org/groupsservice-bodies/meeting-changes/edit-a-meeting/> or, from <https://oa.org>, click on MENU (top right);

GROUPS/SERVICE BODIES; MEETING CHANGES; EDIT A MEETING

Piedmont OA Intergroup Mountain Retreat

September 20-22, 2019; Black Mountain NC

More info: www.piedmontintergroup.org or Richard, 704-534-6014



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, deadlines, and meetings contributing:

MAY	S/T/C 5 (integrity, purpose, consideration)	Wed April 10	Chapel Hill Tuesday
JUNE	S/T/C 6 (willingness, solidarity, responsibility)	Wed May 8	Chapel Hill Thursday
JULY	S/T/C 7 (humility, responsibility, balance)	Wed June 5	Durham Tu/Th (tentative)

If you have something to share or an idea for a feature, we welcome your ideas, original writings, artwork, or puzzles! Just send your submission to newsletter@triangleoa.org; the deadline is the Wednesday before the 2nd Saturday of the month. All submissions subject to editing.

Triangle OA

Speaker & Sponsor List

Send changes to newsletter@triangleoa.org

Triangle OA Recovery News cannot assure confidentiality, privacy, or anonymity of any personal information printed in this newsletter.

Changes in bold.

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	919-667-7546	✓	temp
Seanna	919-624-6658	✓	—
Steevie	919-918-1014	✓	✓
Tammy	919-274-4052	✓	—
Tony	919-606-7324	✓	✓