



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

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## Step 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. *Spiritual Principle: Integrity*

"Taking Step Five is the beginning of freedom, and as we continue working the Steps, the great burden of our past actions will be lifted from us. We find we can face each day and each challenge as it comes." — *OA 12&12, p.44*

## Tradition 5

Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers. *Spiritual Principle: Purpose*

"No matter how much recovery we have, we still need to hear the OA message. Every time we offer our experience, strength, and hope to the still-suffering compulsive eater, we give back what we have been given and thus continue the flow of healing power that fosters our own recovery." — *OA 12&12, p.120*

## Concept 5

Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.

*Spiritual Principle: Consideration*

## Service

### Tool of the month:

*Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible. (OA Responsibility Pledge)*

"Carrying the message to the compulsive overeater who still suffers is the basic purpose of our Fellowship; therefore, it is the most fundamental form of service. Any form of service—no matter how small—that helps reach a fellow sufferer adds to the quality of our own recovery." — *Tools of Recovery, p.7*

"When I first joined OA, I shied away from service opportunities. I told myself several things: "I'm too new," "I don't know enough about program to perform that particular service," "It will take too much time from my work or family," and, best of all, "In the past, I have given too much of myself and my time to other organizations. Since I don't know how to give in a healthy way, I'm going to be very cautious now."

In order for me to reap the benefits of service, I had to get over the hurdles I set up to sabotage my own attempts at recovery. I had to blindly volunteer to perform service even though I did not feel experienced enough or recovered enough or healthy enough to set appropriate limits around my service. Even though I thought I was making it easier for myself by not doing service, I was actually making it harder on myself by denying myself the tool that so effectively enhances my recovery." — *Voices of Recovery, p. 90*



### Meeting News

The Durham Wednesday 12:30 meeting at Holy Infant Church has disbanded.

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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](http://www.OA.org).



# Within Corner

—from SOAR8's 12th Step Within Committee

## 12th Step

### Service

There are so many opportunities for service in OA and in life.

Being a sponsor is one of the most important service roles I can give. I cannot sponsor until I have completed all 12 Steps, completed my own house cleaning. This gives me experience, strength, and hope to share. Some people are encouraged to sponsor after they have given a 5th Step; others are encouraged to be a food sponsor after they have gained steady abstinence. Ask your sponsor for a recommendation.

Making and returning phone calls is also an important service. It helps us all stay connected and helps others stay abstinent or possibly complete a needed spot inventory.

Meetings offer many opportunities for service, such as carrying the key, serving as literature person or treasurer, leading the meeting, and setting up or cleaning up. Meetings also need a representative to go to intergroup, and intergroups often have additional service opportunities, helping to put on workshops or do professional outreach.

There's also service at the World Service level: being a delegate or working on one of the many committees that help provide our literature, put on workshops, and keep OA going.

What am I willing to do today? How important is it that OA be here to prevent me from going back into the food?



In a recent meeting, we were reading the questions at the end of one of the Tradition chapters in the new 12&12. It asked, with the clear implication that we should not, if we were insisting that our way of working the program was the right way to work it. I am not immune to that temptation. Fortunately, after sponsoring a number of people and being sponsored by several, I have come to understand that we cannot dictate the path to someone else's recovery. "Why is that?" I wondered to myself. "After all, we are all 'trudging the Road of Happy Destiny,' as the Big Book calls it." The answer came surprisingly quickly as I thought about a pleasant walk I had taken with my family in the few sunny hours of a long, rainy weekend.

I am just over five feet tall. My daughter is probably five inches taller, and her partner and my husband are both substantially taller than that. (Regardless of what my family may say, my daughter's dachshund, Willie, is shorter.) As in any family walk, we were of course walking the same trail, but I was very aware that we weren't walking it the same way. The taller members of the group were meandering lazily in order not to leave Willie and me behind. Willie and I were walking as briskly as we could so as not to slow the others down too much. When we came to standing water or spots where mud from a bank had run down over the trail, we approached it very differently. The taller members of the group could usually just step over the obstacle. I looked for higher, drier tufts of grass or rocky spots to pick my way around without having to wade in the water or sink in the mud. And Willie was usually lifted over it, but sometimes insisted on splashing through full speed ahead. We could not all walk the trail the same way because we were not all made the same way. We are not all made the same way on the inside either and, while we all are taking those same 12 Steps to recovery, we must do that in the way that fits who we are. I'm grateful for the wisdom of those who have gone before us. They let us know early on that we could guide and help each other, but each of us had to walk the trail—or the Road of Happy Destiny—in our own way. —Mary Anne, Chapel Hill



# Step 5

When I came into OA, I was suffering from the low self-esteem that came from a lifetime of trying unsuccessfully to achieve a normal-sized body. I did not think that I had many virtues, but I did think I had integrity. In fairness to that old self, I had rigorous cash register honesty. I was also able to do what people today call “speaking my truth to power,” meaning that I had the moral courage to stand up for what I believed, regardless of pressure not to do so. The problem was that I was unable to be honest with myself, and that “my truth” was distorted by the black-and-white thinking that is characteristic of our disease, not to mention a thick “food fog” that I was largely unaware of.

As I approached Steps 4 and 5 for the first time, I feared admitting my faults to another human being, little knowing how difficult it would be to admit them to myself. Like many people who attempt to get their way by alternately bullying and wheedling the people around me, I saw myself as the hapless victim of other people’s selfishness and lack of consideration. I not only blamed others when what they did—or refused to do—conflicted with my wishes, but also for all of my uncomfortable feelings. *You made me angry. You made me feel bad. You made me feel “less than.”* Through Steps 4 to 9, and years of writing a daily 10th Step, I have slowly taken responsibility for my part in disagreements and conflicts, and I am continuing to grow toward accepting responsibility for my own feelings. I try to live in a way that is as consistent as possible with the 12-Step way of life that I believe in. To me, that is integrity. Do I do it very well? Some days yes, some days not as well as I would like. After all, I’m just another Bozo on the bus. —Anonymous, Chapel Hill



One of the spiritual principles of Step 5, integrity, has a special meaning for me. Of course, it’s important because of its first dictionary definition: “*the quality of being honest and having strong morals and principles.*” But for me, the second definition is even more significant: “*whole and undivided.*”



I am anything but whole when I am eating compulsively. In fact, there is a constant war waging within me between my compulsive eater part and the judgmental dieter part. And let’s not forget that shame-ridden, demoralized part cringing in the corner while the other two fight it out. When I am eating compulsively, I am a “house divided against itself” as Abraham Lincoln said. To make it worse, the house is

burning to the ground but the only thing I can think of to do to put out the fire is to pour gasoline on it; the worse I feel about eating compulsively, the more I engage in the compulsion to cover up the judgment and self-hatred. That self-judgment, that lack of integrity and wholeness, feels terrifying and depressing and very, very lonely. —Anonymous

## Integrity

So how does OA make me more whole? First, by giving me a group of “like, kind souls” who nod their heads in empathy when I share, and who allow me to feel accepted no matter what other crazy thoughts are in my mind. Second, the process of working the Steps is miraculous: in Steps 1 through 3, looking honestly at myself and seeing my powerlessness, asking for help and surrendering; in Steps 4 through 9, doing the work that actually changes me into a person who can live life on life’s terms without finding it necessary to eat compulsively; and then in Steps 10 through 12, learning to maintain that necessary fit spiritual condition by righting my wrongs on a daily basis, improving my contact with a power greater than myself (whatever that looks like to me), and of course, working with others. I don’t do any of this perfectly, not even following my food plan at times. But the spiritual principle of integrity, like the rest of the principles of the Steps, is now a guiding light for my recovery—my actions and attitudes—as I trudge this happy road of destiny. —Linda, Chapel Hill



# Tradition 5

I came in late to the meeting where we were writing about Tradition Five. Three of the writing prompts were Integrity, Purpose and Consideration. I scribbled something down about all three prompts. However, I just now remembered (at 7 am on Thursday morning) that it was my responsibility to send in what I wrote. Again, the theme of *Better Late Than Never* has emerged.

In my mind, it is always better for me to realize and act on my commitments, even if I cannot always do this perfectly. To maintain my integrity as a human being, I must do the best I can to adhere to my own moral and ethical values. "The best I can" will rarely be perfect, and that has to be OK. But it's important to me to do my part in any group that I am committed to. In this case, my part is to send in my thoughts on Tradition Five. Certainly, I can contribute something of value, even if it's not particularly well written, nor particularly inspirational. Writing for the newsletter is part of our commitment to spreading the OA message, and for this reason, it is inherently both important and valuable.

A big part of my recovery in OA has to do with the simple saying "Progress, Not Perfection." When I first heard it in a meeting many years ago, it struck a powerful chord in me. When I look back at my 63 years of life on Planet Earth, I do not see anything resembling perfection (other than a few miraculous sunsets or first dates). However, I do see a long stream of slow but steady progress in fulfilling my life's purpose. I see a person who has always done her best to do what seems right at the moment and who consistently tries to behave in accordance with her inner sense of what is best for herself and for others (this is the way that I define my higher power). This is not always easy, and the outcome is not always perfect. However, this defines exactly what it means to me to maintain my Integrity, to fulfill my Life's Purpose, and to practice Consideration of Self and Others on a daily basis.

—Anonymous, Chapel Hill



*Concept 5: Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.*

To me, Concept 5 demonstrates that OA understands its ideal to be a robust democracy. Mere majoritarian rule is not democracy in the best sense of the word. It is easy enough to forge consensus among the many if you mold their opinion out of fear, ignorance, and demagoguery. As compulsive overeaters, we should know this. Before we came into these rooms, most of us were entirely persuaded by the world's majority opinion of us as weak-willed, lazy, or merely ignorant of how diets and calories operated. This was true despite the fact that our entire experience said so much more was in play, forces that continually baffled us of our goals in fitness, control, and emotional equilibrium. In founding OA, Rozanne S. listened to the "minority opinion" that at the time existed only in her head. She intuited, and argued to others, that overeating was a disease of addiction, exactly like compulsive gambling. Ours was not a failure of moral fiber or nutritional education. Her example instructs us in the value of the idea that seems crazy, a weird outlier, almost not worth considering. But there is always value in an open mind. —Micaela, Durham

# Concept 5



I am an abstinent compulsive overeater, and I just happen to work at Pizza Hut. I have a strong spiritual program, and I have never eaten any food at work during my abstinence. I meditate for 40 minutes each morning, and I use a lot of imagery about HP. I really don't know what my HP looks like, but I pretend that it is an animal, usually a deer or a snowy owl. Humans were my abusers, so I really connect with animals. I try to imagine myself with this Higher Animal Being. I use tactile imagery and pretend I am touching the feathers or the fur. This may sound crazy, but somehow it works well. These images stay in my head all day long, and I will have 1 year of clean abstinence in May. —Anonymous, Chapel Hill

Thanks to Chapel Hill Tuesday 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, Mtg #	City/Location	Format/Contact
<b>Chapel Hill Area (Chapel Hill, Carrboro, Hillsborough)</b>		
Sun 4pm #50296	Carrboro Methodist Church, 200 Hillsborough Road (white wood house across Shelton St from the church)	Variable Anne G 919-360-3789
Tues 6pm #32098	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 #33461	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 #51040	Same as Carrboro Sunday meeting	Literature Linda, 919-260-3690
Thurs 7pm #12897	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 #54988	Hillsborough, UNC Hospital, 420 Waterstone Drive 1st Floor Training Room 10011	Big Book Terrie 919-998-8089
<b>Durham</b>		
Mon 7pm <b>NEW!</b> #56773	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 #28531	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
Thurs 12:30pm #28531	Same as Durham Tues 12:30 meeting.	Variable, Writing Robin A. 919-667-7546
Sat 10-11:30am #20756	Durham, Westminster Presb. Church, 3639 Old Chapel Hill Road Log Cabin, aka the Scout Hut	Variable, Newcomer Harriette B. 919-596-9543
Sun 10-11:30am #45514	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 #5368	Fayetteville Manna Church, 630 Executive Place	Sarah 919-850-5473
Sat 9:30am #48786	Aberdeen AA building, 504 Wilder Avenue	Steps, Discussion Donna M 910-603-0542
<b>Greenville</b>		
Mon 7pm #46226	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 #46318	Same as Greenville Mon 7pm meeting	Big Book Christina L. 252-227-1051
Sat 11am #00486	Same as Greenville Mon 7pm meeting	Big Book Nancy S. 252-565-5424
<b>Morehead City Area (Morehead City, Havelock, Swansboro)</b>		
Tues 10am #32498	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. #29885	Morehead City Carteret General Hospital 3500 Arendell St. <i>Meeting Room #4</i>	Janet 252-504-2025
Thurs 2:30pm. #46330	Swansboro First Baptist Church 614 W Corbet Ave.	Rose 252-393-7747
<b>Raleigh Area (Raleigh, Apex, Cary, Fuquay-Varina, Garner)</b>		
Sun 4pm #18237	Raleigh, Grace Lutheran Church 5010 Six Forks Road; Fellowship Hall	Literature Loretta 646-242-3767
Mon 7:30pm #50409	Same as Raleigh Sun 4 pm meeting	Big Book Judy 919-782-3523











 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, Mtg #	City/Location	Format/Contact
<b>Raleigh Area (continued)</b>		
Tues 7:30pm   #04874	Same as Raleigh Sun 4 pm meeting	Steps, Discussion Mary Ester 919-847-1158
Wed 7-7:45am #00394	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 #56362	Fuquay-Varina Methodist Church, 100 South Judd Pkwy SE Room 126	Debbie 908-720-1548 George 845-304-4369
Wed 7:30pm #52577	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  #53198	Apex Methodist Church, 100 South Hughes Street	Big Book Cari 919-924-7113
Thurs 7:30pm  #08041	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  #16772	Raleigh, Holy Trinity Lutheran Church, 2723 Clark Avenue at Brooks Street Education Building, Room 220	Steps, Traditions Kim 919-673-6609
Sat 10:30am  #54768	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  #54421	Wilmington, First Christian Church, 2035 Oleander Drive Back of building	Variable Valerie 910-899-2462
Tues 10:30am. #53559	Rose Hill, Bethel Wesleyan Church, 2635 South NC Highway 11	Lori 910-470-9967
Wed Noon  #50278	Wilmington, Pine Valley Methodist Church, 3788 Shipyard Boulevard Building B, Room 3	Big Book, Steps, Traditions Linda B 910-274-6203
Thurs 10am   #54399	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 #24872	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.aa12step4coes.org">www.aa12step4coes.org</a>	
Daily 3am, 6am, 9am, 12pm, 3pm, 6pm, 9pm, & 12am	<a href="http://www.OArecovery.com">www.OArecovery.com</a>	

# Triangle Intergroup Minutes



March 16, 2019

**In Attendance:** Mike (Chair, Web committee); Anne L (Newsletter editor, Rep Chapel Hill Th., 7pm); Clare (SOAR, Rep. Durham Sunday, 10:30am); Susan (Hi Tech Chair, Rep. Carrboro Th, 12:30); Mary Anne (Secretary); Karen (Treasurer); Nancy (audio library, Rep. Raleigh Sat. 9:00am); Taylor Z (Group Outreach, Rep. Tu/Th Durham 12:30); Neill (SOAR); Cory (WSO); Robert (Rep. Carrboro Sunday 4pm); Judy (Rep Raleigh Th 7:30pm); Kathy R (Rep Durham Sat 10am)

**Minutes** from February approved with two amendments—Taylor's initial is "Z" not "T" and the next NC State Convention is 2020, not 2019.

**Treasurer's Report:** The report was accepted as submitted. The treasurer is completing arrangements for accepting electronic contributions from groups.

## STANDING COMMITTEE REPORTS

**WSO (Cory):** Cory is looking forward to the WSBC meeting in May. She thanks our groups for participating in the WSBC Agenda questionnaire. Groups in our IG voted to include all items except C, L, M, O, and 10. Results of agenda items chosen from the international voting will be on the WSBC website March 22. Literature orders to be picked up at WSO by our delegate (avoiding shipping costs) must be submitted by April 22 and must be ordered from the special WSBC link on the OA website.

Next month, groups will receive a letter from the Board of Trustees about the annual general fund contribution. The letter requests a special contribution, to be taken at three consecutive meetings and sent directly to WSO for the general fund.

WSO is looking for people who entered program before age 30—especially those who are still young—to be podcast speakers. There is an application online at the OA website, in the members' section of the menu.

**SOAR (Neill & Clare):** The SOAR8 12th Step Within Committee will put on workshop at Spring SOAR Assembly in Fort Lauderdale and Neill will also present on using the red Recovery Button at one of the recovery workshops. Business meeting packets and the nominations for open positions are now available on the SOAR8 website. Neill also announced that anyone who wishes to can set up a recurring contribution to Region 8 through PayPal. Clare is looking forward to her first assembly.

**High Tech (Susan):** All newsletters with potential graphics copyright issues have been redacted and are now back on the website. Reps should remind members to email the webmaster for digital copies of the newsletter to be sent to them. Susan is continuing to clean up the website.

**Group Outreach (Taylor):** Taylor is preparing to contact groups. She is seeking guidance about the best way to support meetings in trouble. Neill is willing to attend meetings that need support. Susan will be in the Eastern

part of the state and is willing to do outreach to groups in Morehead City, Havelock, and Swansboro.

**Newsletter (Anne L):** Anne has asked the printer for a quote on the cost of a separate 2-sided printing of the meeting list if it is not collated into the newsletter itself. She will report on the relative costs of collated and uncollated at the April meeting. Members volunteered for their groups to write for upcoming editions. However, September, October, and December are still open.

**PI/PO (Allie):** As Allie is traveling for work, she arranged with Clare to take the newsletters from IG and pass them along to her at a meeting they both attend.

## AD HOC COMMITTEE REPORTS

**12th Step Within (Neill):** Neill has already made one local presentation about the recovery help on the SOAR website. He is available to tell his story and present on this topic at any local meeting.

**2020 NC State Convention (Sid):** Sid was not in attendance. Contact him if you wish to help with the planning.

**Retreat (vacant):** No report.

**Audio Library (Nancy):** Nancy brought the library to the meeting. Kathy R took the "sleeve" of CDs for the use of her meeting and to be available on the Serenity Day on April 27.

**Announcements:** The Durham Saturday meeting is moving back to the Scout Hut as of April 6. That meeting is also hosting Serenity Day on Saturday April 27 from 1 to 4pm. There is a new Durham Monday Evening meeting. The Serenity Day, Durham Saturday move, and the new meeting are announced in the March Recovery News. Reps should ask their groups for qualified volunteers for the three remaining open positions—parliamentarian, retreat chair, and retreat registrar.

## NEW BUSINESS

**Elections:** There were no nominees for the three open positions (parliamentarian, retreat chair, and retreat registrar). There was a discussion of why our very informal meetings need a parliamentarian sometimes.

**Retreat Committee and Budget:** A motion was passed unanimously to close the retreat account and keep the money from that account in the IG savings account. Neill will draft a motion to amend the by-laws and/or P&P as necessary to accommodate that change.

**Suggestion of having all SOAR and WSO contributions flow through IG.** This issue was raised, but there was not support for it. Our treasurer and other members will provide technical assistance to group treasurers having difficulty keeping up with the correct addresses and donation procedures.

**Next Intergroup meeting:** Saturday, April 20



# Announcements



## 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



## 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. **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	✓	✓
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	✓	✓



## Get the newsletter delivered straight to your inbox!

Convenient ♣ Saves Paper ♣ Available Sooner ♣ Full Color

Email [webmaster@triangleoa.org](mailto:webmaster@triangleoa.org)

and ask to be subscribed to the newsletter by email.

## Join us at Intergroup— All OA members are welcome!

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, May 18**

**10:15 am to noon**

**Community United Church of Christ**

corner of Wade Ave & Dixie Trail in Raleigh



### Next newsletter themes, deadlines, and meetings contributing:

**JUNE** S/T/C 6 (willingness, solidarity, responsibility)

**JULY** S/T/C 7 (humility, responsibility, balance)

**AUG** S/T/C 8 (self-discipline, fellowship, delegation)

Wed May 8 Chapel Hill Thurs 7pm

Wed June 5 Durham Tu/Th 12:30

Wed July 10 Raleigh Sat 9am

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](mailto:newsletter@triangleoa.org); the deadline is the Wednesday before the 2nd Saturday of the month. All submissions subject to editing.