



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 6

Were entirely ready to have God remove all these defects of character.

Spiritual Principle: Willingness

"A willingness to change is the essence of Step Six... As we work [it], we recognize and acknowledge our human fear of change. Then, because we are willing to go to any length for recovery from compulsive eating, we move ahead with this Step anyhow." — *OA 12&12, p.48*

Tradition 6

An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose. *Spiritual Principle: Solidarity*
"OA's lack of attachment to any kind of outside enterprise gives our fellowship a marvelous freedom... By avoiding any such affiliations, OA groups can concentrate on recovery from compulsive eating instead of on problems associated with money, property, and prestige, which cause so much conflict in the world around us." — *OA 12&12, p.128*

Concept 6

The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous. *Spiritual Principle: Responsibility*

Sponsorship

Tool of the month:

"Sponsors are OA members who are living the Twelve Steps and Twelve Traditions to the best of their ability. They are willing to share their recovery with other members of the Fellowship and are committed to abstinence.

"We ask a sponsor to help us through our program of recovery on all three levels: physical, emotional, and spiritual. By working with other members of OA and sharing their experience, strength, and hope, sponsors continually renew and reaffirm their own recovery. Sponsors share their program up to the level of their own experience.



"Ours is a program of attraction; find a sponsor who has what you want and ask that person how he or she is achieving it." — OA *Tools of Recovery* pamphlet, p.2

MEETING NEWS

New Meeting:

Durham, Wed 7pm
Structure House, Rm 220
3017 Pickett Rd.



Now a Newcomer's Meeting:

Raleigh Thurs 7:30pm

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Step 6

“Were entirely ready to have God remove all these defects of character.”

I pray to my HP that I can pause before expressing one of my character defects and prevent myself from causing harm to myself and others. Just as I am powerless over my food compulsions, I am powerless over my character defects. When I fall into obsessive thoughts about my to-do list or why someone hasn’t replied to my email or whether someone is thinking ill of me or why I or someone else did or said something or omitted to do or say something, then I recognize that I’m in the clutches of my character defects: perfectionism, anxiety, fear, low self-regard, and critical attitudes. When my mind is focusing on the supposed faults of other people or institutions and on situations over which I have no control or about which I lack complete knowledge, I want to remember that what I really need to do is focus on myself. I want the awareness to pause and realize what is actually going on and the willingness to pray that my obsessive, unhealthy thoughts will be removed and that I will be redirected to my own emotional and spiritual growth. Otherwise, those thoughts can spiral out of control, leading to behaviors that are hurtful. I’ve found that the simple prayer *“Bless them; change me”* (when I remember it) is very effective when repeated as often as necessary to move beyond unhealthy thinking. Often then, an intuitive thought will come from HP, pointing me to do the next right thing. This may be sharing my worries or anger with my sponsor or a friend, talking directly to the person to air out my concerns or make amends, or tending to my self-care routines (reading OA literature, meditation and prayer, exercise, a nap or a good night’s sleep), anything to help bring clarity, wisdom, kindness, compassion, and forgiveness to the forefront and leave the rest behind. By working the 12 Steps, I give myself the opportunity to keep this continuous emotional and spiritual renewal ongoing, disallowing myself from falling into justifications for unhealthy patterns of thought and behavior. Stepping back and asking HP for the willingness to live and act with sanity and integrity towards myself and others is my goal. I am ready, and pray to keep on being ready, for HP to remove any obstacles to my living in the light of *“Thy Will be Done”* and to inspire me to be of service to others. —Anonymous, Chapel Hill



Most of the time I think I’m ready to have God remove my defects of character. But *entirely* ready? And *all* my defects of character?? How can I be ready, much less *entirely* ready?

Those are good questions. For me, looking at my 4th step helps. It enables me to clearly see where I have deviated from God’s best for me and the consequences of that. When I look at what I’ve done and who I’ve harmed—including myself—I’m more open to letting God move in my life. I don’t want to make the same mistakes again; I don’t want to have to make more amends than I already need to; I want to be on God’s path for my life. I believe my HP knows what’s best for me, and if I surrender, my life will run more smoothly and be more fulfilling.

And what about *all* my defects? Again, when I look at my inventory and see the exact nature of my wrongs, I see what a mess they’ve made, and I really want them removed. It just takes a willingness to be painfully honest about what havoc my defects have wreaked in my life and a desire not to repeat it.

—Anonymous, Chapel Hill

“Willingness is the key”

Willingness

People keep telling me that, and I have come to believe it. I can do nothing if I am not willing. However, as the older edition of the 12 & 12 tells us, we first ask for the willingness and then for the ability. That is certainly true for me. Willingness is “necessary but not sufficient.” I must be willing to put down the food, and the act of putting down the food once helps me continue to put it down. Not eating my binge foods or extra food reduces my cravings, while eating even a little in either of these categories increases the frequency and intensity of cravings. Still, to put that food down I have to ask for the ability as well. The same process applies to surrendering my fears and, in Steps 6 and 7, my character defects. Somewhat paradoxically, knowing that I can ask for and receive the ability to do something helps me to become willing. I do not have to do it on my own!

Besides reminding me of the need for willingness, my OA friends and my sponsor sometimes need to remind me that being willing does not mean that I actively want to do it. This is often true for OA tasks like writing assignments from my sponsor or for some service I have agreed to provide. I would rather do something else with that time, but I am willing to put in the effort to receive the recovery growth it brings.

—Anonymous, Chapel Hill



Rewarding Abstinence

I can overeat for any reason: if I’m sad, happy, nervous, or angry. But the hardest challenge for me to overcome has been rewarding myself. My whole life, eating a special meal or going out to eat has always been my reward. Food, especially the unhealthy kind, is cheap, easy, and most of the time, requires little effort. I had to find a reward that encompassed all those things yet was not food.

My new favorite reward is painting my nails. I buy nail polish all the time for less than \$2 a bottle; I have 42 bottles of nail polish right now! When I don’t have money for new polish, I create new colors by mixing what I have—I call them my custom colors. Sometimes I paint each nail a different color, and for holidays, I paint something special: red and green for Christmas, black and orange for Halloween, two shades of green for St. Patty’s Day. I paint my nails almost every other day. It’s something I do just for me. It makes me take time for myself, gives me 30 minutes to do nothing but let my nails dry, and makes me feel pretty and happy when I’m done.



I heard myself say while sharing in a meeting recently that I felt I deserved food rewards when I did something good. I then surprised myself by correcting that statement and saying that actually I deserved to reward myself with love and respect and not break my abstinence with food. Nail polish may not be your thing, but I think finding a way to reward yourself without food might be as helpful to you as it is for me. I hope everyone can find their nail-polish reward. —Sahra A, Wilmington

Solidarity

Tradition 6

For me, one of the most important aspects of OA is the principle of solidarity. I know when I come to a meeting that I'll find understanding and support—in other words, solidarity.

If we brought outside enterprises into the picture, we would lose this solidarity as disagreements and misunderstandings cropped up. Even if most of us agreed, we might drive away others who did not, or mislead newcomers. Without this solidarity, the fellowship would be irrevocably weakened, and we would lose the comfort of knowing our meetings are a source of unconditional love, support, and acceptance. Perhaps meetings would become stressful, as we worried about our differences, instead of being the oasis of serenity we have come to rely on. This would truly be a great loss. We are stronger for our solidarity even as we recognize and celebrate our diversity, and it is Tradition 6 that ensures that we stay that way! —*Anonymous, Chapel Hill*



... to Chapel Hill 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, Mtg #	City/Location	Format/Contact
Chapel Hill Area (Chapel Hill, Carrboro, Hillsborough)		
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
Durham		
Mon 7pm #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
Wed 7pm #28531	Durham, Structure House, 3017 Pickett Road, Room 220.	TBD Clare 919-428-6109
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
Fayetteville Area (Fayetteville, Aberdeen)		
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
Greenville		
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
Morehead City Area (Morehead City, Havelock, Swansboro)		
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. Meeting Room #4	Janet 252-504-2025
Thurs 2:30pm. #46330	Swansboro First Baptist Church 614 W Corbet Ave.	Rose 252-393-7747
Raleigh Area (Raleigh, Apex, Cary, Fuquay-Varina, Garner)		
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

NEW!












 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
Raleigh Area (continued)		
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 NOW A NEWCOMER'S MEETING!	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
Wilmington Area (Oak Island, Rose Hill)		
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 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



April 20, 2019

In Attendance:

Mike (Chair, Web committee)
Clare (SOAR, Rep. Durham Sunday, 10:30am)
Susan (Hi Tech Chair, Rep. Carrboro Th, 12:30)
Sid (Vice Chair)
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)
Judy (Rep. Raleigh Th 7:30pm)
Kathy R (Rep. Durham Sat 10:00am)
Kathy Z (Rep. Chapel Hill Tu, 6:00pm)
Danielle (Rep. Garner Wed 7:30pm)
Allie (PI/PO)
Suz (Rep. Hillsborough Wed 6:00pm)

Minutes from March approved as submitted

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

STANDING COMMITTEE REPORTS

WSO (Cory): All items on the WSO agenda poll were added to the agenda except for Item L—adding PAUSE to the list of conference approved tools. There are three new pieces of literature in draft—(1) *Body Image, Relationships, & Sexuality*; (2) *Dignity of Choice: Establishing a Plan of Eating*, combines current pamphlets *A Plan of Eating* and *Dignity of Choice*; and (3) *Welcome Back for Members in Relapse and Those Who Care* (including how to help or approach members in relapse.) Members who wish to review/comment on these drafts may view them at [OA.org/members/events/world-service-business-conference/](https://www.oa.org/members/events/world-service-business-conference/)

SOAR (Neill & Clare): The SOAR conference, *Sunshine of the Spirit*, attracted 190 people (business and recovery) including 11 “green dots” (first time reps). A full report from Neill will be on the [Triangleoa.org](https://www.triangleoa.org) website. The next SOAR will be in Memphis Oct 11–13. The 2020 World OA Convention—*Sunshine of the Spirit: 60 Years Around the Sun*—will be in Orlando, August 20–22, 2020.

High Tech (Susan): There are suggested new formats for different kinds of meetings. These are being posted on [Triangleoa.org](https://www.triangleoa.org).

Group Outreach (Taylor): Taylor is stepping down from this position. Susan reported that she was unable to contact meetings at the beach when she was traveling. Structure House has requested that someone start a new meeting there on Tuesday or Wednesday evening.

Newsletter (Anne L): Anne was unable to attend. Groups are still needed to write for September and December.

PI/PO (Allie): The meetings are continuing to be posted on Craig's List. Allie will begin doing mailing to professionals. She will also look into radio spots.

AD HOC COMMITTEE REPORTS

12th Step Within (Neill): Neil remains available in June and July to speak to groups about 12th Step Within and tell his story.

2020 NC State Convention (Sid): The contract is not yet signed. The conference will be May 1–3, 2020, at the Hawthorne Inn in Winston-Salem. We will need at least 25 rooms for 2 nights to receive free conference rooms. Room cost will be \$95 per night, including breakfast. Contact Sid for additional details or to volunteer.

Retreat (vacant): No report.

Audio Library (Nancy): Kathy R will make the library available at the April 27 Serenity Day.

NEW BUSINESS

Parliamentarian: Sid was elected.

Retreat Committee and Budget: Motion was passed to advance the money in the retreat account as seed money for the 2020 NC State Convention. A formal written motion, referencing necessary changes to our by-laws and/or policy and procedures manual will still need to be written to discontinue the retreat fund and place any money returned from the convention into the general treasury. Kathy R and Neill will be drafting this motion.

One-Time Contribution to WSO: Donations are sent directly from groups to IG, SOAR, and WSO; Triangle IG does not generally contribute to the two wider levels. However, a motion was passed to send a one-time \$200 donation to WSO with our delegate.

Next Intergroup meeting: Saturday, May 18, 2019

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, June 15
10:15 am to noon
Community United Church of Christ
corner of Wade Ave & Dixie Trail in Raleigh

Announcements



Newsletter contributors, themes, and deadlines for the rest of 2019

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



July: Durham T/Th 12:30pm Due **Wed June 5**
Step/Tradition/Concept 7 (humility; responsibility; balance)

August: Raleigh Sat 9am Due **Wed July 10**
Step/Tradition/Concept 8 (self-discipline; fellowship; delegation)

September: *Needs a volunteer* Due **Wed August 7**
Step/Tradition/Concept 9 (love; structure; ability)

October: Carrboro Thurs 12:30pm Due **Wed Sept 11**
Step/Tradition/Concept 10 (perseverance; neutrality; clarity)

November: Durham Sun 10:30am Due **Wed Oct 9**
Step/Tradition/Concept 11 (spiritual awareness; anonymity; humility)

December: *Needs a volunteer* Due **Wed Nov 6**
Step/Tradition/Concept 12 (service; spirituality; selflessness, realism, representation, dialogue, compassion, respect)



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Email webmaster@triangleoa.org and ask to be subscribed to the newsletter by email.



Triangle OA Speaker & Sponsor List

Triangle OA Recovery News cannot assure confidentiality, privacy, or anonymity of any personal information printed in this newsletter. This is not a complete list of all persons willing to sponsor; check the We Care book to locate additional sponsors in your meeting.

Name	Phone	Speaker	Sponsor	Name	Phone	Speaker	Sponsor	Name	Phone	Speaker	Sponsor
A.J.	919-644-1239	✓	–	Elizabeth	919-929-5936	✓	–	Neill	919-789-9402	✓	✓
Alice	919-271-3292	✓	✓	J.V.	919-233-9777	✓	✓	Robin	919-667-7546	✓	temp
Atiya	919-302-1030	✓	–	K.C.	919-612-2000	✓	✓	Seanna	919-624-6658	✓	–
Carla	919-848-7023	✓	–	Lauren	919-536-2162	✓	✓	Steevie	919-918-1014	✓	✓
Dana	252-314-6849	✓	✓	Liz	919-649-2088	✓	✓	Tammy	919-274-4052	✓	–
Deb	919-332-4343	✓	✓	Mary Anne	919-260-5693	✓	–	Tony	919-606-7324	✓	✓