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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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Step 7

Humbly asked Him to remove our shortcomings. *Spiritual Principle: Humility*
“As we gain new humility and ever greater freedom from our character defects, God’s power flows more surely and freely through us, bringing healing to others as well as ourselves, and drawing to us all the things we once fought so hard to attain: self-esteem, a feeling of usefulness, joy, strength to surmount difficulties, fellowship, and love. Our simple prayers, humbly spoken, are answered in wonderful ways as we open our lives to God’s transforming power, and we find that, once again, God does for us what we could never do alone.” —OA 12&12, p.56

Tradition 7

Every OA group ought to be fully self-supporting, declining outside contributions. *Spiritual Principle: Responsibility*
“The principle of being fully self-supporting is an important one for OA groups and recovering compulsive eaters. Paradoxically, being fully self-supporting means we are now free to ask for help. In light of the Seventh Tradition, we begin to see more clearly what our boundaries need to be. We begin to share our vulnerability with others in OA without expecting them to shoulder our responsibilities. As our Higher Power helps us to be self-supporting, we can let go of our unhealthy dependencies and develop healthy relationships with the people who share our lives.” —OA 12&12, p.136

Concept 7

The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws [and] the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws. *Spiritual Principle: Balance*
“Because OA is committed to the group conscience process, the Board of Trustees willingly accepts the responsibility to carry out the decisions made by the WSBC and the delegates of the WSBC willingly place their trust in the Board of Trustees to do so.”
—The Twelve Concepts of OA Service pamphlet, p.9

Meetings & Telephone

Tools of the month

“There are many types of meetings, but fellowship with other compulsive overeaters is the basis of them all. Meetings give us an opportunity to identify our common problem, confirm our common solution through the Twelve Steps and share the gifts we receive through this program.”

“Member-to-member contact helps us share on a one-to-one basis and avoid the isolation that is so common among us. Many members call, text or email their sponsors and other OA members daily. As part of the surrender process, these tools help us learn to reach out, ask for help and extend help to others.”
—OA *Tools of Recovery* pamphlet, p.3

Need Some Service?

We are in need of a group to write for September! See p. 8 for themes and deadlines.

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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.



Highlights, part 1

Next month,
part 2!

—Cory A.,
WSO Representative

World Service Business Conference

First, let me express my gratitude to Triangle Intergroup members and sustaining groups for letting me improve and sustain my recovery through this service—you may have saved my life this year! This was the second year of my 2-year term as delegate to the Annual World Service Business Conference, and what a privilege attending this conference was! Thanks to all who participated in the recent voting to put discussion items on the agenda. Item L (adding “PAUSE” to the list of our tools) was the only item that didn’t receive enough “yes” votes to make it onto the WSBC agenda this year.

The votes I was most grateful to be part of were about new or revised literature:

- ✧ Approved the new OA book, *Body Image, Relationships, and Sexuality*, with near unanimity. No one spoke against it, and only two people voted against it, for reasons unknown. This book is a large and moving collection of member stories on these subjects that is unflinching, honest, loving, and often heart-wrenching. The vote itself was as moving as the book—an audible gasp went up from the crowd as nearly every delegate stood up in unison to say “Aye”, followed by a standing ovation and a visibly emotional response from the editors, who’ve worked 10 years to bring this together. Though I’ve not yet read every single page, I know it includes LGBTQ experience and honestly represents the disproportionate impact of sexual abuse and assault on our membership, something we all know about but rarely discuss openly.
- ✧ Approved the combined pamphlets for *members returning from relapse*, which now includes suggestions for active members about how best to be of service to members in relapse both on the margins and outside the meetings.
- ✧ Sent the new pamphlet that merges *Dignity of Choice* with *Plan of Eating* back to the drawing board, **not** for its intentions, but to redesign the wording enough to avoid future medical and legal criticisms. New literature requires a two-thirds majority to pass, and this failed by two votes, of which I was one. I am very supportive of this pamphlet overall and I did not want to see it put out and then withdrawn for not addressing these issues, as it has been in the past.

Next month in part 2, I’ll discuss the impact of the passage of **two key OA definitions***, **abstinence** and **recovery**. Stay tuned! *Yours in service—Cory A.*

* **Abstinence:** *The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.*

Recovery: *Removal of the need to engage in compulsive eating behaviors. Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program.*



The OA Board of Trustees is charged with managing the business affairs of Overeaters Anonymous, Inc., safeguarding the integrity of our Twelve Step program and serving the Fellowship as a whole. Every year at WSBC, about one-third of trustees are newly elected (*) or reelected (**); remaining trustees return to complete their terms. This year’s trustees are:

- ✧ **General Service:** Tina C.*, Judy H., Bonnie L. (Chair), Joanne M., Ron P. (2nd Vice Chair)
- ✧ **Virtual Services:** Dora P.
- ✧ **Regions:** 1—Pat O., 2—Hanna S.**, 3—Neva S., 4—Cyndy L. (Treasurer), 5—Barb K.*, 6—Beth B.**, 7—Karen B. (1st Vice Chair), 8—Andi S.*, 9—Vasiliki T.*, 10—Letitia M.**

Humility

The concept of humility is directly related to the Serenity Prayer for me. I have to learn to accept the things I cannot change. And to find joy anyway, even when people don't act how I want them to, or events don't transpire the way I hoped and imagined. Turning over my desire for control, I find relief.

Gratitude seeps in. Gratitude for family and friends, for work, for the details of my life, for OA and my higher power. —Anonymous, Durham

What's speaking to me today are the underlying spiritual principles of Step Seven (Humility), Tradition Seven (Responsibility), and Concept Seven (Balance) because I could really use all of these qualities right about now. I have a very big work event coming up that I feel very anxious about because there are a lot of unknowns and things I can't control. I need humility so as not to make it all about me. I'm very concerned about me—how will I look? how will my dress fit? what will this do for my resume? But I need to reframe it—what is God's will for me? I don't know the answer. I imagine God wants me to take care of myself—to eat right, sleep right, and do things that nourish my soul. I can't take responsibility for everything that may or may not happen at this work event, because I can't control everything. I need to find balance and not take on too much responsibility or too little. This goes back to humility and being humble and realizing I can't control everything.

—Anonymous, Durham

Balance

Responsibility

Today as I was headed out my front door to my OA meeting, I saw a big smudge of blood. Immediately I thought, *who in my household was bleeding, and more so, who was so inconsiderate as to leave without cleaning it up?* My spouse immediately came to mind. Since I was in a hurry, I simply continued on my way. Halfway to the meeting, I felt something on my right arm; twisting it around for a better view, I saw that I had a large scratch that had clearly been bleeding. So it was *me* who left the blood smudge on the door! What a call to accountability—I was so quick to assign blame to someone else. Isn't this so like me in other areas of my life! I'm upset because *Someone* did *Something* that offended me. It's true that opinions abound, and rarely do we all agree, but if I am offended and blaming, then, as the AA literature says, it's *ME* who has the problem. I can disagree with someone, even dislike their choices and actions, but when I get into blaming, talking about them to others, and judging, then I am poisoned by my own self-centered ego. That is exactly when I need to work the Steps, to get down to causes and conditions because one of my basic instincts is out of whack. Looking at the incident with my bloody arm, I see that I am looking for reasons to hate my husband. *That* is about his treatment of me in certain areas of life. And *that* is about me feeling like I'm not getting what I deserve as a loving and supportive spouse. And *that* is about me believing I am entitled to be loved and prized and valued the way *I* think I am, and *that* is not his view of me.

As a wise woman in program once said, "My husband's opinion of me is none of my business." In fact, I AM loved and prized and valued by my Higher Power, and *that* is where I need to go for my true needs to be met. When I look for love (or affirmation or value) in other places, I am missing the boat. I want to be in the boat, the right boat, by being with and looking to my Higher Power. Forgive me God, for once more looking everywhere but to you. —Anonymous

First Step

Hi, my name is Angela and I'm a compulsive overeater. For years now, I have been struggling to get my eating habits under control. When I reached the end of my rope, God stepped in and gave me the doctor who recommended OA to me. I have only been coming to meetings a couple of months, and I just found a sponsor two weeks ago. Through coming to meetings and setting goals with my sponsor, I feel as though my unhealthy relationship with food doesn't have to be anymore! I am very thankful to God, OA meetings, and my sponsor. All the tools put together, including writing, make a strong foundation for recovery. —Angela, Durham



Puzzle Page



— Submitted by Colleen B, Durham

Find the words in the letter grid (may be horizontal, vertical, or diagonal, but not backwards).
Then copy the unused letters in order below to spell out a message!

ABOUT
ABSTAIN
ACCEPTANCE
BELIEVE
CALL
CONSCIOUSNESS
CONSENT
DATES
DEPEND
DISTANCE
ENDURE
ENTER
FOCUS
FREEDOM
GIVE
LOVE
MINDS
MOTIVATE
ONE
OPEN
OVEREATING
OWN
PRAYER

F	O	C	U	S	H	A	C	C	E	P	T	A	N	C	E	U
R	E	C	O	V	E	R	Y	M	B	L	R	Y	A	O	N	E
E	S	K	E	N	D	O	P	E	N	D	E	P	E	N	D	H
E	N	T	E	R	S	A	V	E	D	I	A	R	M	S	U	T
D	I	S	T	A	N	C	E	O	R	E	T	A	M	E	R	O
O	V	E	R	E	A	T	I	N	G	V	M	Y	E	N	E	O
M	O	T	I	V	A	T	E	O	U	R	E	E	S	T	H	O
R	I	T	C	A	B	O	U	T	U	O	N	R	E	S	T	M
I	N	N	G	S	S	E	R	V	E	S	T	E	P	S	S	T
E	P	S	D	A	T	E	S	E	E	I	N	G	O	W	N	E
M	I	N	D	S	A	I	L	V	L	O	V	E	T	R	Y	E
C	A	L	L	N	I	T	W	E	L	V	E	T	S	H	A	N
G	I	V	E	K	N	Y	B	E	L	I	E	V	E	S	O	U

RECOVERY
REST
SAIL

SAVED
SERVE
SEEING

SETUP
STEPS
TREATMENT

TRY
TWELVE

(_____)
_____ !



Solution on p. 7



*... to Durham Tuesday/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 Main building, 2nd Floor; Ring bell to enter. Elevator to the right.	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. <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
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

CHANGE!












 Accessible

 Newcomer's meeting

 Can bring meal to meeting.

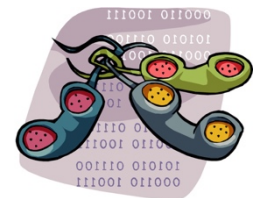
 Closed meeting—restricted to OA members & others who think they may have a problem with food; newcomers are welcome and encouraged to attend.

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.	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.aa12step4coes.org	
Daily 3am, 6am, 9am, 12pm, 3pm, 6pm, 9pm, & 12am	www.OArecovery.com	



Triangle Intergroup Minutes



May 18, 2019

In Attendance:

Mike (Chair, Web committee)
Sid (Vice Chair)
Mary Anne (Secretary)
Karen (Treasurer)
Cory (WSO)
Anne (Newsletter, Rep Chapel Hill Thurs 7:00pm)
Allie (PI/PO)
Nancy (audio library, Rep. Raleigh Sat 9:00am)
Suz (Rep. Hillsborough Wed 6:00pm)
Debbie (Rep. Apex Thurs 7:30pm)
Kathy R (Rep. Durham Sat 10:00am)
Margaret (Rep. Wilmington Sat 9:30am)

Minutes from April approved as submitted

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

STANDING COMMITTEE REPORTS

WSO (Cory): Cory submitted a written report through the webmaster and will write a brief summary of highlights for the newsletter. She reported the acceptance of two new pieces of literature. Two key issues that passed at the WSBC were the edited definitions of abstinence and recovery and guidelines for maintaining anonymity for virtual meetings. Lifeline will stop publication (both paper and online) after Dec. 2020, and will stop taking subscriptions after Dec. 2019. A new direction for sharing members' writing is yet to be determined. The OA Website will be completely revamped with money obtained primarily from the sale of the new 12&12.

SOAR (Neill & Clare): Clare has submitted her report to the webmaster but was unable to attend. She will be given the opportunity to speak about it at the June meeting.

High Tech (Susan): Unable to attend.

Group Outreach (vacant): no report

Newsletter (Anne L): When the newsletter includes a pull-out meeting list in the center—2 to 3 times a year as agreed in January—it will cost \$23 for collating each time. Thus, we would save at most \$69 /yr, with the extra burden of uncollated sheets falling on the newsletter distributor. No change to the usual procedure will be made at this time. At the group's request, the June newsletter prominently displays the topics and which groups are responsible for writing for the remainder of the year. A group to write for the September newsletter is still needed.

PI/PO (Allie): Allie bought a return address stamp for use as the newsletter distributor. She is continuing to investigate how to work with local eating disorder clinics around their misconceptions about OA rigidity. She recognizes that the addiction model not is not acceptable to many eating disorder professionals. She also continues

to submit Craig's List entries for meetings. Kathy R. spoke on OA at a conference in Durham and gave out materials.

AD HOC COMMITTEE REPORTS

12th Step Within (Neill): Unable to attend.

2020 NC State Convention (Sid): There will be a phone meeting 5/18 meeting to vote on the final contract with the Hawthorn Inn.

Retreat (vacant): No report

Audio Library (Nancy): Kathy returned the library to Nancy.

NEW BUSINESS

Intergroup on the road: The church in Wilmington where we normally have the August Intergroup meeting is not available this year. Suz will investigate other Saturday meetings outside of the Triangle that might want to host the August meeting.

Elections: Intergroup really needs someone in the group outreach position. Reps are asked to announce it at their meeting. The group voted to keep the retreat chair and registrar on the roster for elections in December but not to revisit those positions until then.

Retreat Budget. The retreat account checkbook has been returned but the account has not been closed. It is unclear who has authority to sign checks or close account, as voted in the April meeting.

New Agenda Item for June. Explore the possibility of allowing virtual attendance by phone for Intergroup Reps living outside the Triangle.

Next Intergroup meeting: Saturday, June 15, 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, July 20
10:15 am to noon
Community United Church of Christ
corner of Wade Ave & Dixie Trail in Raleigh**

Puzzle Solution:

HUMBLY ASKED HIM TO REMOVE OUR
SHORTCOMINGS, (STEP SEVEN) THANK YOU!



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.



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)

January: *Needs a volunteer* Due **Wed Dec 11**
Step/Tradition/Concept 1 (honesty, unity)

February: *Needs a volunteer* Due **Wed Jan 8**
Step/Tradition/Concept 2 (hope, trust, conscience)



Men of OA— You Are Not Alone!

Are you the only man in your meeting? Do you have trouble sharing freely in meetings of mostly women? The 2010 World Service Survey found that men are only 13% of our fellowship. Visit OAMen.org to see resources for men in program and to learn how to connect with other men in OA, including in-person meetings, phone meetings, email discussion groups, and phone lists!



Mark your Calendar!



SOAR8 will hold *River City Recovery*, a recovery convention and business assembly, in Memphis, TN, October 11-13, 2019. Registration is now open through September 27. The recovery convention program will present *The Big Book Comes Alive for OA*, with alternative programming for newcomers, relapse and recovery, and Higher Power. Details and registration available at <https://oaregion8.org/r8-assemblies/upcoming-assemblies/october-2019-assembly>

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
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	✓	✓

Name	Phone	Speaker	Sponsor
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	✓	—

Name	Phone	Speaker	Sponsor
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	✓	✓