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# Triangle OA Recovery News



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## Step 8

Made a list of all persons we had harmed and became willing to make amends to them all. *Spiritual Principle: Self Discipline*

"At this stage of the program more than any other, we should not try to go it alone. Here, we have found it best to take our amends list to our sponsor and discuss the various problems with her or him. First of all, an experienced OA member is able to help us by making sure we actually do owe amends in each case. Further, a sponsor's suggestions about how to go about making amends can help us to become willing. As we frankly discuss the actions we might take and the words we might say, the making of amends begins to seem less threatening. For the first time, we begin to feel that we really may be able to face the people we have harmed." — 12&12 p.59-60

## Tradition 8

Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers. *Spiritual Principle: Fellowship*

"The vast good OA does for suffering compulsive eaters worldwide is still, for the most part, done nonprofessionally by OA members who give back what they are so generously given. This spirit of caring and sharing is one of the greatest strengths we have to offer as a Fellowship, for it carries with it a true healing power." — 12&12, p.142

## Concept 8

The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office. *Spiritual Principle: Delegation*

"In cooperation with the managing director and management staff, the trustees on the Executive Committee oversee all aspects of OA's operations." — *The Twelve Concepts of OA Service pamphlet, p.10*

Tools of the month:

## Literature & Writing

"All our literature provides insight into our problem of eating compulsively, strength to deal with it, and the very real hope that there is a solution for us."

"In addition to writing our inventories and the list of people we have harmed, most of us have found that writing has been an indispensable tool for working the steps.



Further, putting our thoughts and feelings down on paper, or describing a troubling incident, helps us to better understand our actions and reactions in a way that is not often revealed to us by simply thinking or talking about them." — *Tools of Recovery pamphlet, p.4-5*



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## Highlights, part 2

—Cory A., WSO Representative

### World Service Business Conference

The definition of Abstinence and Recovery is one of the most important statements OA has ever made (in my opinion). Your votes this spring pushed the motion into vigorous discussion and research in committee. There it was repeatedly refined, then expanded for clarity. Once the reasoning was made clear to the delegates, it was passed with surprisingly little argument.

First, the definition statement in its final form (emphasis mine):

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

**Recovery:** The 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.

Considering this, I remembered that the Big Book of AA doesn't consider abstinence from drinking "the most important thing in our lives without exception," but that's an OA maxim that I've often repeated. However, simply refraining from eating whatever I want, whenever I want while working towards a healthy body weight is essentially the description of every diet I've ever done, like "white-knuckle sobriety" in AA. Yet my experience of abstinence felt like much more than that—when I put down the food, that was an action; when the insanity left, *that* was a miracle! I lumped that feeling into abstinence, but that made it a difficult idea to define, let alone pass on to someone else. I often concluded that if I was feeling irritable, waist deep in my defects, and having food thoughts, my "abstinence" must be "shaky." That means I need to get my food "right" before I can do service, right?

What I was missing most of my years in OA was the clarity that this two-part definition highlights: *recovery* is where the miracle lives. When I work the program, the *need* to act on my compulsion is removed. Even when insanity comes masquerading as a good idea, working my daily, imperfect, ever-evolving program ensures that the need to act on a crazy thought is removed. Abstinence is surely a result of recovery, but abstinence must be defined individually through self-honesty. Recovery, on the other hand, is universal. For me, *that* is a much clearer message to carry. I hope you find it so as well.

What does Tradition 8 mean to me? OA is a group different from any other group I have been a part of. "Forever nonprofessional" helps me understand that OA works from an unusual platform. OA, I learned, is a group of just regular, ordinary people who come together to help each other with their problems with food. I was not that different from many others here. I found a place where I was accepted and understood. We are just people helping people. I wanted the success I saw others experiencing here, so I found the courage to ask someone to be my sponsor. With her help and the help of other people in the program, I began to believe I could do this. Little by little, by going to a lot of meetings, reading our literature, praying to a Higher Power, and working the program as best I could, I began to get recovery from my food obsession. I found real hope here, as well as a wonderful way of life. I have the miracle of losing over 40 pounds and keeping it off one day at a time for over 15 years. I could not have done that if it weren't for the program of OA and the incredible people I have gotten to know here. We have been given a 12-step program that we can follow to help us overcome compulsive eating one day at a time. We have 12 traditions

## Tradition 8

to follow to help our groups stay healthy. We all play a part in each other's recovery. We help one another by sharing our experience, strength, and hope. Together, we are stronger than we would ever be by ourselves. —Nancy, Raleigh

# Self-Discipline

As our writing meeting began and I thought about the spiritual principle of Step 8 (self-discipline), the thought that came to mind is that I have the ability to practice the spiritual principle of each step as I begin to work the next step. Thus, as I begin to work on Step Nine, I am enjoying the spiritual principle of self-discipline.

Acting myself into “right” (or a new way of thinking), not thinking myself into a new way of acting also comes to mind. By recognizing my behaviors that harm people and thus our relationships, by being willing to identify painful interactions, and by cultivating willingness to face the harms I have caused others by my behaviors, I am doing the footwork that serves as the spiritual foundation of self-discipline. Choosing avoidance (which looks like procrastination) in the past grew out of fear and not having the skills to face life.

Today, in part due to Step 8, I live life deeply and richly. I rarely harm myself or others, and when I do, Step 8 is part of my spiritual reset. All is well! —Atiya, Raleigh



I appreciated being reminded that self-discipline is the spiritual principle of Step 8. With this step, and indeed all the others, I get to practice healthy regular routines that promote physical, emotional, and spiritual healing.

Before OA, I not only lacked discipline in my life, but I actively courted chaos and drama in my personal, social, and professional life. This behavior and lack of structure put me at odds with people and with institutions. Of course, I had resentments toward them, even though it was mostly my actions or inactions that promoted the conflicts.

In recovery, I have an opportunity each day to live a sane, serene, and productive life. I have daily routines, such as prayer, meditation, step work, sponsoring and being sponsored, food plans, and OA service. These commitments give my life a sense of purpose, structure, and connection to my Higher Power and to others.

However, this effort does not make me “in charge” of my life. I can choose to let up on my program of spiritual development. I have learned the value of committing my daily action plan to another person, helping me to practice integrity as well as self-discipline. —N.M., Raleigh



The definition of self-discipline includes doing things we need to do whether we want to or not. Using this definition, I lack self-discipline in several areas. In exercise, I have a program, but I don’t do it because it’s hard for me. At work, I have a “pile” that I work on, but it never goes away because I get down to those last papers and items that I don’t want to deal with. At home, keeping the house picked up is hard because I have messy tendencies and leave lots of things out. So, how do I improve in these areas? The OA 12 & 12 says (in Step 9, p. 62): “We need to remember, however, that we can be *willing* to do something we don’t *want* to do.” I can pray for willingness in each area. I can make a checklist where I break things down into simple, manageable steps. I can make a list of 5-7 priorities and focus on those. Prayers to God for help in execution of the items can give me strength to complete them.

I also have to acknowledge areas where I already demonstrate self-discipline: I write every day; I share comments on *Voices of Recovery* and *For Today* with OA buddies every day; I share on a (non-OA) spiritual journey book with a buddy every day. Success in these areas gives me hope for building self-discipline in other areas of my life. —Kim, Raleigh



# Step 8

It's difficult to imagine compiling a list of persons I have harmed without placing my own name at the top of the list. After all, the harm I was doing to myself is what brought me to the program. I have harmed my health and my relationships with others through my compulsive eating behaviors and self-destructive thinking, eating, and living habits. I have isolated in order to hide my behaviors from others, which has been a serious detriment to my relationships with them. If I am unable to forgive myself and make amends to myself, I will have a difficult time achieving and maintaining full recovery! —*Sid, Raleigh*



It's so easy for me to make my list of people I have harmed, but becoming willing to make amends to all of them is much more difficult. Especially the big one that's always standing above the rest. I just don't want some big emotional confrontation, and so my defect of projecting an outcome—true or false—prevents me from embracing and approaching this person so dear to me. I just want to say what I have to say and get the heck out without any real conversation.

But, isn't God real? For this exact circumstance was heavy on my heart this morning before I got to this writing meeting, not knowing this would be my suggestion for reflection and writing today. I believe my Higher Power calls to my mind the things I am most in need of each day.

Some days, a lot of days, I let other distractions be my focus, but in this moment, I am aware and willing to explore this need and take the right next step for resolution and reconciliation. That's the miracle of this program, and I am so filled with gratitude that I have a path to get well. —*Anonymous, Raleigh*



...to Raleigh Saturday Morning 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.

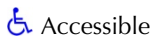


Closed meeting—restricted to OA members & others who think they may have a problem with food; newcomers are welcome and encouraged to attend.

*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 at back	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, Discuss. 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 #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 #56841	Durham, Structure House, 3017 Pickett Road, Room 220.	Variable 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
<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.oa12step4coes.org">www.oa12step4coes.org</a>	
Daily 3am, 6am, 9am, 12pm, 3pm, 6pm, 9pm, & 12am	<a href="http://www.OArecovery.com">www.OArecovery.com</a>	

# Triangle Intergroup Minutes



June 22, 2019

## In Attendance:

Mike (Chair, Web committee); Clare (Rep. Durham Sun 10:30am & Durham Wed 7pm; SOAR); Susan (Hi Tech, Rep. Carrboro Th 12:30pm); Sid (Vice Chair); Mary Anne (Secretary); Karen (Treasurer); Nancy C. (Audio Library, Rep. Raleigh Sat 9am), Taylor (Rep. Tu/Th Durham 12:30pm); Neill (SOAR); Anne (Newsletter, Rep. Chapel Hill Th 7pm); Rita (Rep. Durham Sat 10am).

**Minutes from May:** Approved as submitted.

**Treasurer's Report:** Financial report accepted as submitted. The UPS store where we had our post office box is no longer extant and our mail has been forwarded to one of the Cary locations. Karen will need to locate it and pick up forwarded mail. She received no notice—the information was posted on the door of the closed office. Our post office box number will change and we will need to notify all treasurers, as well as businesses we deal with.

## STANDING COMMITTEE REPORTS

**WSO (Cory):** Not present

**SOAR (Neill & Clare):** Both will register and book flights for the Memphis Convention to take advantage of lower costs. Clare has submitted her full report to webmaster.

**High Tech (Susan):** Susan is learning how to do more for website cleanup and hopes to make progress before next month. She will contact Darcy in Wilmington about possibly helping with that task.

**Group Outreach (vacant):** No report

**Newsletter (Anne):** Unless another group volunteers, Intergroup members will write for the September issue (due August 7). *[Update, Apex has since offered to write for September]*. Some meetings and individual members are not aware of the large print copies of the newsletter. She will include a reminder of their availability in the next newsletter.

**PI/PO (Allie):** Out of town. She sent word that there was nothing that needed to come before the June meeting.

## AD HOC COMMITTEE REPORTS

**12th Step Within (Neill):** Neill has continued to visit meetings, telling his story and presenting on the 12 Step Within resources available from SOAR. He has now covered more than ½ the meetings in our intergroup.

**2020 NC State Convention (Sid):** The next phone meeting will be on June 22. Only 2 people called in to the May meeting so there is nothing to report. Sid asked that the minutes repeat a reminder that seed money, in the amount of \$2,500, has been promised by our intergroup to cover advance costs such as the hotel contract.

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

**Audio Library (Nancy):** Nancy raised the question of what we can do about the fact that CDs are going out of style. Can we encourage people to download CDs onto their phones or other digital devices? The Chapel Hill Thursday group will take the library in July and share among multiple meetings in the Chapel Hill and Carrboro area.

## NEW BUSINESS

**Possible Region 8 (SOAR) Convention bid:** We are currently looking at a bid for 2020 or 2021—no one at the meeting was willing to undertake leadership on this effort.

**Acceptable Uses of Old Editions of OA Book:** Taylor will contact our trustee about acceptable uses of older editions—can they be donated to struggling groups? Given away? Although we will seek advice, this is ultimately a group-level decision, not an Intergroup decision.

**Open Group Outreach Position:** No one at the meeting was interested in serving.

**Retreat account:** Karen will further investigate which signatures are needed to close the retreat account. If Taylor is one of the acceptable signatories, she will accompany Karen to the bank to close out this account.

**Virtual attendance at IG:** We will consider a one-year test allowing Wilmington IG reps to attend by phone, including voting. This was discussed but not voted on.

**IG on the Road:** We do not have a place for IG on the road this year. Taylor will talk to Darcy about some place to hold the August meeting. We were reminded that the point of this is to reach out to other meetings a distance from Raleigh—not simply to facilitate a beach trip.

**New Wednesday Structure House Meeting:** The new meeting has an average attendance of 6.5, and most have attracted newcomers from Structure House. Clare, who answered IG's call for a volunteer to start the meeting, has had to advance \$80 for initial rent and literature. Clare will talk to them about lowering the rent, as they requested this meeting. Collections appear to be sufficient to sustain the group going forward but not to reimburse the start-up expenses. IG voted to donate \$80 to reimburse Clare for these expenses.

## Future agenda items:

- Discuss welcoming newcomers. What is our message?
- Bylaws/policy and procedures (last updated in 2015) do not reflect many changes adopted at intergroup meetings since 2015. How do we correct this?
- A formal motion to modify by-laws and/or P&P to incorporate retreat committee account back into the main treasury has not yet been drafted and presented to the meeting.

**Next Intergroup meeting:** Saturday, July 20, 2019



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



**September:** Apex Thurs 7pm 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*)

## Mark your Calendars!



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>

## Large Print Newsletters Available!

If you have trouble reading the newsletter and would find a large print version helpful, please tell your IG rep or send an email to [newsletter@triangleoa.org](mailto:newsletter@triangleoa.org), and we'll make sure your group gets one! We have 10 printed every month (and can increase that if there's demand).

## 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	✓	✓