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Triangle OA



Recovery News

A Publication of Triangle OA Intergroup • P.O. Box 12525 • Durham NC 27709

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

Step 9

Made direct amends to such people wherever possible, except when to do so would injure them or others. *Spiritual Principle: Love*

"If we are to be restored to right relations with others, we must do whatever we can to square things with the people we have harmed. Much of what we need to do to make amends won't be easy, but those who have [done so] have always found it to be more than worth the effort. As we have dealt lovingly with every person in our lives, our spiritual awakening has become a reality. To the best of our ability, we've cleaned up the wreckage of the past, and we are more at peace with the world." — *OA 12&12, p 67*

Tradition 9

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve. *Spiritual Principle: Structure*

"In OA, we have experienced how things work out for the best when organization is kept at a minimum. The order we once sought in rules and power structures, we have found in freedom instead. Trusting our HP rather than any organizational structure, we can now take responsibility for our shared lives and for the OA Fellowship in which we are recovering together." — *OA 12& 12, p 150*

Concept 9

Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

Spiritual Principle: Ability

"Trusted servants are vital to OA at all levels of service. Although some service positions may require certain skills and abilities, willingness is the first step in OA service." — *12 Concepts of OA Service pamphlet, p 11*

IG has a new address!

Recently, the private mailbox store that housed Intergroup's mailbox closed without notice. We now have a US Postal Service mailbox, which should be more dependable!

Triangle OA Intergroup
P.O. Box 12525
Durham NC 27709

If you sent something to IG and it was returned, please try again using the new address. If you sent a check that hasn't cleared OR been returned, please drop a note to the IG Treasurer (craft.karen@icloud.com) to check on it.



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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.

“Good judgment, a careful sense of timing, courage, and prudence—these are the qualities we shall need when we take Step Nine.” (Twelve Steps and Twelve Traditions of Alcoholic Anonymous, p.83)

Before OA, I had the exhausting task of desperately trying to make a good impression on everyone. That so-called good impression wasn't even me—it was a life lived in the fear of not being liked or included that drove me to try to impress those around me. I certainly wasn't living by any of the attributes above. I haven't actually taken Step 9 yet, but OA has given me the support and direction in getting to good judgement, careful timing, courage, and prudence:

- ✧ I use good judgement when I stick to my food plan
- ✧ I use careful timing when I keep my mouth shut when I want to control a situation
- ✧ I use courage when I face uncertainty in my program and talk it out with my sponsor
- ✧ I use prudence when I tackle my dishonesty and wait for God to give me what I need in that moment.

Step 9

Step 9's a-comin' and I know with God's help, I will be ready. —Anonymous, Apex



I'm just now embarking upon Step 4, so I'm not there yet, but Steps 5 through 10 loom in my consciousness like clouds that could bring devastating storms or refreshing showers and rainbows.

In my religious faith tradition, there's a practice of passing the peace or exchanging the peace as part of the preparation for receiving communion with the Higher Power. More than an occasion to meet and greet my fellows with a blessing of "peace be with you," this is my opportunity to be restored to peace with anyone whom I have harmed in any way. I cannot and should not approach communion if I am not living in basic charity with other persons, so I must first achieve reconciliation or make a sincere effort to reconcile. For me, Step 9 dovetails with the rubrics of my faith. I shall *make direct amends* because only by doing so can I be fully prepared to for my Spiritual Awakening and conscious union with my Higher Power. If only it could be so easy as a simple handshake and mumbled greeting before moving along to the next person.



Complicating my mission to make amends is my character defect of wanting to control, to write the script and direct the execution of the "drama" of this interaction with another person. What if the other person doesn't respond the way I expected? Can I overcome that by reimagining the scenario with multiple outcomes, with scripts to handle any contingency? Can I control other factors, like location or time of day to improve the odds of this going my way? Or perhaps after all this fretting I will realize that I need to go back to Step 7 and let my Higher Power take the wheel! What would my Higher Power have me do?

My Higher Power would certainly have me do no further harm, so no compounding the injury by finger-pointing and excuses while I make amends. No if-onlys or shoulda-woulda-coulda. No involving the innocent. And always exercising common sense and being steadfastly appropriate. As I follow this pathway, I must try to remember the endgame: a Spiritual Awakening, a union with my Higher Power, and living in communion with my family, loved ones, friends, neighbors, co-workers, and all others, practicing the Spiritual Principle of *Love*.

Am I frightened? Yes! But I take courage from others who have taken this step before me and lived to share the experience. I take courage from knowing that if I let my Higher Power guide me, I will ultimately know freedom and healing. Am I excited? Yes! —Anonymous, Apex

“[F]ull healing and freedom... comes when we work the 9th Step thoroughly... When we finish our amends most of us feel closer to our HP than ever before. As we have dealt lovingly with every person in our lives, our spiritual awakening has become a reality. To the best of our ability, we’ve cleaned up the wreckage of the past, and we are more at peace with the world.” (OA 12&12, p.67)

These promises of spiritual growth as a result of working this Step in particular helped overcome my initial hesitation when I came to it for the first time. With the support of my sponsor, to my delight, I experienced the central role that love plays in this Step and in our whole program. Indeed, I found layers of guilt and shame were lifted and self-confidence blossomed as I went about making my amends. Warmth flowed between me and the persons I had harmed, something I never imagined possible. I had thought that denial or “least said, soonest mended” was the way to go. But no. The poison engendered by the harm I had done had festered inside me and spread to every interaction going forward. Approaching those people with love was a deep lesson in learning to love myself. Forgiveness was wrapped up in love and that same powerful force propelled me afterwards to continue on with living amends.

The Big Book of *Alcoholics Anonymous* tells us about “asking each morning in meditation that our Creator show us the way of patience, tolerance, kindness, and love.” (p.83, 4th ed.) It was one thing to experience a flow of genuine forgiveness (of others and of myself) and real absolution in the amends I made to people with whom I had had brief contact and rarely if ever saw again. But making amends to those in my family was even more miraculous and continues to be an opportunity for gratitude, as I practice virtuous ways of behaving until they become second nature even with people I’ve had difficulties with my whole life. That spiritual experience of love and peace of mind is priceless. I feel full of gratitude for the gifts which HP has given me through this Step and continues to give me as I practice living amends, making and keeping a commitment to changed and improved behavior towards those people from here on out. With repeated practice, I find it now comes naturally in what once were my most problematic relationships. Today, with God’s Grace, I pray that it spreads to all those with whom I come in contact. I am embarking on working this Step once again and as I recall a few amends I need to make to people it will take some resourcefulness to track down, I fully expect more layers of self-awareness to unfold as I bring love to the lives of any I’ve harmed, all of it miraculously rebounding on myself. As the Big Book reminds us, “we have decided to go to any lengths to find a spiritual experience.” (p. 79, 4th ed.) *Anonymous, Chapel Hill*



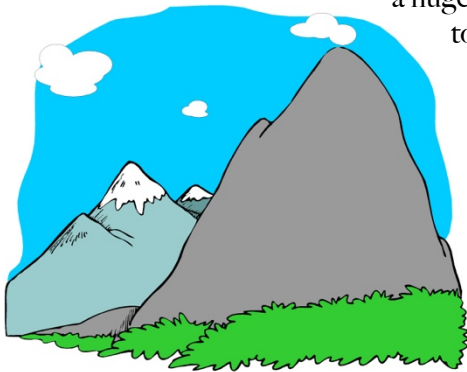
Making an amends face to face and having it accepted is the norm. However, there are abnormal occurrences when completing Step 9. How are these to be handled? I have had at least one person refuse to accept my amends. What to do? We have no control over whether or not people will accept our amends. They have the right to hold lifelong grudges if they choose. They don't owe us forgiveness and we don't need their forgiveness to achieve recovery. We only need to clear off our side of the street by righting our wrong as best we can. We should release these people with love. There were a couple of instances of my owing amends to people I served in the military with. It has been so long I had no idea how to find them. At my age, there are people I owed amends who have died. In these two cases, it was healing to me to make the amends indirectly. In a couple of cases, I wrote a letter and then read it aloud to the offended parties. In another case, I provided help to a member of the person's family. In one case I made a gift to their church in their name. The point is, under all circumstances, I needed to find a way to complete the amends. Otherwise, it would have negatively impacted my ability to recover. —Sid, Apex



to Apex Thursday for writing this month!

The Mountain of Step 9

Having worked the steps twice now, both times, I stopped after Step 7. It was just the nature of how things worked out, whether it be relapsing and going back to revisit the earlier steps, or ceasing to work with a sponsor. Either way, it makes me wonder if I am actually making what seem like plausible excuses not to make it to Step 9 by purposely self-sabotaging my journey of recovery. I would like to believe I am not doing that, but it just might be true. In all honesty, Step 9 feels like



a huge mountain looming in front of me, terrifying me and making me feel like I just want to run and hide from it, screaming out loud, “There must be a way to recover without having to go through this vulnerability, shame, and giant pride pill almost too big to swallow to get there.”

But alas, each time I have this thought, I am painfully aware of how much work I still need to do in my recovery, and that Step 9 is without a doubt an absolute **MUST** if I want to recover fully and experience a total psychic change. The only way to total freedom and knowing the happiness of a life well lived is to work **ALL** the steps, yes, even Step 9. The only way around is through. So, I must go through Step 9 if I am to truly recover and find freedom, which is promised to all in the 9th Step promises that bring me so much hope.

Why then do I resist Step 9 so much? As I pondered this, I began to realize that the reason was simple. I simply wasn't ready yet. I have learned that through working the steps we grow, evolve, mature, and gain new insights and wisdom. Working each step prepares you for the next. I had always stopped working the steps at Step 7, but had I been sincere when I asked God to remove my defeats of character? And if I am really being honest, I wonder if I really, fully admitted and embraced my character defects through Step 5 and was I **REALLY** entirely ready to have God remove all my shortcomings in Step 6? And if I wasn't, then any work I think I did through Step 7 was basically null and void. This would mean I simply hadn't done the necessary work to change and evolve enough yet to handle making amends. This revelation certainly helped me come to an understanding of why I was so fearful of Step 9. And instead of trusting my Higher Power, my sponsor, and the process of the steps, I allowed my fear of the unknown to take hold and prevent me from working any further when the answer was simple: there was nothing to fear, I just wasn't ready yet and had more work to do. I have come to realize that being able to work Step 9 successfully can only come about once you have fully and successfully worked Steps 5, 6, and 7. Successfully working these steps requires true honesty and humility. Humility is so important in our recovery because much of our problems as addicts come from being selfish and self-seeking. Until we can admit our faults and short-comings and rid ourselves of selfishness and self-seeking, we will never recover. Working the steps and trusting God makes it possible for us to become humble.

And what are the characteristics of a humble person? In all that I have learned, I have come to know that a humble person remains teachable, is at peace with themselves and others, doesn't have to be the best, puts others' needs before their own, and embraces balance and harmony. A humble person is slow to offend and quick to forgive and to extend the hand of grace to others, recognizing their humanness along with their own. A humble person isn't afraid to admit weakness and ask for help from his fellows, he treats others with respect, as humility teaches us we are neither above or below another, and most importantly, a humble person is open to a deep and meaningful relationship with God.

Once we find true humility, it is then that we will find the courage to work Step 9 and clear away all the wreckage of our past. When I realize all that I have begun to learn about humility, I am able to see clearly and admit that I am not even close to being there yet. I am not yet ready to work Step 9, so what am I afraid of? Nothing at all. Because I will just go back and work the necessary steps until Step 9 is no longer scary and trust that God will never give me anything I can't handle. Once I no longer feel fear around this step, I will know that God has readied me and given me the power of this program to make the needed amends. Then the promises of the 9th Step will become a reality for me and will put me one step closer on my journey to recovery and a full spiritual awakening. —Anonymous, *Apex*

Humility

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

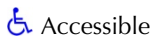
Can bring meal to meeting.

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 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
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 #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
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



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



July 20, 2019

In Attendance:

Mike (Chair, Web committee), Clare (SOAR, Rep. Durham Sun 10:30am & Wed 7pm), Sid (Vice Chair), Mary Anne (Secretary), Karen (Treasurer), Nancy (audio library, Rep. Raleigh Sat 9am), Taylor Z (Rep. Tu/Th Durham 12:30), Neill (SOAR), Cory (WSO), Allie (PI/PO, newsletter distributor), Suz (Rep. Hillsborough Wed 6pm)

Minutes from June: Approved as submitted

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

A motion passed to move the Intergroup account to a US post office box in RTP. The treasurer will work to have old mail forwarded to that box and send out change of address notices to the meetings. The web committee will see to putting the new address on the Triangle OA website. The newsletter distributor will order a replacement return address stamp with the new address.

STANDING COMMITTEE REPORTS

WSO (Cory): The WSO 12th Step Within committee work is moving forward. Our delegate referenced highlights of her report in the August issue of Recovery News. She also reminded the group that forwarding to the relatively new WSO address has expired. Groups should be sure to use that address: Overeaters Anonymous World Service Office, PO Box 44727, Rio Rancho, NM 87174-4727 USA

SOAR (Neill & Clare): Both delegates have booked their flights for the Memphis convention and the junior member has registered.

High Tech (Susan): The chair of this committee was unable to attend. However, the IG chair reported a new problem with the mailing list. To remedy the continued problems, the agenda will be posted on the website as well as sent to the IG mailing list.

Group Outreach (Taylor): Our trustee says that OA has no position on how to dispose of old editions of OA literature when the new editions are issued. Groups are free to make their own decisions. Some groups have chosen to give them to libraries, women's prisons, and newcomers.

Newsletter (Anne): The Hillsborough Wednesday group had previously volunteered to write for the December newsletter, which was inadvertently omitted from the published list. The editor reminded the group that anyone can submit articles to the newsletter at any time regardless of which group is taking responsibility for writing.

PI/PO (Allie): The chair is collecting addresses for campus health centers to send them OA literature. The treasurer passed along a request from an obesity management group who would like to have OA literature for their patients.

AD HOC COMMITTEE REPORTS

12th Step Within (Neill): The chair continues to speak to meetings on 12th Step Within. He has spoken to 3 meetings since last IG and has 2 more scheduled. He is willing to lead the effort to hold a holiday serenity day if he has a volunteer to co-chair.

2020 NC State Convention (Sid): the contract has been signed with the Hawthorne Inn in Winston Salem for the first weekend in May 2020.

Retreat (vacant): No report.

Audio Library (Nancy): CDs from last year's WSO and 2018 State convention have been added to the collection. The chair checked all CDs to make sure they are playable. The secretary and other IG members will take the library for three months. The CDs will to be circulated among Chapel Hill, Carrboro, and Hillsborough meetings. The chair suggests a blurb in the newsletter to advertise the availability of the CDs.

OLD BUSINESS

August meeting: As no location was identified for the annual "Intergroup on the Road," the August meeting will be in the usual place in Raleigh.

Open Group Outreach position: No interest

Retreat account: There has been no activity toward resolving this since the June meeting. Taylor will write a check to OA from the retreat account to close out that account. Neil will write a formal amendment, identifying the needed edits to the P&P and/or by-laws for the return of the retreat account into the general treasury. A less formal proposal has already passed.

NEW BUSINESS

Virtual attendance at IG: The group voted to conduct a 6-month trial allowing virtual attendance and voting at IG meeting by voting members only. Wilmington IG reps to attend over the phone, including voting. Cory provided a conference call number for August.

Next Intergroup meeting: Saturday, August 17, 2019

All OA members are welcome
to attend Intergroup!

Saturday, August 17

10:15 am to noon

**Community United
Church of Christ**

corner of Wade Ave &
Dixie Trail in Raleigh



Announcements



Upcoming newsletter contributors, themes, and deadlines

If you have something to share, 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.



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: Hillsborough Wed 6pm 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*)

March: *Needs a volunteer* Due **Wed Feb 5**
Step/Tradition/Concept 3 (*faith, identity, trust*)

Did you know IG has a CD Audio Library?

It lives in a big binder and is currently in Chapel Hill. If any group is interested in borrowing it, let your IG Rep know and they can request it. CDs from last year's WSO and 2018 State convention have recently been added!

Old 12&12s

Does your group have old first editions of the 12&12? Our WSO trustee tells us that OA has no position on how to dispose of old editions of OA literature when new editions are issued. Groups are free to make their own decisions. Some groups have chosen to give them to libraries, women's prisons, and newcomers.

River City Recovery

SOAR8 Recovery Convention and Business Assembly

Recovery program: *The Big Book Comes Alive for OA*

Alternative programming for newcomers, relapse and recovery, and Higher Power.

Memphis, TN 🍁 October 11-13, 2019 🍁 Registration open through September 27.

Details and registration: <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	919-819 5011	✓	–
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	✓	✓