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Triangle OA



Recovery News

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Step 10

Continued to take personal inventory and when we were wrong, promptly admitted it. *Spiritual Principle: Perseverance*

"As we repeatedly act on Step 10, we begin to see the remarkable way the Steps can continue to remove unnecessary turmoil and pain from our lives... Reviewing our recent behavior, keeping our HP in charge of our lives, asking for guidance, and promptly admitting our errors, becomes a sane and satisfying way of life—far better than nursing our fears or building a fresh set of resentments to harbor." — *OA 12&12, p 74*

Tradition 10

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

Spiritual Principle: Neutrality

"We compulsive eaters can learn a lot from OA's Tenth Tradition about concentrating on our message and avoiding controversy. It is summed up in the saying "live and let live"... Tradition Ten frees us to concentrate on recovery from compulsive eating without the conflicts that seem to rage in the world around us." — *OA 12&12, p 154, 155*

Concept 10

Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided. *Spiritual Principle: Clarity*

"Service is essential to recovery. We provide more opportunities for service by encouraging members to perform a variety of activities over time. When we clearly define job responsibilities, we assure that necessary tasks are accomplished and that conflicts related to specific duties are avoided." — *12 Concepts of OA Service pamphlet, p 12*

Tool of the month:

Anonymity

"The protection of anonymity offers each of us freedom of expression and safeguards us from gossip. Anonymity assures us that only we, as individual OA members, have the right to make our membership known within our community. Within the Fellowship, anonymity means that whatever we share with another OA member will be held in respect and confidence. What we hear at our meetings should remain there.

However, we understand that we must not allow anonymity to limit our effectiveness within the Fellowship. It is not a break of anonymity to use our full names within our group or OA service bodies. Also, it is not a break of anonymity to enlist Twelfth-Step help for group members in trouble, provided we are careful to refrain from discussing any specific personal information." — *OA Tools of Recovery pamphlet, p.6*

MEETING NEWS

New Meeting starting October 1:

Smithfield, Tues Noon
St. Paul's Episcopal Church
Steps and Traditions

What's Inside

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Do take note of Intergroup's new address, listed above!

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.

Perseverance

In the AA *Big Book*, the expression “trudging the road to happy destiny” always bothered me. It sounded so heavy, but the dictionary defines trudging as “going forward with a clear purpose.” I have a clear purpose in my life now: to connect to a power greater than myself and let that power direct my life.



The way I’ve learned to do this is by practicing the 12 Steps in my life on a consistent basis. Before program, I was a master of “great starts” – always finding a wonderful new diet that would keep me thin forever. Only, that diet failed after a short time and I would be off again, looking for the next miracle cure. OA has given me the gift of learning to do things one day at a time, and not to expect to become thin and perfect overnight. I’ve learned to keep coming back no matter what I’m feeling, to share what’s going on even when I feel I have too much time in program to have these issues.

By consistently following simple directions to the best of my ability, my life and I have slowly changed over the years. I have become a person who has had one size of clothing in my closet for many years now, who can be relied upon to show up for her life on a consistent basis, and who has come to value the wisdom of perseverance. —*Anonymous, Carrboro*



Trying to fight an attitude of negativity about writing this and persevere, celebrating my 7th year in OA, here I go!

I do daily readings every morning, having missed maybe seven mornings in seven years, which helps me immensely in taking personal inventory on a continual basis, which helps me stay off making the mistakes I used to make, constantly, hence decreasing the number of times of admitting the wrongs.

In reflecting, I’m amazed at how often I was manipulative to get my way, and how I could argue, make my case, to justify my behavior. I honestly like myself now, and amazingly, I have much more tolerance of others. This program has given me much more tolerance, towards myself and others, encouraging me to persevere, stay the course, and actually be happy, rather than my previous life of faking it, and having hope for the future, because of what I’ve learned and experienced in these last seven years. —*Tish, Carrboro*



The biggest thing that comes up for me with Step 10 is that I still am not working this at night as I envision it “should be” or as it would be most helpful. I resist it! Even the things that I do/commit to do nightly with my food plan since February, I often end up doing the next morning. I think that doing this at night would bring greater peace and a sense of bringing closure to my day.

What I can say is that since working all these steps, I have been able to acknowledge my wrongs to others, tell them I am sorry, and experience the great peace that this brings rather than hold onto resentments at others and stay in an inner stew. What greater freedom comes!

I write about one particular unhealthy coping mechanism of mine very often. I write the pros and cons of acting on this impulse. I pray about this defect and *ask* God to remove it. Both are very helpful approaches for helping me with these defects or unhealthy patterns.

I commit to working further on practicing this step at night in a more consistent way.

Anonymous, Carrboro



One of the things I have benefited so much from in OA is Step 10. I feel I have integrated it deeply into my life to where it has become a part of me.

Continued to take personal inventory and when we were wrong, promptly admitted it—This, I’ve learned, is so different from my past behavior of “beating myself up” when I’d harmed someone in word or deed. In the pre-OA days, self-flagellation when I’d done something wrong was really a part of my low self-esteem behaviors. Being hard on myself ultimately would get in the way of my owning my issues and changing my behaviors. Beating myself up made me a victim (of myself) and from such a stance, I would never be empowered enough to own my issues.

Now with Step 10 and the program overall, I have a higher level of self-love. I know that by acknowledging my flaws to myself and to others *as things come up*, running an inventory (formally or informally), apologizing and setting an intent to change when I’ve hurt someone, and making amends by changes in my behavior keeps me clear and clean. Actually, my sense of self is enhanced by 10th Step actions. I can feel good about myself for being true to my principles and I love myself enough that owning my faults doesn’t take away from who I am. I know now that I am a human being *like other human beings* with flaws.

Before OA, I expected myself to be perfect. My brand of perfectionism caused all kind of issues to come up, clearly. I was hard on others and harder on myself. Interestingly, Steps 4, 5, and 10 are like medicine for perfectionists. We normalize our flaws and are able to be a part of the human race again: Ironically, by facing the truth about my flaws, I am a much happier person who can love myself, even as I continue to grow, change, and improve.
—Anonymous, Carrboro



to Carrboro Thursday for writing this month!

OA Group Inventory

Use an entire meeting for an honest and fearless discussion of the group's weaknesses and strengths. This inventory is divided into two parts. Part 1 is an inventory of the group as a whole; this is the same as the Strong Meeting Checklist; Part 2 is a personal inventory of a member's behavior in the group.

Part 1: Group Inventory/Strong Meeting Checklist

The Strong Meeting Checklist was part of OA's 2008-2013 Strategic Plan. It is not enough to make the public aware that OA exists and can be a solution to compulsive eating; meetings have to be strong and must function effectively for people to "stay for the miracle" and for OA to continue to grow and be there for those who need it in the future.

1. Does the meeting start and end on time?
2. Are all attending, including newcomers, greeted and made to feel welcome and accepted?
3. Does the meeting focus on OA recovery through the Twelve Steps and Twelve Traditions?
4. Do we offer our own experience, strength, and hope, sharing the solution we have found?
5. Are cross talk and advice-giving avoided?
6. Does the group contribute financially to all levels of OA service as per our Seventh Tradition? Do virtual meetings ensure that attendees and members have information on how to make individual Seventh Tradition contributions?
7. Is the importance of sponsorship—for both sponsors and sponsees—stressed at the meeting?
8. Does the group practice anonymity by reminding members not to repeat who is seen or what personal sharing is heard at a meeting?
9. Does the group follow a meeting format based on OA's Suggested Meeting Formats?
10. Is only OA-approved literature on display and for sale?
11. Are group conscience meetings held regularly?
12. Are all service positions filled and is rotation of service practiced?
13. Is the meeting information readily available and the World Service Office informed of all meeting details and changes so that newcomers and visitors can find the meeting?
14. Is the meeting a safe place for all members?

Part 2: Determine your part in the group.

1. Do I make a point to welcome new members, talk with them, offer my phone number? Do I sponsor new members?
2. Do I interrupt speakers or other members who are sharing?
3. Do I give my full attention to the speakers, the secretary and other group members?
4. Do I ever repeat anything personal I have heard at meetings or from another member?
5. Do I put pressure on the group to accept my ideas because I have been in the Fellowship a long time?
6. Do I take part in meetings, or do I sit and listen?
7. Do I volunteer or willingly accept a group office (i.e., secretary, treasurer)? Do I offer to help set up, clean, etc.?
8. Do I criticize others in the group or gossip about them?
9. Do I try to give advice?
10. Is it difficult for me to realize that my point of view may not always be the group conscience? Can I accept disagreement?
11. Do I use the telephone to help myself and others, not just for complaints and gossip?
12. Do I make it a point to speak with newcomers who are having a difficult time in the program? Do I let them know they are welcome?
13. Do I monopolize the conversation and explain every tool, Tradition, etc.?
14. Do I feel no one can lead a meeting as well as I?
15. Do I go to meetings to learn instead of teach?
16. Do I cross talk and cause meetings to go off on tangents?
17. Do I wait until announcement time to make proper OA announcements?
18. Do I have a topic so everyone can participate at meetings I chair?
19. Do I try to cause dissension?
20. Do I follow the meeting format completely?
21. Do I commit myself to the OA program?
22. Do I have a sponsor and work the Steps?
23. Do I give service, promote group growth, and benefit my own growth as well?
24. Am I only interested in my own welfare, or am I concerned for my fellow OA members as well?

Available online at <https://oa.org/files/pdf/oagroupinventory.pdf> (entire group inventory, including the strong meeting checklist)

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OA Board-approved

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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.

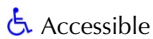


Closed meeting—restricted to OA members & others who think they may have a problem with food; newcomers are welcome and encouraged to attend.

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. <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



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
Smithfield		
Tues Noon NEW! #56976	Smithfield, St. Paul's Episcopal Church, 218 South 2nd St. Enter E. Church St door, meeting in parlor down hall on left.	Steps, Traditions Cindy B 919-202-5990
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



August 17, 2019

In Attendance:

Sid (Vice Chair, presiding over meeting), Clare (SOAR, Rep. Durham Sun. 10:30am & Wed. 7pm,); Mary Anne (Secretary), Karen (Treasurer), Amy (substituting for Nancy, audio library, Rep. Raleigh Sat. 9am), Taylor Z (Rep. Tu/Th Durham 12:30), Neill (SOAR), Cory (WSO), Allie (PI/PO), Suz (Rep. Hillsborough Wed. 6pm), Judy (Rep. Raleigh Th 7:30pm), Kathy Z (Rep. Chapel Hill Tu 6pm), Anne (Newsletter Editor, Rep. Chapel Hill Th 7pm)

Minutes from July: Approved as submitted

Treasurer's Report: The report was accepted as submitted. Rent has been paid to the church through January 2020. The new post office box is proving much more convenient. We need to move forward quickly on getting the funds from the retreat account transferred to the regular intergroup account as we will be needing to advance seed money to the State Convention (as voted at the April IG meeting).

WSO (Cory): WSO is wrapping up committee reports, which should appear on the website today (August 17). The next World Service Recovery Convention will be August 20-22, 2020, in Orlando, FL. The theme will be Sunshine of the Spirit. Registration will open in January. The new pamphlet explaining the 7th tradition has been updated to include the \$5 suggested contribution. It can be downloaded from the treasurer's materials on the OA.org website. Although ending production at the end of 2020, Lifeline is still accepting submissions. As part of its international outreach, the new newcomer's pamphlet has been translated into many languages. If anyone has translation skills, volunteers are always needed. A new version of the strong meeting checklist can be downloaded from OA.org. Meetings are encouraged to find a time and method for checking how they are implementing these good practices. OA now has an official Instagram site (www.instagram.com/overeatersanonymous_official/).

SOAR (Neill & Clare): Both reps have registered. Hotel rooms are being booked very quickly. One track of the recovery convention will be a Big Book study led by a vibrant international speaker.

High Tech (Susan): Nothing essential to report.

Group Outreach (vacant): No report.

Newsletter (Anne L): Groups to write are needed, starting in February. Anne reminded reps to let members of their group know large print editions are available. She will check to see if the newsletter, as now published, is 508 compliant to allow for electronic reading for a blind member. Karen will also use her contacts to check on the possibility of translating into braille.

PI/PO (Allie): The committee chair would like to see some material from our SOAR8 region added to the

TriangleOA.org website. She will follow up with the webmaster.

AD HOC COMMITTEE REPORTS

12th Step Within (Neill): The chair continues to speak to meetings on 12th Step Within. He has also presented in Black Mountain and will go to Wilmington. Groups who would like to have his presentation should contact him. The pre-holiday Serenity Day will be held at Mt. Bethel Presbyterian church (where the Monday 7pm meeting is held) on the Saturday before Thanksgiving (Nov 16). Registration will begin at 12:30 and activities will last from 1 to 5:00 PM.

2020 NC State Convention (Sid): The convention will be May 1-3, 2020, in Winston-Salem. In October, those who attended the original will be sent an inquiry about their interest. Please respond promptly to this inquiry. The preliminary plan is for four speakers, four meetings, and four to six workshops.

Retreat (vacant): No report.

Audio Library (Nancy): the library continues to be circulated among the meetings in Chapel Hill, Carrboro, Hillsborough, and Durham. Interest has been very low, but those who have used it have enjoyed it.

OLD BUSINESS:

Open Group Outreach position. —No interest

Retreat account. Neill has begun work on the formal motion that would include changes needed to the By-laws, and possibly Policy and Procedures, to formalize the April decision to close the retreat account. The primary change will be removing some duties from the retreat registrar and chair and adding them to the duties of the treasurer. Both documents must be fully reviewed to make sure changes are made wherever referenced.

Virtual attendance at IG: No one attempted to attend virtually this month. Suz will attend virtually in September just to test out the system.

NEW BUSINESS:

WSO Agenda items: Any proposals for the 2020 WSO business agenda must be submitted by December 10, 2019 to <https://oa.org/members/events/world-service-business-conference/>. Reps are asked to consider, for the September meeting, a proposal to add "fun" to the OA tools.

7th Tradition Practices. There was a discussion/sharing—not requiring action—about 7th tradition giving in home meetings and when attending other meetings.

Next Intergroup meeting: Saturday, September 19, 2019

Announcements



Upcoming newsletter contributors, themes, 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.

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: Durham Tues/Thurs 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)

April: *Needs a volunteer* Due **Wed Mar 11**
Step/Tradition/Concept 4 (courage, autonomy, equality)

May: *Needs a volunteer* Due **Wed Apr 8**
Step/Tradition/Concept 5 (integrity, purpose, consideration)

Upcoming Serenity Days

Seeking the Spiritual Path

Saturday, November 2, 2019

Sponsored by the Triad OA Intergroup
Speaker Workshops Fellowship
Registration: 12:30pm, Program: 1–4:30
Guilford Park Presbyterian Church
2100 Fernwood Dr (corner of Lawndale)
Greensboro (Wed meeting location)
For info, call Lynne 336-202-4409

Pre-Holiday Serenity Day

Saturday November 16, 2019

Sponsored by Triangle OA Intergroup
Get ready for the holidays!
Registration: 12:30pm, Program: 1–5
Mt Bethel Presbyterian Church
3541 Rose of Sharon Rd, Durham
(Mon 7pm meeting location)
For info, call Neill 919-789-9402

All OA members are welcome to attend Intergroup!

Saturday, October 19 10:15 am to noon Community United Church of Christ
(corner of Wade Ave & Dixie Trail in Raleigh)

Triangle OA Speaker & Sponsor List

Will return next month! It remains the same as last month.

Meeting Contributions to IG

October 2018 — August 2019

Group treasurers, please check that this matches your records. If it does not, or your meeting is missing or closed, please contact Karen, IG Treasurer, at craft.karen@icloud.com.

Meeting	YTD
Aberdeen Sat 9:30am	\$210
Apex Thurs 7pm	\$276
Carrboro Sun 4pm	\$285
Carrboro Thurs 12:30pm	\$209
Chapel Hill Tues 6pm	\$341
Chapel Hill Thurs 7pm	\$0
Durham Sun 10:30am	\$426
Durham Mon 7pm [NEW]	\$20
Durham Tues/Thurs 12:30pm	\$200
Durham Wed 7pm [NEW]	\$0
Durham Sat 10am	\$243
Fayetteville Sun 6pm #	\$0
Fuquay-Varina Wed 1:30pm	\$50
Garner Wed 7:30pm	\$74
Greenville Mon 7pm	\$0
Greenville Thurs 7pm	\$210
Greenville Sat 11am	\$0
Havelock Tues 10am	\$0
Hillsborough Wed 8pm	\$191
Hillsborough Sat 9am	\$353
Morehead City Wed 5:30pm	\$0
Oak Island Thurs 10am	\$210
Raleigh Sun 4pm	\$0
Raleigh Mon 7:30pm	\$120
Raleigh Tues 7:30pm	\$85
Raleigh Wed 7am	\$420
Raleigh Thurs 7:30pm	\$88
Raleigh Sat 10:30am	\$103
Raleigh Sat 9am	\$226
Rose Hill Tues 11am	\$0
Smithfield Tues 12pm [NEW]	\$0
Swansboro Thurs 2:30pm	\$0
Wilmington Mon 6pm	\$43
Wilmington Wed 12pm	\$398
Wilmington Sat 9:30am	\$80

