

Triangle OA Recovery News

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

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Step 12

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Spiritual Principle: Service

"Those of us who live this program don't simply carry the message; *we are the message*. Each day that we live well, we *are* well, and we embody the joy of recovery, which attracts others who want what we've found in OA. We're always happy to share our secret: the Twelve Steps of Overeaters Anonymous, which empower each of us to live well and be well, one day at a time." — *OA 12&12 p 86*

Tradition 12

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities. *Spiritual Principle: Spirituality*

"Thus, it is to promote our own recovery that we cultivate the attitude of humility implied in Tradition Twelve. As we continue to grow spiritually, we begin to lose our desire for prestige in OA and in other areas of our lives. It is satisfaction enough to be in recovery—fully functioning and contributing as human beings." — *OA 12&12 p167*

The spiritual foundation for OA service ensures that:

- (a) No OA committee or service body shall ever become the seat of perilous wealth or power; *Spiritual Principle: Selflessness*
- (b) Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle; *Spiritual Principle: Realism*
- (c) No OA member shall ever be placed in a position of unqualified authority; *Spiritual Principle: Representation*
- (d) All important decisions shall be reached by discussion, by vote, and, whenever possible, by substantial unanimity; *Spiritual Principle: Dialogue*
- (e) No service action shall ever be personally punitive or an incitement to public controversy; *Spiritual Principle: Compassion*
- (f) No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action. *Spiritual Principle: Respect*

Concept 12

Meeting News

New location—Wilmington Wednesday noon: Winter Park Baptist Church, 4700 Wrightsville Ave. Park in 2nd parking lot off Wrightsville Ave; enter door marked "East Building".

New meeting—Smithfield Tuesday noon: St. Paul's Episcopal Church, 218 South 2nd St. Enter E. Church St door, meeting in parlor down hall on left.

Needs support—Durham Saturday 10am: Westminster Presbyterian.

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It Works!

*"Practical experience shows that nothing will so much ensure immunity from drinking as intensive work with other alcoholics. It works when other activities fail."
(Alcoholics Anonymous, p. 89)*

Step 12

Truly, the only reason I embarked on these steps was to find immunity from this disease. My addiction, left unchecked, was suffocating the life out of my relationships. I could see that it was gaining ground, and I could feel myself sinking in the quicksand that Bill talks about. What choice did I have? I saw only one route out, and it was these steps. The steps delivered some hard lessons in humility and acceptance. I've even heard the process referred to as "death of self." Not easy. But for me, the work did result in the promised "personality change sufficient to bring about recovery from [compulsive eating]." It works!

Every day that I work these steps, I get immunity from the addiction. Every day that I don't work these steps, I get a little closer to the disease and a little farther from God. In Step 12, I carry this message to other compulsive eaters. When my hands are full carrying the message, I can't carry the disease. In short, I work these steps daily for the same reason I embarked on them in the first place: It works, when all my other activities fail. —Robin L, Hillsborough



For years I rested on my laurels. I didn't eat my binge foods, lost the weight, went to a weekly meeting, and did a little service here and there. That was it. I was trudging the road of happy destiny but not with spiritual clarity and certainly not passing anything of value on. I didn't have it to give. Then I saw others experience the spiritual awakening and saw how their whole lives changed. Their program was suddenly vibrant and useful. Service was paramount AND their personal lives and relationships were improving every day. I wanted that, too.

What did it take to get there? I had to get totally abstinent first. For me that meant no sugar. Nada. No sweeteners. Measuring and weighing my food and reporting it every day to my sponsor. Reading the Big Book of Alcoholics Anonymous and following it precisely. And, just like clockwork, on Step 10, the spiritual awakening came and I jumped into Steps 11 and 12 with gusto. I finally "got it." Service helps me and others at the same time. I practice these principles (values that guide my behavior) in all of my affairs.

I had to have the spiritual awakening of Step 10, I had to be clean, then Step 11 and 12 made total sense to me. There was no hesitation about working with others. I wanted to do it. I had it to give, finally. It's not just sponsoring and service work either. It says, "all of our affairs." I now have a much clearer sense of reality and what my part is in everything I do. I work on keeping my side of the street clean every day. Each morning I pray to be unblocked from God and to be of service to everyone I meet that day. That's it. And on good days, I remember to pause throughout the day to maintain the connection. Spiritual connection is key to all of this for my program. —Heidi H., Hillsborough



When I came into this program, I had no idea how self-centered I'd become. Gradually, I learned how to get out of myself—starting with showing up to meetings even when I didn't feel like going. I was told this was a form of service. This concept was difficult for me to wrap my head around because I thought I went to meetings for me. I've learned that yes, meetings helped me, but they also helped others because we were trudging the road of recovery together... We were not alone... And the fact of helping others by being at the meetings is a form of service.

With regular attendance at meetings, I realized that my service was being intertwined with my growing spirituality and my reliance on my Higher Power. This is helping me to grow in my ability to care for myself and others. And as I grow, I simplify my life little by little, and I am able to give more and more of my time and energy to others in a selfless way—truly wanting nothing in return! And even though I want nothing in return, I realize I have unintentionally received so many gifts:

- The ability to be in constant dialogue with my Higher Power throughout the day
- The ability to represent our 12-Step program with a positive attitude and maintenance of a healthy weight
- Respect for others and where they are at on their journey
- Compassion and understanding that we are all here just doing the best we can with what we are given.

I am incredibly grateful for this program that is a blueprint for living life on life's terms with a peaceful and serene heart! —*Anonymous, Hillsborough*



On the Road with Equal Fellows

Anonymity is so important to my recovery. Before OA, I thought that some other people "had it together" and that somebody was going to be able to tell me how to "do it right", whether about compulsive eating or about careers and jobs or about dating and relationships. I learned in OA, guided by the 12th Tradition and loving buddies, that nobody "has it together;" we are all just equal fellows on our path seeking to stop eating compulsively and stop the insanity. Only my HP is able to tell me how to "do it right," and even that is only telling me to do it as "right" as I can at this moment. I also learned that I can sit with people in meetings whose personalities or views do not agree with me and focus on my own recovery, maybe even be able to become grateful they are in the group. I learned to focus on the principles, to remember that I come to meetings for my recovery, not someone else's, and to add anything positive I can. Anonymity is also linked to humility for me. I have to give up not only finding the person who will "tell me what to do" or solve the problem for me, but also give up solving the problem for someone else. I'm still working on the old habit of advice-giving sometimes, but today I know a better way. When I share what I have and only what I have, and I let go of advising or controlling anyone else, I feel better and my relationships are better. I still have lots to learn and plenty of character defects. I'm glad to be on the "happy road of destiny" with many equal fellows I can learn from and share with, guided by the 12th Tradition. —*Reprinted from the December 2017 Recovery News*

Tradition 12

I've always appreciated Tradition 12: Anonymity is the spiritual foundation of our fellowship. This helps me stay humble. We are all equal—newcomers as well as people who have been around for years—and our status in the “outside world” is not important in our fellowship. We are all seeking to recover from the disease we share. Knowing that I can share in the rooms and that I am understood helps me to release that seemingly insane, petty, stinking thinking stuff that drives me to food and to the slippery slope back to the “hell” of compulsive overeating. I am a work in progress, and “principles before personalities” has not only helped me in the fellowship, but in life. I must continually remind myself of the principles of my program and not succumb to any judgments on personalities. I am very grateful for Tradition 12; it has made me a better person. —*Reprinted from the December 2017 Recovery News*



to Hillsborough
Wednesday
for writing this
month!

Hope for the Holidays

To the tune of *Home for the Holidays*

Oh, there's nothing like hope for the holidays—
Faith that HP has power to cope
With the stress and the bustle of those busy days
With no extra food. That is my strength and hope!

Oh, I ate my way through other years
And never felt a thing
'Til the New Years' diet ads on my TV.
When I skipped the pain, I also skipped
The joys those times can bring.
Now with all my 12-Step healing,
I am open to each feeling.

Oh, I'm grateful for hope on the holidays—
To be abstinent, joyous, and free.
For protection from cravings in so many ways,
On the Holidays, I turn to my HP.

—*Mary Anne S., Chapel Hill*



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

Needs support















 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  #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, Winter Park Baptist Church, 4700 Wrightsville Ave Park in 2nd parking lot off Wrightsville Ave; enter door marked "East Building".	 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



Phone & Online Meetings

Below is a small sampling of the many phone and online meetings OA has to offer. For a full list, visit www.OA.org and click on Find a Meeting. Triangle OA does not endorse any particular meeting over another.
Closed meetings are restricted to OA members and anyone who thinks they may have a problem with food; newcomers are welcome and encouraged to attend!

Daily Meetings (all times EST)	Phone Num.	Pin #
Daily 6:45 am	712-432-5200	4285115
Mon-Fri 7:00 am and 10:00 am <i>A Vision for You Meeting</i>	712-432-5210	876148#
Mon-Sat 11:30 am <i>Big Book/11th step meditation</i>	712-432-5200	836731#
Daily at 6:00 pm	712-432-5200	4285115#
Specialty Meetings (all times EST)	Phone Num.	Pin #
Anorexia/Bulimia, Saturday 2:00 pm	641-715-3690	909726#
Gay, Lesbian, Bisexual, Transgender, Thursday 8:00 pm	712-432-1500	372888#
Men, Sunday 8:30 pm <i>Closed* meeting.</i>	563-999-2090	316200#
OA HOW, Sun 6 pm <i>Closed*, 2-hr meeting in the HOW tradition</i>	641-715-3865	186313#
Online Meetings (all times EST)	URL	
Daily at 7am, 10:30 am, 2:30 pm, 6 pm, 8:15 pm, 10:30 pm, 12:30 am	www.oa12step4coes.org	
Daily 3am, 6am, 9am, 12pm, 3pm, 6pm, 9pm, & 12am	www.OArecovery.com	

Triangle Intergroup Minutes



October 19, 2019

In Attendance: Mike (Chair, Web committee), Sid (Vice Chair), Clare (SOAR, Rep. Durham Sun. 10:30am & Wed. 7pm), Mary Anne (Secretary), Karen (Treasurer), Neill (SOAR), Cory (WSO), Allie (PI/PO), Suz (Rep. Hillsborough Wed. 6pm), Judy (Rep Raleigh Th 7:30pm), Anne (Newsletter Editor, Rep. Chapel Hill Th 7:00pm), Margaret (Rep. Wilmington meetings), Judy (Co-rep, Apex Th 7pm), Valerie (Rep. Durham Mon. 7pm)

MINUTES FROM SEPTEMBER: Approved as submitted

TREASURER'S REPORT: Approved as submitted.

The treasurer will provide the annual report at the Nov. meeting as called for in the bylaws. Lawyers have been in touch because someone left money for "Raleigh OA" in a will. It is not yet clear whether the Triangle Intergroup will be the recipients of this bequest, and we do not know the amount involved. Karen will check with OA about the guidelines for receiving such bequests.

STANDING COMMITTEE REPORTS

WSO (Cory): New information for next year's WSBC is now on the website. A new pamphlet, *Welcome Back: Suggestions for Members in Relapse and for Those Who Care*, is now available. Cost is \$1. IDEA Day (*International Day Experiencing Abstinence*) is celebrated the third weekend in November. This coincides with our 12th Step Within Serenity Day (see below). December 2019 is the last month to subscribe to Lifeline.

SOAR (Neill & Clare): Highlights below; detailed reports from both reps have been circulated by the webmaster and are (or will be) posted on the TriangleOA.org website.

- Next two Assemblies in Baton Rouge and Nashville, respectively; biannual recovery convention August 20-22, 2020, in Orlando. Registration for hotel starts January 1 and rooms fill very quickly.
- SOAR is seeking young people to provide short podcasts for the SOAR website
- Neill was elected to chair the SOAR 12th Step Within committee and now holds that position at WSO, SOAR, and Triangle IG!
- SOAR treasurer unchanged, continue to send contributions to the same address
- SOAR is seeking Intergroups to sponsor other intergroups to help them get stronger.

High Tech (Judy): Judy, from Apex, was elected to fill the position through the end of this calendar year. The chair is aware that Yahoo is not accepting email from the list serve. A solution to the problem is being sought.

Group Outreach (vacant): No report

Newsletter (Anne L): The November newsletter may not have gone out to electronic subscribers. Group volunteers are needed to write for March and later. The speaker/sponsor list is badly out of date. The newsletter is not a viable way to list sponsors: availability changes rapidly, and many sponsors are unwilling to put their phone

number in the newsletter. Suz volunteered to call people on the list to see if they are still available as speakers and Anne will put an announcement in the next newsletter asking for people not currently on the speakers' list who want to be added.

PI/PO (Allie): Allie is still sending material out. If you have health providers who would benefit from the new professional pamphlet *When to Recommend OA* (designed for all professionals), please let her know.

AD HOC COMMITTEE REPORTS

12th Step Within (Neill): The Hope for the Holidays Serenity Day is November 16 at Mt. Bethel Presbyterian Church in Durham. Registration begins at 12:30, sessions from 1 to 5. Fliers were distributed.

2020 NC State Convention (Sid): Eventbrite is being set up for early registration. Please register early to help cover expenses.

Retreat (vacant): No report.

Audio Library (Nancy): The library has been reduced from a rolling suitcase to a small tote bag by removing superfluous accessories. It continues to circulate among the meetings. Suz took it for the next month at least.

OLD AND NEW BUSINESS:

December meeting: The December meeting will be held on the 2nd Saturday (December 14) to avoid conflicts with holiday travel for many of the reps. This means that the January newsletter articles will need to be in a week early. This will be the meeting to elect new service positions.

Virtual attendance: One member attended virtually. It was voted to buy a bluetooth speaker to improve sound for people in the room to hear the virtual attendees. High Tech will keep the speaker between meetings for at least this calendar year.

New tool recommendation: We may not propose "Play" or "Fun" as a new tool, but we will continue to discuss at IG how we can better cultivate the idea in all of our meetings that, while recovery is serious, we are meant to be "Happy, joyous, and free," and that planning healthy ways to have fun is part of our recovery.

Sponsoring another intergroup: The secretary will research to see what would be involved if we were to vote to respond to SOAR's request to sponsor another intergroup.

Retreat 2020: Leaders of the Piedmont Intergroup retreat committee invited us to co-sponsor next fall's retreat, which would include reserving a larger block of rooms. The secretary will follow up with their chair to find out how many additional rooms would be available before we take up this business.

Next Intergroup meeting: Saturday, November 16, 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.

January: Durham Tues/Thurs **Now due Wed Dec 6**
Step/Tradition/Concept 1 (*honesty, unity*)

February: Intergroup: Theme is FUN 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*)

June: *Needs a volunteer* Due **Wed May 6**
Step/Tradition/Concept 6 (*willingness, solidarity, responsibility*)

Triangle OA Speaker List

Name	Phone or e-mail
Alice	919-271-3292
Atiya	919-302-1030
Carla	919-819-5011
Elizabeth	919-929-5936
Heidi	heidicoach4you@gmail.com
J.V.	919-233-9777
K.C.	919-612-2000
Liz	919-649-2088
Mary Anne	919-260-5693
Neill	919-789-9402
Robin	919-667-7546
Sid	919-270-5200
Suz	717-371-5094
Tammy	919-274-4052

Updated November 2019

Please note that this is now only a speaker list. The availability of sponsors changes so often that a list in the newsletter cannot feasibly be kept up to date. Many meetings have a SPONSOR column on their sign in sheets, which allows individual sponsors to maintain this information and ensure its accuracy and currency.



Are you willing to speak at meetings to share your story and your experience, strength, and hope?

If so, and you are not already on the Triangle OA speaker list at right, please send an email to newsletter@triangleoa.org with your first name and either phone or email.

Intergroup needs YOU!

Are you curious about holding a service position at Intergroup? Wonder what's involved? Interested in meeting other cool OA folks beyond your meeting? Intergroup runs on OUR service: without volunteers willing to do Intergroup service, we would have no web site, no newsletter, no meeting lists, no voice at the region or WSO level of OA, no support for our meetings. We welcome all Triangle OA members at Intergroup every month, but we particularly encourage you to come in December, when we elect service positions for the next year. What better time to start doing service at a level beyond your own meeting, than this month where we focus on the 12th Step? You do *not* have to be a group rep to attend or hold a service position with Intergroup! So come on out:

Saturday, December 14 (2nd Saturday instead of the usual 3rd), 10:15 am to noon
Community United Church of Christ (corner of Wade Ave & Dixie Trail in Raleigh)

