



Triangle OA Recovery News



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

Info line: 919-406-9300 • E-mail: newsletter@triangleoa.org • webmaster@triangleoa.org
Email the webmaster to subscribe to the newsletter by e-mail.

Step I We admitted we were powerless over food — that our lives had become unmanageable. *Spiritual Principle: Honesty*

“...far from being a negative factor, the admission of our powerlessness over food has opened the door to an amazing newfound power. For the first time in our lives, we recognized, acknowledged, and accepted the truth about ourselves. We *are* compulsive eaters. We *do* have an incurable disease... As long as we refuse to recognize that we have this debilitating, progressive, and ultimately fatal disease, we are not motivated to get the daily treatment that brings about our recovery. Denial of the truth leads to destruction. Only an honest admission to ourselves of the reality of our condition can save us from our destructive eating.” — OA 12&12, p6-7

Tradition I Our common welfare should come first; personal recovery depends upon OA unity. *Spiritual Principle: Unity*

“The First Tradition of unity reminds us of an important truth: We are not alone. We are connected to our fellow human beings. Our emotional and spiritual health depends on the health of our relationships. The disease of compulsive eating, which once isolated us, has now led us to OA... [where] we are learning to connect with other people in ways that nurture all of us as we recover together.” —OA 12&12, p97

Concept I The ultimate responsibility and authority for OA World Services reside in the collective conscience of our whole Fellowship.

Spiritual Principle: Unity

“The group conscience is not the same as majority rule. This conscience is an expression of the group unity spoken of in the First Tradition, a common bond that grows among us as we each let go of self-will. Rather than being guided by individual self-interest, we seek as a group to apply the principles embodied in OA’s Steps, Traditions, and Concepts of Service to the decision at hand.” —OA 12&12, p100

New meeting—Swansboro Tuesday 6pm: Swansboro United Methodist Church. *Note also the Thursday 2:30pm meeting in Swansboro has been discontinued.*

Needs support—Durham Saturday 10am: Westminster Presbyterian.

Table of Contents

Reflections.....	2–4
Meeting List.....	5–6
IG Minutes	7
Announcements	8

Step One: We admitted we were powerless over food—that our lives had become unmanageable

September 2012: I was desperate. I was a slave to uncontrollable cravings for foods and food ingredients which I now know to be poison for me, things which once eaten propel me into cravings for those substances again and again. There had been decades of gaining more than a hundred pounds, losing it, and putting it (plus more) back on again. Now I was my heaviest ever; I was isolating, miserably unhappy, and bingeing. At this point, I kept trying to go on a restrictive diet, which would last a morning or a day or a couple of days, but then inevitably I would find myself in *those* aisles in the grocery store, filling up my cart with items that would bring me peace and comfort by overeating them in vast quantities. I hid away and ate and ate. The anxiety calmed down and I felt numb. The next morning, I would be in a stupor, wracked with guilt. I could not stop myself from starting the whole process again. And once I started, I could not stop.



Fortunately, my HP led me from one person to another to another until that last person suggested I try Overeaters Anonymous. I had never heard of the organization, so I went online to find out more about it. And there, for the first time, I heard the voices of people sharing about what I now realized was not just the minor inconvenience of a yo-yo dieter, but a decades-long eating disorder, an addiction. Something to be taken seriously. A progressive disease. And this insight was being shared by people who were just like me in relation to certain foods. They were telling me that this was an allergy of the body and an obsession of the mind, about which I need have no shame or remorse. And best of all, they were telling me that they had a solution to this problem: not only would I be able to become neutral around those foods to which I was addicted, but I would also achieve spiritual recovery, with balance of mind and emotions. My heart soared—others had the same problem I did and there was a solution! Others had achieved recovery and so could I! It took me a few years of attempting to work the Steps and falling back into relapse several times before I was finally able to put down the food, do my first Step Nine, and achieve recovery.

I am so grateful for that state of hopeless desperation and the recognition of how unmanageable my life had become, for the deep fear that I would never get out of the vicious cycle, which would lead inevitably to a fatal outcome. It was that depth of despair that allowed me to be open to the solution provided by the 12 Steps of OA. It led me to the rooms and gave me the impetus to seek a sponsor, work the Steps, and keep coming back until the miracle of spiritual awakening occurred. I look forward to more layers unfolding as I walk hand in hand with my HP, working this program. —Anonymous, Chapel Hill



Step 1 is a touchstone for me. Returning to it reminds me of the deep confusion, desperation, and pain I felt before finding a solution in OA. Almost every paragraph on Step 1 in the OA 12&12 rings true for me:

- ❄ The on-going illusion that someday I would figure out how to be in control of my food
- ❄ The belief that lack of willpower and family dynamics explained my condition
- ❄ The abnormal reaction to certain kinds of foods
- ❄ The ability to control food sometimes, but always falling back into the compulsion
- ❄ The chronic unhappiness, in spite of outward appearances of a happy family, friends, and success at work
- ❄ The frustration that others didn't act as I wanted, and the belief that that was the cause of my condition.



Coming through the doors of OA and reading Step 1 gave me the comfort that I was not alone, burdened with a unique kind of suffering. I saw that I could find peace around food and in my life generally. Recovery is a work in progress for me. I continue to recover and find peace by living the 12 Steps, with support from my OA community. —Anonymous, Durham

Exactly two years ago today, to my great relief, I received a definitive diagnosis for a life-threatening disease that had plagued me for 12 years. During those years, many doctors dismissed my symptoms and told me it was “all in my head.” I quickly learned that the treatment for this illness was worse than the disease itself, so the last two years since my diagnosis have been filled with many difficult days, seeing progress some weeks and regression others. But little by little, over the weeks and months, this ailment is losing its grip on my body, and I can finally visualize full healing on the horizon. As I ponder the time and health that I lost during these dozen years, I also reflect on how it has taken me *40 years* to get the proper "diagnosis" for another disease that has greatly affected the quality of my life. I often wondered over the decades if this dysfunction was also “all in my head.” But, once again to my great relief, I came to understand this condition four months ago: I am a compulsive overeater.



Since joining OA, I have been working with a caring and knowledgeable sponsor, attending regular meetings where I have met generous people who are not afraid to talk about compulsive overeating, and using the other tools of the program to embark on another journey of wellness. Most of all, I am beginning to comprehend how a loving God cares about my difficulties and is ready to help me. First, I must admit every day that I am powerless over food, and that I need to turn my entire will and life over to the care of God. Otherwise, I will continue to have the unmanageable life that has sabotaged me since a young age.

As I endeavor to take a glimpse into the future, I imagine what it could look like to be healed of both of these diseases! I envision a genuine spiritual awakening as I seek through prayer and meditation to continuously improve my conscious contact with God. I recognize now that it is not really about the food; the real problem is spiritual in nature. With God's help and the companionship of others who are also working on their abstinence, my vision of what lies ahead grows more and more clear. I have never before been so eager to find true healing. Now I have hope for full recovery! —Anonymous, Durham



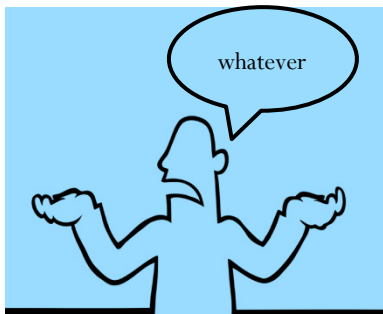
Tradition

Our common welfare should come first; personal recovery depends upon OA unity

OA unity: What an idea! What an idea!! We have as many opinions as we have members. So how can we have unity? Desperation certainly helps me be willing to go along with a wisdom greater than mine, and to defer to principles that have worked for so many for so long. The key for me is humility. Humility was critical when I first arrived in the rooms and remains a vital piece of the program. For me, humility begins by spending quiet time with God. This is when and how I get grounded in God's love. Only in the assurance of that love can my mind get clear on things that really matter. Then, when I am called on to offer an opinion, with God's help I can bring up what I perceive is God's will in a situation. If it turns out that others think differently, I can accept that they are also expressing ideas that, for all I know, may also be God's will. I need not stress. After all, if I am doing my part, God is the one in charge and will make things right in the right way and the right time.

—Anonymous, Durham





Once upon a time I called one of my behaviors “cooperation.” Now I see this behavior as a set up. I have learned that when I say “I don’t care” or “Whatever” or when I offer tight-lipped judgmental silence, this is my ego disguised as cooperation. “I don’t care” can very likely be a plot to get something I actually *do* want: acceptance, love, and belonging. My apparent *laissez faire* attitude is a disguise to convince you how easy I am to get along with. But it frequently backfires. My disease uses this so that when I don’t get the acceptance and love that I’m silently seeking, I become agitated, even

infuriated. My focus then turns to your unreasonableness, fodder for my superiority trip. All the while, the real issue runs so much deeper. The real issue is that I keep looking for validation from you or other people. The lie I am willing to believe is that my value depends on your response to me. And furthermore, your oblivion to my needs is proof positive of my core, essential fear, that I am unlovable. The message goes: if you really loved me, you would do as I wish, intuit my needs, or see the reasonableness of my ideas. When you don’t do this, you must not value me, and if you don’t value me, it must be because I’m not valuable. The disease gets ahold of that lie, whereupon any number of things happen: self-pity, depression, focus on “your behavior” (aka, avoidance of my inner work), which sets me up to bad-mouth you in carefully crafted language. The other thing I’m quite prone to do (do I even need to say?) is eat. My solution to all this mess is to take the steps (best done by writing).

- ❄ I identify the situation
- ❄ I pare it down to the lies I keep believing: I am not seen, heard, loved, prized, or valued
- ❄ I read these to another person
- ❄ I also read them to my HP; I recognize that I AM loved, ever and always; I thank my HP
- ❄ I pray to have these defects removed
- ❄ I take note of my behaviors and the harm I’ve caused
- ❄ I check in about appropriate amends; I do those amends
- ❄ I ask how I can be of service.

This program is teaching me how to grow up and how to speak up thoughtfully, which is only possible when I’m doing my deepest work through the steps. —Anonymous, Durham



to Durham Tuesday/ Thursday for writing this month!



Triangle OA Meeting List



Stick me to your fridge. Keep me in your pocket. Give me to a friend. Post me at your gym. Carry the message that there is hope!

Accessible

Newcomer's meeting

Can bring meal to meeting.

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

All meetings are 1 hr, unless otherwise specified.

Changes in bold.

Day, Time, Mtg #	City/Location	Format/Contact
Chapel Hill Area (Chapel Hill, Carrboro, Hillsborough)		
Sun 4pm #50296	Carrboro Methodist Church, 200 Hillsborough Road (white wood house across Shelton St from the church)	Variable Anne G 919-360-3789
Tues 6pm #32098	Chapel Hill, Christ United Methodist Church, 800 Market Street Church Office, across Sumac St from main church, Room 4 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	Steps, Traditions, Big Book Theresa 252-447-1690
Tues 6pm	Swansboro United Methodist Church, 65 W Corbett Ave	Tracy 252-665-2217
Wed 5:30pm. #29885	Morehead City, Carteret Health Care, 3500 Arendell St. Meeting Room #4	Sue 570-594-4984
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

NEW meeting















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

Triangle Intergroup Minutes



November 19, 2019

Attendance: Mike (Chair, Web committee), Sid (Vice Chair), Clare (SOAR, Rep. Durham Sun 10:30am & Wed 7pm), Mary Anne (Secretary), Karen (Treasurer), Allie (PI/PO), Anne (Newsletter Editor, Rep. Chapel Hill Th 7pm), Judi (Acting webmaster, Co-rep, Apex Th 7pm), Valerie (Rep. Durham Mon 7pm, remote attendance)

MINUTES FROM SEPTEMBER: Approved as submitted

TREASURER'S REPORT: Approved as submitted. The treasurer submitted the 2020 budget, as required by the bylaws. Discussion and approval were taken up as new business.

STANDING COMMITTEE REPORTS

WSO (Cory): Cory was unable to attend, but sent a message that there was no business requiring action.

SOAR (Clare): No action since last month's full report

High Tech (Judi, acting): Judi is learning the role. She will distribute the newsletter electronically. As voted in October, she purchased a Bluetooth speaker for remote meeting attendees for \$107.

Group Outreach (vacant): No report

Newsletter (Anne L): The newsletter needs groups to volunteer to write starting with March 2020.

PI/PO (Allie): The chair is continuing to identify professionals who would benefit from our materials and learning to use mail merge for these mailings. She planned to mail out 20 later the day of the meeting. She is targeting MDs and clinics that deal with obesity and eating disorders as well as specific referrals from members. She hopes to have an established mailing list for the next person in this position.

AD HOC COMMITTEE REPORTS

12th Step Within (Neill): The *Hope for the Holidays* Serenity Day is scheduled for the afternoon of the intergroup date. Neill was not in attendance to set up for that event.

2020 NC State Convention (Sid): The flier and registration form have been tested and approved. Registration will soon be publicized. The cost will be \$35 plus the fee for Eventbrite. All are encouraged to register early to provide operating funds for the committee.

Bylaws/Policy and Procedures (Suz): Mike has sent out bylaws and P&P for review. Suz was not able to attend, but has updated the speaker list and it appears in the December newsletter distributed at the meeting. Mary Anne has set up a process for reviewing relevant minutes, but will probably not have this completed before January.

Retreat (vacant): No report.

Audio Library (Nancy): The library remains with Suz.

NEW BUSINESS:

2020 Budget: Group contributions were down about \$1,000. IG expenditures were slightly over expectation, but we are solvent. Income is estimated for the budget as the sum of the previous year's contributions at the meeting level. There was discussion of not breaking down the

income budget estimate to individual meetings but to use the sum across meetings for budgeting, but no action was taken.

Despite the decrease in income, IG proposes maintaining two SOAR reps and returning to two WSO delegates in 2020; however, due to low attendance at the meeting, we tabled final approval of the budget until December.

Elections: Initial nominations were made for the December elections. Additional nominations can be made prior to voting at the December meeting. Nominees must be present to accept the nomination before they can be considered in the voting. Initial nominations are:

Chair—Cory, Cheryl, Atiya, Neill

Vice Chair—Suz

WSO Rep (one 1-year term, one 2-year term)—Mary Anne, Mike, Neill, Sid

SOAR (one 2-year term)—Mike, Sid, Mary Anne

Treasurer—Karen

Secretary—Judi

Hi Tech—Judi

Newsletter liaison—Allie

Newsletter editor—Anne

Parliamentarian—Suz, Sid

Group Outreach—no nomination

PIPO—Karen

Retreat—Sid

12th Step Within—no nominations

Retreat 2020: There will be 60 potential slots for the Piedmont Intergroup's retreat in Black Mountain next September, compared to 40 in 2019. Triangle Intergroup is invited to have a delegate on the committee.

Next Intergroup meeting: Saturday, December 14, 2019.

All are welcome to attend Intergroup!

Third Saturdays. Next meeting
Saturday, January 18, 10:15 am to noon
Community United Church of Christ (corner of
Wade Ave & Dixie Trail in Raleigh)



YOU CAN NOW CALL IN TO IG MEETINGS!

Dial 515-604-9646 and enter meeting #867660.
Please mute yourself when you aren't speaking.

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; deadline is the Wednesday before the 2nd Saturday of the month. All submissions subject to editing.

February: Intergroup: Theme is FUN Due **Wed Jan 8**
Step/Tradition/Concept 2 (*hope, trust, conscience*)

March: Chapel Hill Thursday 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*)

July: *Needs a volunteer* Due **Wed June 10**
Step/Tradition/Concept 7 (*humility, responsibility, balance*)



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.

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.

Save the Date!

August 20–22, 2020

2020 World Service Convention

Theme: Sunshine of the Spirit: 60 Years Around the Sun!

This is not a business meeting, but 100% recovery convention.
Come celebrate 60 years of OA!

Hotel reservations will open January 2020 and will likely fill up quickly.
For more information, please contact conventioninfo@oa.org

