



Triangle OA Recovery



News: The Fun Issue

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 2

Came to believe that a Power greater than ourselves could restore us to sanity. *Spiritual Principle: Hope*

"Some of us began by asking ourselves: 'What do I need from a Higher Power? What would I like such a Power to be and do in my life?' Once we identified this Power for ourselves, we found we felt at ease with it. Then we began to act as if such a Power existed, and we found good things happening to us as a result... We became willing to let go of any concept about God that wasn't helping us to recover from compulsive eating. We had to replace our old ideas about God with a faith that works." — *OA 12&12, p13, 15*

Tradition 2

For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern. *Spiritual Principle: Trust*

"The newcomer may ask, 'Who is the head of OA?' and be puzzled by the answer...: a loving God as expressed in the group conscience. The Second Tradition... may seem thoroughly impractical, but it works. When faced with a problem or challenge, we ask for God's guidance to show us what is best for the group as a whole. Then we discuss the matter carefully, we vote on alternatives, and we trust that the decision we reach together is our Higher Power's will." — *OA 12&12, p99*

Concept 2

The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority, and effective conscience of OA as a whole. *Spiritual Principle: Conscience*

"Collectively, delegates [of the WSBC] form the group conscience of Overeaters Anonymous as a whole. We have found this representational democracy is the the best method for serving OA" — *The 12 Concepts of OA Service, p4*

Abstinence & Recovery

In 2019, OA's World Service Business Conference passed new definitions of abstinence and recovery. These definitions are:

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

Recovery: *Removal of the need to engage in compulsive eating behaviors. Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program.*

As our WSBC rep described it, "when I put down the food, that was an action; when the insanity left, that was a miracle!" (August 2019 Triangle Recovery News, p2)

Meeting News

New meeting—Raleigh Tuesday 6pm
Abundant Life Church (Big Book)

New time—Durham Monday now at
7:30pm

New day—Fuquay-Varina now on
Tuesday (still at 1:30pm).

Closed—Garner Wednesday 7:30pm.

Table of Contents

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

Fun: A Power Greater Than Myself?

It's February, the second month, and with the earnestness of any OA member of some years, I apply myself to the second step. I ask myself (seriously, of course) if I have come to believe that a Power greater than myself could restore me to sanity? Or has restored me to sanity? When my Body and Mind were possessed by obsession and allergy, was anything other than Spirit ever able to penetrate that darkness? I pretended that eating my trigger food was fun or rewarding. Certainly, pain was eliminated briefly, and I could lose myself for a while. But there is a world of difference between mindless oblivion and joyful abandon. I'm devoted to my work and the people I love, and I find peace, serenity, and integrity in that. But fun? That sounds so frivolous in the face of the deadly, inexorable disease that I vigilantly guard against and for which I seek the protection of my Higher Power every day. But mindful diligence is still not joyful abandon. With all that at stake, who has time for fun?

I don't remember a lot of play as a kid—I was too busy protecting myself. I had an early warning system for tremors in my environment. Play was both conditional and studied. Long after coming into program, however, I found myself in a dance class, full engaged in translating an awesome swing tune into a partnered dance. I don't know how long it went on because time seemed suspended. When the dance ended, my face hurt from smiling a smile I wasn't even aware of. Perhaps for the first time, I had been in a state of joyful abandon, as close to my Higher Power as I can ever remember feeling. What people thought of me, even what I thought of myself, didn't penetrate the bliss of that moment. I was happy and I was safe. For the first time, I saw *play* as an act of faith, a form of worship and trust in the Power that not only restores me to sanity but shares Its grace and bliss with me every time I laugh, or dance, or throw a ball for my dog. If fun, itself, is not a power greater than myself, certainly the sense of safety and recovery that allows me to forget myself in play is.

—Anonymous, Durham



Like many I have met in these rooms, it took me many attempts and way too long to finally 'get' what it REALLY means to be a Compulsive Overeater. One of the last Absolute Truths that I had to challenge was the idea that Life Without Food would surely doom me to a Life Without Joy. That was when it finally became apparent to me that this "food thing" of mine is no different than the person who can't live without alcohol, or chemical substances, the person who can't stop their own destructive or harmful behavior, or the person who cannot give up certain toxic relationships:

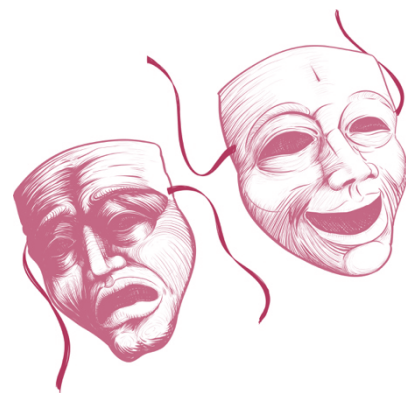
I am an addict.

Science suggests that addiction may be driven by the overwhelming need to satisfy the biochemical reaction to a molecule called dopamine within the brain. But like most addicts, my brain was always wanting MORE, and what was once satisfying and soothing became unbearable and painful—if not in the moment then surely as the toll was taken on my body (and later, I realized, on my relationships). There was nothing joyful about the physical and mental pain that came with attempting to find the satisfaction I had once found in food.

It was then that I found myself ready to surrender and ready to listen to those fellows who seemed ridiculously calm and peaceful in the rooms, the people I secretly called The Zombies. They had weight loss, yes—which had at first seemed like the solution to all my problems—but they also had something else, something that made them different in a good way. I began to see that there really was some fundamental change offered by these 12 Steps and 12 Traditions—a change that came out of working these tools, of truly surrendering to Something outside myself, outside the Food. These are the things that, one day at a time, bring the Joy that comes from having ENOUGH, at last. —Karen V., Hillsborough

“We Are Not a Grim Lot”

Those words struck me in my first reading of the Big Book. It made me think that I could not make a lifetime commitment—even one day at a time—to anything that was too solemn or boring. (It also made me wonder why Bill W. used so much British-sounding slang, but that’s another topic.) Yes, I was beginning to understand that I had something more serious than “a weight problem,” but I didn’t want to eat yucky food and I didn’t want to be bored to death. Happily, OA didn’t ask me to do either. While there was no official OA policy on either, both the people I met who were in recovery and the literature I read made that clear. We were to avoid our binge foods, but otherwise eat ordinary healthy foods that we enjoyed in reasonable amounts. (Of course, I didn’t yet know what reasonable amounts were at that point.) More importantly, we were to be “happy, joyous, and free.”



Over the years, my addiction to food and my shame about my body had drained most of the fun out of my life, and I don’t think I had any real joy. Freedom from compulsive eating has given me both. OA friends encouraged me to return to doing the things I liked, such as swimming, without waiting until I had reached some magic weight or bathing suit size. The meetings taught me to laugh at myself and appreciate the good humor of others. I was even encouraged that HP could convert my hurtful, sarcastic tongue that got laughs at other people’s expense into fun and gentle ways to express what I was learning in OA. While OA taught me to be more aware of my character defects, it also taught me to substitute humor about our shared condition for the self-denigrating remarks that once were the mainstay of my conversation.

Now, I have fun activities planned several times a week—a walk in a pretty spot; a day trip to something interesting; tickets to a movie, minor-league baseball game, or opera simulcast; working a puzzle; and anything on, in, or beside water. I also encourage the people I sponsor to put fun things in their plans of action if they seem to be exclusively focused on serious matters. If we are to continue “trudging the road of happy destiny” and if we are to attract others to this wonderful life in recovery, we have to remember not to be grim or take ourselves too seriously. —Anonymous, Chapel Hill



The word “fun” has a lot of baggage for me. I relate much more to the idea of “lightheartedness and pleasure.” As I have found recovery in OA, I have found lightheartedness and pleasure in many things:

- Walking in nature, often by myself but sometimes with my husband, brings me great pleasure and often lightheartedness. It does so many things, exercises my body, increases my awareness of what is around me, increases endorphins to my brain (I understand), and just plain feels good. Even when it doesn’t feel good right at the beginning of my walk, by the end of my usual 1-mile route, the aches and pains of my joints are working themselves out, and those endorphins are flowing!
- I also sing, often in the car, and whistle when I am in my pool exercise class—again, it is the awareness of my body, of the vibrations moving through me, that brings the joy (Oh! That’s the first time I’ve used that word—but joy is definitely a part of it all!)
- Last, but far from least, is interacting with my 10 grandchildren, 7 of whom live in the area. They range in age from 3 to 21. Talking with them like people, I delight in their growth and their insights and joys. I am happy they value my being a part of their lives. I love sharing life with them, and being available when they are ready to share THEIR lives with me.



And I don’t have to eat for any of these things to happen! —Kathy Z., Chapel Hill



to InterGroup 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 Susan, 919-593-5866
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 7:30pm #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

New time

 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 1:30pm #56362	Fuquay-Varina Methodist Church, 100 South Judd Pkwy SE Meeting is in the chapel at the back of the building	Debbie 908-720-1548 George 845-304-4369
Tues 6pm #57002	Raleigh, Abundant Life Church, 4400 Old Poole Road Come through front entrance. The classroom is on the left, off the hallway.	Big Book Liz V. 919.649.2088
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
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



December 14, 2019

Attendance: (*positions listed are as of the December meeting and do not reflect the results of the elections*)

Mike (Chair, Web committee), Sid (Vice Chair), Clare (SOAR, Rep. Durham Sun 10:30am), Mary Anne (Secretary), Karen (Treasurer), Neill (SOAR), Cory (WSO, remotely), Allie (PI/PO, newsletter distributor), Anne (Newsletter Editor, Rep. Chapel Hill Th 7pm), Judi (co-rep, Apex Th 7pm, acting webmaster), Valerie (Rep. Durham Mon 7pm, remotely), Debbie (co-Rep. Apex Th 7pm, remotely)

MINUTES FROM NOVEMBER: Approved as submitted

TREASURER'S REPORT: Approved as submitted. Some checks did not show up on the report and there were some inconsistencies, which will be resolved before the next meeting. Intergroup received a bequest of \$1,000.

STANDING COMMITTEE REPORTS

WSO (Cory): The WSBC agenda questionnaire will be available to groups on Jan 10 and due back to WSO by Feb 18. Cory will brief the newly elected delegate(s) as there will be no one carrying forward an existing term. She reminded everyone to register for the 60th anniversary recovery convention in Orlando—*60 Years in the Sunshine of the Spirit*.

SOAR (Neill & Clare): no report. Next SOAR conference in Baton Rouge in March.

High Tech (Judi, acting): The acting chair has finally obtained the administrator password for the website and things are moving well. She inquired whether the group thought the newsletter should be sent out as a pdf or a link to the website. There were arguments in favor of each alternative so she will do both in future. She needs to set up a "from" mailing address for PIPO's mailings to protect the office holder's anonymity in sending out mass information mailings.

Group Outreach (vacant): The Garner Wednesday meeting has closed and we are unsure whether or not the Greenville meeting is still functioning. Among other implications, this needs to be updated on the meeting list recording provided at the dial-in number. We have no Group Outreach chair to do it. If we are unable to fill the position, we will need to move maintenance of the call-in number into another position.

Newsletter (Anne): The editor reminded us that Intergroup is writing for the newsletter in February—with submissions due on Jan 8. She also reported that she had been working with the Atlanta IG to provide them with templates and other consultation to help with their newsletter.

PI/PO (Allie): The chair has mailed some materials to professionals who expressed an interest, but is waiting for the PIPO email address to be working (see Hi-Tech) to send the large mail merge distribution.

AD HOC COMMITTEE REPORTS

12th Step Within (Neill): The *Hope for the Holidays* Serenity Day was well-attended and well-received. IG's share of the 7th tradition was \$38. The remainder, above expenses, went to the church that hosted it.

2020 NC State Convention (Sid): The Eventbrite link and hotel link will be posted on the website on December 14. Announcements will be sent out in early January. If you plan to go, register quickly, please. There will be a place on the registration form to sign up to give service.

Bylaws/Policy and Procedures (Suz, absent): No report

Retreat (vacant): No report

Audio Library (Nancy, absent): No report

NEW BUSINESS

2020 Budget: We will revisit in January when a few apparent inconsistencies in information have been resolved.

Elections: The following service positions were elected:

Chair—Mary Anne

Vice Chair—Sid

Treasurer—Karen

Secretary—Judi

WSO Reps—Mary Anne (1 year), Mike (2 years)

SOAR Rep—Anne [Clare continuing 2-yr term]

High Tech—Judi

Group Outreach—Allie

Newsletter editor—Anne

Newsletter distributor—Allie

Retreat liaison with Piedmont IG—Sid

The following positions have not yet been filled:

Parliamentarian

PI/PO

12th Step Within

Retreat 2020: We will accept Piedmont IG's suggestion that we partner with them in this year's Black Mountain retreat. Sid will contact Richard about moving forward with this as our representative.

Next Intergroup meeting: Saturday, January 18, 2020

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.

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)

Aug: Needs a volunteer Due **Wed July 8**
Step/Tradition/Concept 8 (self-discipline, fellowship, delegation)

Triangle OA Speaker List

Name	Phone or e-mail
Alice	919-271-3292
Atiya	919-302-1030
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 February 2020

This is 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.

We need meetings to volunteer to write!

Please consider this service:
we need YOUR experience, strength, and hope
to have a strong newsletter!

All are welcome to attend Intergroup!

Third Saturdays. Next meeting
Saturday, February 15, 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.



2020 World Service Convention Sunshine of the Spirit: 60 Years Around the Sun!

August 20–22, 2020

For more information, please contact
conventioninfo@oa.org



2020 OA Carolinas Convention: Beyond Our Wildest Dreams

May 1–3, 2020

Friday 3pm–Sunday noon

Hawthorne Inn & Conference Center
420 High Street, Winston-Salem, NC 27101

4 Speakers, 4 Workshops, 8 Meetings

Sponsorship, Recovery from Relapse, Nurturing Abstinence, Meditation, Men's Meeting, Dancing, Fellowship, New Friends, Adventures in Recovery

Want more information? www.oa-carolinas-convention.org

Two ways to register—mail-in form or on Eventbrite (small additional fee):
<https://www.eventbrite.com/e/oa-carolinas-convention-2020-beyond-our-wildest-dreams-registration-80788746315>

Register early and save!

- **\$30 Early Bird Registration** (by February 20): \$3.46 Eventbrite fee for online
- **\$45 Registration** (February 21 to April 20): \$4.37 Eventbrite fee for online
- **\$50 Late Registration** (April 21 to May 1): \$4.67 Eventbrite fee for online