

# Triangle OA Recovery News



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

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

## Step 3 Made a decision to turn our will and our lives over to the care of God *as we understood Him. Spiritual Principle: Faith*

Once we compulsive eaters truly take the Third Step, we cannot fail to recover. As we live out our decision day by day, our Higher Power guides us through the remaining nine Steps. When we falter, we are reminded of our commitment to live by God's will alone, and we trust that the willingness and ability will come if we only ask for them. When we get off track, our HP will guide us back. We can confidently face any situation life brings because we no longer have to face it alone. We have what we need any time we are willing to let go of self-will and humbly ask for help. — OA 12&12 p.23

## Tradition 3 The only requirement for OA membership is a desire to stop eating compulsively. *Spiritual Principle: Identity*

When we apply Tradition Three, we find the treasure of friendship often where we least expect it, with people we once would have excluded from our lives. Such treasure is all around us, and all we have to do is open our hearts to receive it. OA is where we learn to open our hearts, because it is here that most of us first experience unconditional acceptance, "We have a home, if we want it" is how *Our Invitation to You* expresses Tradition Three. "Welcome to Overeaters Anonymous. Welcome home!" — OA 12&12 p.111

## Concept 3 The right of decision, based on trust, makes effective leadership possible. *Spiritual Principle: Trust*

Recovery from compulsive overeating first helps us to learn to trust ourselves and later to trust others. — 12 Concepts of OA Service p.4

## Tools of Recovery

In working Overeaters Anonymous' Twelve-Step program of recovery from compulsive overeating, we have found that a number of tools are available to assist us. Many of us have found we cannot abstain from compulsive eating unless we use some or all of OA's nine tools of recovery to help us practice the Twelve Steps and Twelve Traditions. The nine tools are:

- |  |  |   |
|--|--|---|
|  A Plan of eating |  Telephone  |  Action plan |
|  Sponsorship      |  Writing    |  Anonymity   |
|  Meetings         |  Literature |  Service     |



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# STEP

# THREE

Given that I have always had a pretty clear idea of what I **do not** believe about a Higher Power and never had a very good idea about what I **do** believe, Step 3 was something of a high hurdle. Both the literature and wise OA friends assured me that I did not have to become “religious” or take the whole thing at once.

With those reassurances, I was able to “decide” to turn over my will and my life to the nebulous thing that they promised would save my life and restore me to sanity, even though I wasn’t sure how to begin to actually do it.

Many years later, I have not regretted my decision, though I continue to struggle and work on the process of turning it over. My will is very strong, and though I pray regularly, “*Relieve me of the bondage of self*” (from the Third Step prayer on p.63 of the *Big Book*), I often find myself wanting to dictate how my life and my spiritual development should progress. I am impatient with the constant recurrence of my defects, and one of those defects is to be impatient with the imperfection of people around me.

So why do I keep renewing that decision to turn my will and my life over—even though I keep grabbing it back? Because I cling to the promise in the OA 12 & 12 (2nd ed, p.23): “Once we compulsive overeaters truly take the 3rd step, we cannot fail to recover.” I find both hope and great responsibility in that promise.

—Mary Anne, Chapel Hill



Every morning when I wake up, I pray the first three steps; I’ve done this for many years. Praying Step 3 over and over is sometimes a mantra for me when I need to calm down and clear my mind. Placing my will and my life in God’s hands is something I consciously desire to do; I believe in its power to heal me completely. And yet, it is the Step I find the hardest. The problem is trust, or rather, the lack of trust in God as the right manager of my will and life. Try as I will, I can’t find the level of surrender I want to achieve. For years, I wrote, talked, and thought about why I couldn’t “let go and let God.” I came up with lots of reasons for my resistance (pride, vanity, fear). But *reasoning* about my unwillingness got me nowhere. What works so much better is praying for more willingness to lay aside the pride, vanity, and fear that stand in the way. I am not willing all on my own. But acknowledging that I am powerless to be willing to trust God without God’s help has been a very freeing feeling. The most important prayers I have are “God, make me willing” and “God, help me be strong enough to lay down my illusion that I can control my life.” Progress has come slowly and gradually, but it *is* coming—in God’s time.

—Melissa, Chapel Hill



to



Chapel Hill Thursday

for writing this month!

Step 3 was the crucial one for me. When I came into OA, I had a lifelong habit of independence. My motto was, *if you want something done right, you better do it yourself*. My self-worth was so tightly bound to being strong and self-sufficient that when I was diagnosed with cancer at age 40, with two children under six and a husband whose anxiety disorder is triggered by all things medical, I blithely informed the care liaison assigned to me by our church that I didn't need anything. She was persistent, even insistent, so I finally agreed to "let" people drive me to chemo treatments. Insufferably, I thought "I'm doing them a favor, because they need to feel like they're helping." Yikes... Even after I realized that THEY really were helping ME, and that I needed that help, I still didn't want to ask for help.

So it was that person who came into program and smack up against Step 3. I knew God could (and would) restore me to sanity, but actually ASKING God to do so, actually turning over my life and my will (and the food) was something else entirely! But I was desperate. And so, grudgingly at first, I loosened my grip and handed my will and my life over to God. What a relief! I wish I had known sooner how much lighter I would feel once I no longer had to be in charge of everything! It gets a little easier every day to turn over my will and my life, but I know I will need to practice doing so for the rest of my life if I want the sanity!

—Anne, Chapel Hill



*The only requirement for membership is a desire to stop eating compulsively.*

For me, it seems like a pretty simple requirement, and one that I could recognize in myself a long time before I first entered the rooms of Overeaters Anonymous.

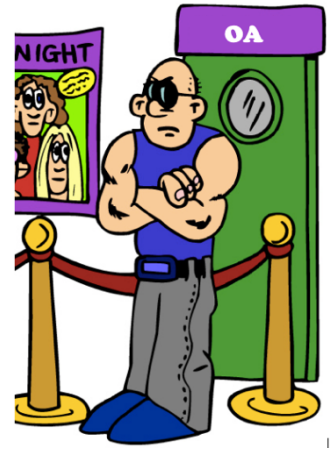
Why couldn't I stop...

- ✧ Sneaking JUST one more (OK, maybe more than one, for good measure) from the kitchen late at night so that I didn't have to face my mother's disappointed look?
- ✧ Focusing on where the food was laid out at a social occasion, instead of talking or playing or hanging out with everyone gathered together; why was I the only one that heard the Siren Call of the yummy special party food that was just waiting for me to eat it?
- ✧ Failing at my resolve to cut back so I could wear the latest fashion that my schoolmates wore, instead of the dismally dowdy and boring fare in the Chubby Section of the department store (or worse, the mature-looking "hand-me-downs" from my mother's coworkers)?
- ✧ Attracting "helpful suggestions" from friends and relatives about the latest diet that had worked for them or some friend they knew?

I had no problem DESIRING to stop eating compulsively.

When I finally attended my first meeting of Overeaters Anonymous (after weeks of reading the announcement faithfully glaring at me from the local newspaper), I discovered this fellowship of others who shared my secret shame and frustration, who shared with me their Experiences, their Strengths, and their Hope that maybe I didn't have to just dream that there might be a way out of my nightmare. I had found Home at last. *Anonymous, Hillsborough*

I am so grateful for Tradition Three, which says that no one but me gets to decide if I belong in OA. It doesn't matter if I weigh 300 pounds or 90; if I struggle with binging, restricting, purging, over-exercising, or any other compulsive eating behaviors or attempts to control my weight: I am welcome here. I don't have to dress a certain way, wear makeup, dye my gray hair, or follow some kind of hidden social code to try to belong, which is such a relief after feeling like an outsider for most of my life. I don't even have to try to believe anything that doesn't feel right to me. I get to just show up as my authentic self, bringing my whole self to the meetings.



Of course, we do have guidelines within our groups, which are clearly stated at the beginning of each meeting. These guidelines were established through the group conscience with the purpose of making sure that our group is as safe, welcoming, and supportive as possible for all who come through the doors. There may be times that we need to gently remind each other of these suggested guidelines, but someone who engages in crosstalk, mentions specific foods in a meeting that asks us not to, or rambles over the allotted time for sharing won't be ejected from a meeting. We are here to support each other in becoming healthier and more spiritually connected, so a healthy group will welcome anyone who wants to be here. If we didn't all have issues, we wouldn't need these groups. As I've heard it said in meetings, we're all crazy, but the great thing is that we're not all crazy at the same time. I get to show up no matter how nuts or socially awkward I'm feeling on any given day, and that's a gift that's true for all of us. Welcome to Overeaters Anonymous. Welcome home!

—Anonymous, Chapel Hill



Tradition 3 makes sense to me for several reasons.

First, it makes it clear that the only requirement for membership is the desire to stop eating compulsively. That's it. There's no requirement to pay dues, although contributions are encouraged if you can afford it to help sustain the fellowship. There's no application to fill out, and no committee that will decide if you are a worthy member. If you want to stop your compulsive eating behaviors, then that's all you need.

Second, to me it also means that the reason for being at OA is to stop eating compulsively. It's not to create or get involved in group politics. It's not a general discussion group where you can talk about whatever you want. We focus on using the OA tools to work toward recovery from compulsive eating.

And finally, Tradition 3 also means diversity and acceptance to me. Everyone is welcome to come to OA meetings if you want to stop eating compulsively. It doesn't matter about your shape or size, skin color, religion, gender, age, sexual orientation, gender identity, or where you were born. That's the way it should be. We're united by our common desire to stop eating compulsively, and we help each other work toward that goal. —Greg, 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
<b>Chapel Hill Area (Chapel Hill, Carrboro, Hillsborough)</b>		
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
<b>Durham</b>		
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
<b>Fayetteville Area (Fayetteville, Aberdeen)</b>		
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
<b>Greenville</b>		
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
<b>Morehead City Area (Morehead City, Havelock, Swansboro)</b>		
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
<b>Raleigh Area (Raleigh, Apex, Cary, Fuquay-Varina, Garner)</b>		
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
<b>Raleigh Area (continued)</b>		
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	<b>Raleigh, Abundant Life Church, 4400 Old Poole Road</b> <b>Come through front entrance. The classroom is on the left, off the hallway.</b>	<b>Big Book</b> <b>Liz V. 919.649.2088</b>
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
<b>Smithfield</b>		
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
<b>Wilmington Area (Oak Island, Rose Hill)</b>		
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](http://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	<a href="http://www.aa12step4coes.org">www.aa12step4coes.org</a>	
Daily 3am, 6am, 9am, 12pm, 3pm, 6pm, 9pm, & 12am	<a href="http://www.OArecovery.com">www.OArecovery.com</a>	

# Triangle Intergroup Minutes



**December 14, 2019**

**In Attendance:** Mary Anne (Chair, WSO); Sid (Vice Chair, Retreat liaison with Piedmont IG); Judi (Secretary, High Tech, Co-rep Apex Th 7pm); Karen (Treasurer); Clare (SOAR); Anne (SOAR, Newsletter editor); Allie (Group Outreach, Newsletter distributor); Suz (Parliamentarian, Rep. Hillsborough Wed 6pm); Kathy Z, (Rep. Chapel Hill Tues 6pm); Mike (Web committee)

## MINUTES FROM DECEMBER APPROVED AS SUBMITTED

**Treasurer's Report (Karen):** The report was accepted as submitted. The checkbook is balanced. We do have a deposit from unknown group. Karen will investigate which group it was that she deposited; probably Durham Wed group.

## STANDING COMMITTEE REPORTS

**WSO (Mary Anne):** Mike is stepping down from 2-year term, position is now open. Mary Anne brought up the subject of whether or not we can afford two delegates (see budget review). Delegate registration forms have to be in by Feb 10. We have a month to answer the agenda questionnaire with our home groups to vote on what should be on the WSBC agenda. We can either bring the responses next month or email to Mary Anne.

**SOAR (Clare, Anne):** Clare and Anne have made their travel plans for the convention in March. Mary Anne needs to fill out a form to make Anne a delegate. Clare and Anne are sharing a hotel room.

**High Tech (Judi):** Judi has started forwarding Triangle OA emails from webmaster to personal email, which should enable her to respond faster.

**Group Outreach (Allie):** Phone number to reach the list of meetings may be out of date and not working. Mary Anne will get the instructions to Allie on how to update.

**Newsletter (Anne, Allie):** We have a newsletter for the month. If we discontinue the phone line, we need to take the number off the newsletter. Anne was contacted by Atlanta IG re doing a newsletter, and sent them a bunch of resources, but has not received a reply. We need groups to write for the newsletter. Due dates are on the back of the newsletter through August.

Allie wants to know when she should mail the newsletters. We agree they should be mailed out as soon as she gets them. Allie is missing about 5 groups on the newsletter distribution list, so she is going to contact them to see if they want newsletters.

**PI/PO (vacant):** We need an outgoing PI/PO email address set up so next PI/PO chair can send emails from Triangle OA, not their personal email.

## AD HOC COMMITTEE REPORTS

**12th Step Within (vacant):** no report

**2020 NC State Convention (Sid):** Sid missed the last phone meeting. They need the money we're holding for

them deposited ASAP. Karen will do that and notify Sid when it's done.

**Retreat Liaison to Piedmont IG (Sid):** Sid spoke with the Piedmont IG liaison and they are ecstatic to have us join them.

**Bylaws/P&P Update (Suz):** Mary Anne will be going through the minutes, but has had trouble finding a chunk of time to do it. Suz offered to help.

**Audio Library (Nancy):** No report

## NEW BUSINESS

**2020 Budget review:** The budget is still a work in progress. We spent about \$900 more than we took in last year, but had enough reserve to cover it. Lowest bank balance was about \$3000.

The largest part of the discretionary spending is WSO and SOAR reps. We were over budget by \$400 for SOAR last year and under for WSO. We also discussed whether we should cover non-conference supplied meals for WSO and SOAR; we believe we voted to do so last year, but will review the minutes to confirm. We decided to table that until the February meeting; they will be covered for the March SOAR convention. We passed a motion to have only one WSO rep for 2020, given the deadline for the delegate registration and the current uncertainty about the budget. In the meantime, we will investigate applying for scholarship funds from SOAR and WSO for one rep to each. Clare will look into that for SOAR and when we would need to apply for the fall convention. We would need to apply by November for WSO in 2021.

Other budget observations: we need to budget more for mailing. The website billing goes to Mike. We agreed to revisit the 2020 budget next month; Anne offered to help Karen get the budget sorted out.

**Vacant Positions:** We elected Suz Parliamentarian and tabled PI/PO and 12th Step Within until next month.

**Sponsoring Another Intergroup:** Mary Anne emailed in December to get more information about how to sponsor before committing and has gotten no response. Clare will follow up with SOAR.

**Next Intergroup meeting:** Saturday, February 15, 2020

## All are welcome to attend Intergroup!

Third Saturdays. Next meeting is  
**Saturday, March 21, 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  
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](mailto:newsletter@triangleoa.org);  
deadline is the Wednesday before the 2nd Saturday of the month.  
All submissions subject to editing.

**April:** Chapel Hill Tuesday Due **Wed Mar 11**  
Step/Tradition/Concept 4 (*courage, autonomy, equality*)

**May:** Durham Sunday Due **Wed Apr 8**  
Step/Tradition/Concept 5 (*integrity, purpose, consideration*)

**June:** Durham Tuesday/Thursday [tentative] 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*)

**September:** *Needs a volunteer* Due **Wed August 5**  
Step/Tradition/Concept 9 (*love; structure; ability*)

## 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!

## 2020 OA Carolinas Convention: Beyond Our Wildest Dreams

May 1-3, 2020

Hawthorne Inn & Conference Center  
Winston-Salem, NC

Speakers, Workshops, Meetings!

Sponsorship

Recovery from Relapse

Nurturing Abstinence

Meditation

Men's Meeting

Dancing

Fellowship

New Friends

Adventures in Recovery

More info at [www.oa-carolinas-convention.org](http://www.oa-carolinas-convention.org)



## 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](mailto:conventioninfo@oa.org)

