

April 2020
Volume 35, Issue 4


Digital version at
www.triangleoa.org

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

4

Made a searching and fearless moral inventory of ourselves. *Spiritual Principle: Courage*

Each of us who completes a Fourth Step inventory in OA finds it essential to our recovery and a major factor in changing our lives. As we reach the end of Step Four, we discover that a promise made in Our Invitation to You has begun to be fulfilled. We are “moving beyond the food and the emotional havoc to a fuller living experience.” — *OA 12&12 p.36-37*

Tradition

4

Each group should be autonomous except in matters affecting other groups or OA as a whole. *Spiritual Principle: Autonomy*

All of us need the balance implicit in the Principle of autonomy to be the unique OA groups and individuals we are meant to be. Tradition Four challenges us as individuals, as OA groups, and as a Fellowship to strike a healthy balance between our responsibility for ourselves and our responsibility to each other, while we grow and work together as companions in recovery.

— *OA 12&12 p.118*

Concept

4

The right of participation ensures equality of opportunity for all in the decision-making process. *Spiritual Principle: Equality*

Every OA member has the right and responsibility to participate in the decision-making process (group conscience) at business meetings of Overeaters Anonymous. This participation may be direct, via discussion and voting at the local level; or it may be indirect, via entrusting an elected delegate or trustee to participate in other service body meetings, such as intergroup or service board meetings, regional assemblies, the WSBC, and meetings of the Board of Trustees.

— *12 Concepts of OA Service p.5*

Coronavirus Pandemic Impacts

Compulsive eating is a disease of isolation: we all need to be more aware of this than ever in light of the widespread social distancing being recommended to slow the spread of the virus and find creative ways to keep in touch!

Some churches are cancelling all meetings in their facilities, while others are cancelling only their own activities and leaving other groups to make their own decisions. Check with meeting contacts to find out if a meeting is continuing to meet, suspended, or meeting through alternative means (e.g., virtually). Many groups are using free online meeting technology to meet virtually, while others have simply suspended meetings. If you choose to meet virtually, be mindful of regular attendees who may be unable to participate this way and make a point to continue to reach out to those members by phone. If your meeting does continue to meet in person, take a group conscience on what precautions to take (e.g., not holding hands at the closing, no hugs). There are also many phone and online meetings you can turn to in this time—the list on p6 is just a sampling; go to oa.org for more.

We've included the information we have on alternative arrangements and suspensions in the meeting list on p5-6; check the triangleoa.org website for updates.

Finally, the April and May newsletters will be online only (no printed copies). Access it at triangleoa.org.

The opinions expressed in the articles are those of OA members and not of Overeaters Anonymous as a whole.

For more information about OA, please visit Triangle OA's website or www.OA.org.

4 step

I was raised in a religious tradition where confession was to be regular, often, and thorough, so I was familiar with its possible healing powers. I could immediately see how an inventory, much like an examination of conscience in my religious practice, could be important, and even essential, to the 12-step program of recovery. However, a big part of my compulsivity also involves obsessive-compulsive thoughts and actions (I used to count up my sins as a child and hope they sounded serious enough). My tendency toward OCD in this religious practice of confession often resulted in great guilt and shame until I felt I had been absolved: *Go and sin no more*, as the priest would say. Therefore, it took me a while to see the 4th Step in another light, not as a shaming activity, but a liberating one. Two wonderful sponsors, over 30 years, helped me with that distinction.

Recently, it has occurred to me that I could benefit from doing another 4th Step inventory. In fact, writing this piece has made me aware of that and of how it could help strengthen my Program to do another 4th Step. I recognize my tendency toward guilt and shame, work on setting that aside, and look forward to the liberating help of my next 4th Step!

—Kathy Z., Chapel Hill



It isn't common in our culture to make a searching and fearless moral inventory of ourselves—it seems to be unique to those of us in 12-step programs. I sometimes forget this in daily life. I've become used to the concept and the reality that I am a mix of good and bad, strengths and weaknesses. I'm a long way from expecting or trying to be perfect. It's become normal for me to know at least some of my faults and continually work on them with God's help.

I find myself wishing that every person I encounter were working the 12 steps because of the fearless self-examination this encourages. That will never be the case, so I will continue to work on changing the one thing I can, myself and my behavior!

—Anonymous, Chapel Hill



The spiritual concept of equality is important to me in recovery and in the rest of my life. In the OA concept, it seems to refer to all of us having equal voting rights, which is, of course, essential. To me, equality in an OA meeting is related to both anonymity and our *principles before personalities* slogan: no matter who or what we are, no matter if we are currently abstinent or not, no matter if we are newcomers or people with years of recovery, we are all equal in the rooms. And by equal, I mean that we are all eligible for help and recovery, we all have a voice in our groups, and we all have a responsibility to be there for each other. This equality is actually seen all through the Traditions, not just in the Fourth.

Equality is also associated in my mind with Tradition Three, which assures me that the only requirement for OA membership is a desire to stop eating compulsively. That fact levels the playing field and allows all of us to receive help in OA, no matter what our issues with food and weight and other compulsive behaviors might be.



Similarly, Tradition Two ("Our leaders are but trusted servants; they do not govern") means to me that nobody is really the boss of the individual groups. This has made for some challenging but funny situations when people from the churches where we were gathered and even law enforcement officials have come to the meeting and asked, "Who's in charge here?"

Knowing that I will always be treated as an equal and always find help in OA rooms has kept me coming back for many years, even when I had lost faith in myself and even when I had lost touch with my Higher Power. Another slogan goes, *Keep coming back until the miracle happens*. I know that this program works and I have received several miracles, not just one. I'll keep coming back for more. —Anonymous, Chapel Hill

Equality

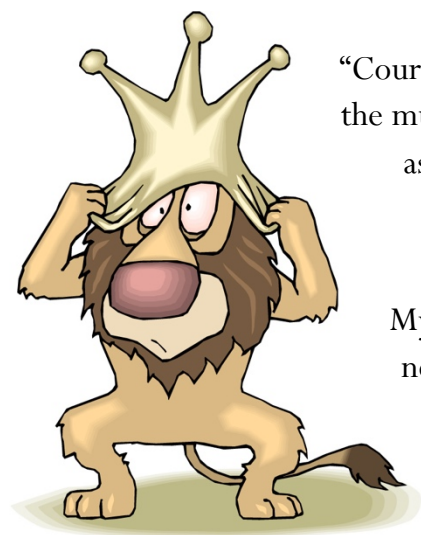


to



Chapel Hill Tuesday

for writing this month!



As a dyed-in-the-wool *Wizard of Oz* fan, I cannot look at the single word “Courage” at the top of the page without thinking of the Cowardly Lion saying, as the music swells behind him, “What have they got that I ain’t got? Courage!” Yet, as a grownup, I recognize that the Cowardly Lion did have courage all along, because he took the actions he was so terribly afraid of taking. When I am working my program well, I am usually a lot like the Cowardly Lion.

My first 4th Step was my first major act of courage in program. I got the nerve to start writing largely by praying for willingness to an HP I was not very comfortable with yet, supported by reassurances from my sponsor that no one had ever died from doing the 4th Step. Then I used my old dysfunctional tool of procrastination to put off the much scarier 5th Step. I wrote slowly and infrequently, but I also kept writing more and

more so I would not arrive at the time when I was finished and had to give the list away to my sponsor. Finally, my sponsor told me that if I was stuck on a step, it meant that I had not thoroughly worked the step before it. I would have been more than happy to go back to just working on the 3rd Step, but she wouldn’t let me off that easily. She said I needed to work on the 4th Step for at least 20 minutes at least twice a week, but that I was to spend the 5 minutes prior to that praying the 3rd Step prayer. I don’t know why that gave me the courage to go on—maybe it was the assurance that I had already been given power and love by HP, and I needed to bear witness to them to “those I would help.” For whatever reason, it worked, and I moved more quickly on finishing the 4th Step and giving it away in the 5th Step.

My courage was tested again when it was time to do the 9th Step (making amends to people I had harmed). That meant admitting my misdeeds to some additional people and asking how I could make them right. Today I have to ask for courage when I want to hide from my mistakes and deny my shortcomings. I especially have trouble admitting it when I act out of resentment, selfishness, or arrogance. My disease tells me that I “should” have too much recovery ever to be driven by these motives (yeah, right!) I also need to ask for courage to feel difficult feelings—even those that do not grow out of my character defects. It’s been a few years since I overate over these feelings, but I have used other compulsive behaviors to deny and escape from feelings that I didn’t think I was strong enough to face.

I am happy to report that I have always been given the courage to do the things I was afraid to do when I asked for it (eventually), and that every single time I have done the right thing despite my fear, the happiness and satisfaction has far outweighed the momentary discomfort. HP, please continue to give me the courage to change the things I can and the realization that all of the things I can change are my own actions or failures to act. —Anonymous, Chapel Hill

Courage

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 due to coronavirus in red.**

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) Meeting virtually; call Heather O at 919-360-3111	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 Meeting virtually; call Mary Anne at 919-260-5693	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 Check with meeting contact	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. Meeting virtually; call meeting contact or Anne at 919-360-8711	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. Meetings suspended; check with the meeting contact for updates	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 Meetings suspended; check with the meeting contact for updates	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)		
Tues 10am #32498	Havelock First Baptist Church, 111 Hollywood Boulevard; park in the 2nd lot	Steps, Traditions, Big Book Theresa 252-447-1690
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













 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 Esther 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. Meetings suspended until mid-May, check with meeting contact for updates	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



February 15, 2020

In Attendance: Mary Anne (Chair, WSO); Sid (Vice Chair, Retreat liaison with Piedmont IG); Judi (Secretary, High Tech); 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); Judy; Taylor

Minutes from January approved as submitted.

Treasurer's Report (Karen): The report was accepted as submitted. Expenses are all too much because the wrong columns were added.

STANDING COMMITTEE REPORTS

Secretary (Judi): Getting settled into the role. Will get past minutes.

WSO (Mary Anne): Needs 5 nights not 3.

SOAR (Clare, Anne): Mary Anne completed the eligibility requirement. Anne has requested Clare be her mentor. Claire accepted.

High Tech (Judi): Judi is setting up a PIPO email address to send from. Will get to Allie when completed as she is finishing out her duties as PIPO chair.

Group Outreach (Allie): Will update phone list when it is finalized. Allie will update WSO as well in regards to closed meeting. If there's a change in contact person, or meeting location, let High Tech and Newsletter know.

Newsletter (Anne): Nothing of substance to report. We need groups to write.

PI/PO (vacant): No report.

AD HOC COMMITTEE REPORTS

12th Step Within (vacant): No report.

2020 NC State Convention (Sid): Only 5 rooms available in the block. Decided to get liability insurance. 4 speakers lined up. Next Meeting is March 7.

Retreat Liaison with Piedmont IG (Sid): Waiting for Richard to call Sid.

Bylaws/P&P Update (Suz): Mary Anne sent information for past 5 years. Only a handful require by-law change. Suz will get Mike's zip file with the current bylaws, and send to those involved. Next meeting will involve bylaws, updated, and changes. Wants to create a running list of bylaws using current minutes. Wants to do bylaw changes in a more formal way.

Audio Library (Nancy): Clare still has library.

NEW BUSINESS

WSO Agenda Voting: Mary Anne will submit our vote.

2020 Budget Review: Bottom line on expected expenses: Shortfall of \$900. Clare will submit request for funding for SOAR8. For this they need our full budget. This should take care of our shortfall. Other than that, budget put off until next month. Maybe send someone to groups who aren't contributing? Other thoughts:

- **Fundraising:** discuss next month
- **Meal coverage for SOAR/WSO reps:** Should meal expenses incurred while traveling but not part of the conference itself be reimbursed? Will discuss further at another meeting, but meals for March SOAR conference will be paid.

Filling vacant positions: PIPO and 12th Step Within. If we do not get a 12th Step Within chair, we should still do something for events using the ad-hoc committee already created.

Sponsoring another Intergroup: Still have not heard what the time commitment would be. Clare will follow up with SOAR.

Other business: We should reevaluate how many newsletters we need each month and let intergroup know how many that is. Allie will set up a google form. SOAR and WSO should get any extra newsletters.

Next Intergroup meeting: Saturday, March 21, 2020

All are welcome to attend Intergroup!

Third Saturdays, 10:15 am to noon.

Next meeting Saturday, April 18

Location: Community United Church of Christ
(corner of Wade Ave & Dixie Trail in Raleigh)

CUCC has suspended all meetings in their facilities. Meetings will be held virtually until that changes; check with Mary Anne, 919-260-5693 for details (probably not the call-in info below).

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

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

June: Durham Tuesday/Thursday 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*)

October: Needs a volunteer Due **Wed Sept 9**
Step/Tradition/Concept 10 (*perseverance; neutrality; clarity*)

We need meetings to volunteer to write!

We would especially love to hear from meetings in Raleigh and outside the Triangle. Please consider this service: whether you've been in OA for a few months or a few decades, we need YOUR experience, strength, and hope to have a strong newsletter! And you don't have to meet in person to write—the members of a meeting can write at home and send their writings to a person in the meeting who agrees to coordinate or send them directly to newsletter@triangleoa.org.

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.

Coronavirus Cancellations

- ✍ The church where **Intergroup** meets has closed to all meetings effective immediately, so we will be meeting virtually on the same schedule until that changes.
- ✍ The **NC State Convention** originally scheduled for May 1–3, 2020, in Winston-Salem will be rescheduled for 2021. Registration fee refunds have gone out through Eventbrite, but be sure to cancel your hotel reservation directly with the hotel.
- ✍ The spring **SOAR convention in Baton Rouge** scheduled for March 20–22, 2020, has been postponed until October 23–25, 2020, and the planned fall convention location will be rescheduled for spring 2021.
- ✍ At this point, no word on whether **WSBC** (scheduled for late April) will be postponed; the August recovery convention in Orlando is still planned to go forward.