



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 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. *Spiritual Principle: Integrity*

It is important to choose a trustworthy and understanding person with whom to complete Step Five. ... We are not looking for someone to tell us how to solve our problems. What we need is a loving witness, someone who can keep our confidences and listen without judging us or seeking to fix us. — OA 12&12 p.41-42

Tradition 5

Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers. *Spiritual Principle: Purpose*

Experience has shown we cannot keep the precious gifts of our own recovery unless we give recovery away by sharing OA's message. When we ... share how we've found the solution to our eating problems through practicing the Principles, we discover that we carry the message to those who still suffer, and to ourselves as well. Not matter how much recovery we have, we still need to hear the OA message. Every time we offer our experience, strength, and hope to the still-suffering compulsive eater, we give back what we have been given and thus continue the flow of healing power that fosters our own recovery. — OA 12&12 p.120

Concept 5

Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered. *Spiritual Principle: Consideration*

This Concept, which calls for consideration of others and courteous regard for a wide range of viewpoints, builds strength, unity, and cooperation. — 12 Concepts of OA Service p.6

Tool of the month Telephone



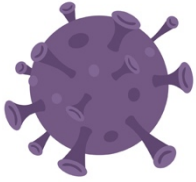
Member-to-member contact helps us share on a one-to-one basis and avoid the isolation that is so common among us. Many members call, text or email their sponsors and other OA members daily. As part of the surrender process, these tools help us learn to reach out, ask for help and extend help to others.
—OA *Tools of Recovery* pamphlet, p.3

Need Some Service?

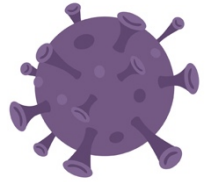
We are in dire need of a group to write for July! See p. 8 for themes and deadlines.

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Coronavirus News



Compulsive eating is a disease of isolation: we all need to be more aware of this than ever in light of the widespread stay at home orders and social distancing recommendations, and find creative ways to keep in touch!

In-person meetings are obviously currently not possible. Some meetings are meeting virtually, most via Zoom (which OA does not endorse, any more than we do the phone company). Zoom info contacts are listed in the meeting list if we have them; check triangleoa.org for the most recent information, or call the regular meeting contact if no virtual contact is listed. *Note that what you will find in both locations is the name and number of a person to call to get the Zoom meeting number, password, or link.* While it might be more convenient to post those specifics, Intergroup is not doing that for security reasons: “Zoom bombing” is now a thing, wherein people crash random unsecured Zoom meetings and put up offensive content via the virtual background or screen sharing. The more of the specifics we put online, the easier it is for those people to find them. Zoom as a platform has started requiring a password for all free and single-user Pro accounts, which is how OA meetings should be hosted using Zoom.¹ SOAR8 further recommends that OA meeting hosts disable virtual backgrounds and screen sharing by participants, and enable the waiting room feature. See triangleoa.org for additional Zoom meeting tips.

It’s vital to maintain the **7th Tradition** even while we are not meeting in person and cannot pass the basket. The 7th Tradition enhances *our own recovery*, as well as supporting service bodies (Intergroup, SOAR 8, and WSO), who maintain our websites, disseminate information, and generally help us stay connected and who are now more crucial than ever! We suggest you keep an envelope and when you attend a virtual meeting, put whatever you would normally have put in the basket in the envelope. You can either bring it to the meeting once it meets in person again or, if your group treasurer is able and willing to receive funds by mail or e-payment (e.g., Paypal, Venmo), send it to your treasurer at intervals. Meeting Treasurers should decide what information, if any, they are willing to provide (e.g., mailing address, e-payment platform(s) and username info) and communicate the options to your meeting attendees. Among the methods available for a given meeting, each individual is free to decide which to use.

The newsletter will be online only (no printed copies) until stay-home orders are lifted. Hopefully, if you are reading this, you’ve figured out how to access it at triangleoa.org, but as a reminder, click on Resources in the menu under the photograph on the main page, then in the dropdown menu, select Newsletters. Click on the downward arrow next to 2020 Newsletters to see individual months. Note that the most recent will be at the bottom of the list for 2020. You can also sign up to have the newsletter e-mailed to you each month on that page.

The screenshot shows the website's navigation bar with links: Home, Newcomers, Meeting List, Resources, Intergroup, and About Us. Below the navigation bar, the 'NEWSLETTERS' section is visible. It includes a text box for submitting a writing to the newsletter and a link to subscribe via email. A red arrow points to the 'Get it by email' link. Below this, a list of newsletters for 2020 is shown, with 'April' highlighted as the 'Latest newsletter' by a red arrow.

Recovery through the 12 Steps and 12 Traditions of Overeaters Anonymous

Home Newcomers Meeting List Resources Intergroup About Us

NEWSLETTERS

Submit a writing to the newsletter. Email your submission to Newsletter@triangleoa.org.

Get it by email → Would you like to receive the Triangle OA Recovery Newsletter via email? Send a blank email to RecoveryNews-join@triangleoa.org to subscribe.

^ 2020 Newsletters

- [January](#)
- [February](#)
- [March](#)
- [April](#) → Latest newsletter

¹ You should not use an employee virtual meeting account! That is not only an inappropriate use of your employer’s resources, but may breach anonymity, because some companies record all virtual meetings by default (and may not publicize that).

"We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past. Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the [compulsive eating] problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe." —Big Book, p75

These are what are called the 5th Step promises. I have given Step 5 three times, each time with more clarity of mind, the farther I was from being in the food, the longer I was abstinent. Each time I was received with such kindness, compassion, and objectivity. And each time I felt long-held burdens were lifted from me; such a sense of relief, peace, and ease. I did feel I could look the world in the eye after having told deeply hidden secrets. I had brought them out of the darkness and into the light of day, in the presence of the benevolent receptivity of three different sponsors. And each time, I was given the blessed and humble realization that I am just another human being with foibles and mistakes and wrongdoing in my past and current makeup. And this is ok, because I am looking at all that squarely. Ahead of me, I will rectify those wrongs and defects. Ahead of me, I will learn not to repeat them. Already with this step, I feel I'm waking up; I'm a renewed person. And as I progress, I will become no longer so self-absorbed and destructive, but more filled with self-love, happy and willing to pour that love out onto others. It is a day-by-day renewal that started from this amazing step, when I took the courageous action to pocket my pride and tell all to another trusted member in recovery. To stop lying to myself and putting on a false front to others, in the hope that they'd like me. What a glorious experience to feel closer to my God by being straightforward, to be on that Broad Highway, not alienated or separated or blocked from HP, but walking hand in hand! How wonderful is this Step, which revealed to me how near God is; how very intimate and accessible. I am so grateful for this pivotal step whereby I honestly opened myself and was so deeply rewarded as a result.

—Anonymous, Chapel Hill



The spiritual principle of Step 5 is integrity. For me, integrity and honesty go hand in hand. If I am not honest, I am not practicing integrity. A few days ago, I was on a walk through my neighborhood. I saw a sign for the invisible fence company in someone's yard. I thought about how this useful device relates so much to my recovery or lack of recovery. If only that poor dog knew that if they just withstood that brief jolt, they would be able to break through to freedom, it would not kill them! But the device works because that uncomfortable feeling is enough to cause the dog to stay in the yard. It learns exactly where the boundaries are and where they must not cross or they will feel that pain again. And that's me in program, I am unwilling to be uncomfortable, to feel some pain in order to get to the other side — to break through to freedom. I know where my boundaries are and when I am unwilling to go past them. And

so I stay in my place of compulsive overeating because it's safe and comfortable. But unlike the dog, I am not well nor am I whole. The OA program gives me the practical and spiritual solution to heal. Thank you, fellows, for your recovery that inspires me to keep coming back. Thank you God for Overeaters Anonymous. —Anonymous, Durham

Step 5

I realized this morning that I'm holding on to a resentment against coworkers and that Steps 4 through 9 are going to be the way to get rid of this resentment and keep new ones from forming — are, in fact, the only way that will work for me. I realized this by doing a form of Step 4 inventory I heard on a podcast. I make a page with 3 columns: Column 1 is the things I can't let go of/turn over to HP, Column 2 is why I can't let go/surrender, and Column 3 is how I would BE if I let this go (not what I would do). When I was writing, I realized that I had this resentment again/still against these coworkers, and that a lot of it stems from defensiveness and guilt I feel about my mistakes. I can rid myself of this defensiveness and guilt by admitting these mistakes to myself, HP, and another person, and I can work Steps 6-9 to get rid of them more permanently.

If I don't feel defensive and guilty about my mistakes, I don't worry so much about what others say or do and am free to accept myself and them, as we all are. I don't have to make them like me and I don't have to pretend that I always do everything right. By the same token, I don't have to pretend my mistakes are judgements or condemnations of who I am. I don't have to live at the mercy of what others think of me.

I don't relish this process, but I do want to live free of resentment, guilt, and fear as much as I can. Now I start praying for the willingness to put this in practice. If I can do this, I can be freed of not only the bad feelings but also the need to eat to comfort, console, or distract myself. I can live more as the person HP/God wants me to be. I hope I will move ahead with this with my OA buddies, my sponsor, and HP/God! —*Kathy R, Durham*

I just completed another 4th and 5th Step and used our new workbook. I actually shared sections with my Sponsor as I did the inventory, because there are so many questions. This was probably the 4th or 5th time I did the 5th Step with my Sponsor. I love the process. It really does feel like cleaning out a cluttered closet letting the old forgotten and hopefully useless defective behaviors get an airing and then discarding them so that I can breathe more freely and give my spirit space to exist. Sometimes as I go over the writings, I elaborate more as a true sense of integrity takes over and I want to be sure I am not rationalizing a behavior or omitting some aspect.

I am so grateful for the trust that I have developed over the years in the program. Trust in myself to be open and honest and trust in my Sponsor to be lovingly there for me through the process. When I came into these rooms, I had many secrets about myself and from myself that I had to hide. Now I know that my Higher Power, through my Sponsor, loves all of me and gently guides me through the transformation that happens when I work the steps. —*Paula, Durham*



to Durham Sunday morning

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 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, 919-360-3111, or text Anne L, 919-360-8711, for details	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, 919-260-5693, for details	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 Meeting virtually, check triangleoa.org to see if we have a contact; virtual meeting is NOT the same as Sunday Carrboro	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 Mary Anne, 919-260-5693, or text Anne L, 919-360-8711, for details	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) Meeting virtually; call Taylor, 908-462-4525, for details	Variable, Writing Robin A. 919-667-7546
Wed 7pm #56841	Durham, Structure House, 3017 Pickett Road, Room 220. Meetings suspended	Variable Clare 919-428-6109
Thurs 12:30pm #28531	Same as Durham Tues 12:30 meeting. Meeting virtually; call Taylor, 908-462-4525, for details	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 Meeting virtually; call Nan M, 518-466-0100, for details	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 Thurs 7pm #46318 Sat 11am #00486	Greenville First Presbyterian Church 1400 South Elm Street 14th Street Entrance; take the elevator to the 2nd floor All Greenville meetings are meeting by phone: Call-in number: 978-990-5000; PIN: 434698#	All Big Book Pat K. 252-353-6546 (Mon) Christina L. 252-227-1051 (Th) Nancy S. 252-565-5424 (Sat)
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 Meeting virtually, call Atiya, 919-302-1030, or Mary Anne, 919-260-5693, for details	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
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



March 21, 2020

Draft minutes; subject to Intergroup approval.

In Attendance: Mary Anne (Chair, WSO); Judi (Secretary, High Tech); Karen (Treasurer); Clare (SOAR); Anne (SOAR, Newsletter editor); Suz (Parliamentarian, Rep. Hillsborough Wed 6pm); Kathy Z, (Rep. Chapel Hill Tues 6pm); Mike (Web committee); Taylor (Rep. Durham T/Th 12); Cory. [All attending via Zoom, due to coronavirus]

Minutes from February approved with one minor modification (Mary Anne completed the SOAR eligibility certificates, not requirements.) We should note in the newsletter minutes that they are subject to approval.

Treasurer's Report (Karen): The report was accepted as submitted. Some SOAR expenses may be refunded for the canceled SOAR conference, but we should incur most of the expenses for the fall SOAR conference. The seed money for the NC State Convention may or may not come back to us. Our expenses are minimized due to the coronavirus (e.g., we are not printing the newsletter).

STANDING COMMITTEE REPORTS

WSO (Mary Anne): Mary Anne has booked hotel, but is holding off on booking flight. Conference is moving forward at this time. [ed. note: WSBC subsequently cancelled.]

SOAR (Clare, Anne): As noted above, SOAR conference cancelled. Clare was to have led a workshop.

High Tech (Judi): Judi set up PIPO email address to send from and upgraded the website software. Pages can be password protected.

Group Outreach (Allie): No report.

Newsletter (Anne): We will not print copies for April or May, but distribute online only; we can evaluate after that month-to-month. Allie reported via email that she had set up an online survey for how many copies groups wanted, but no one took it (though one person attending IG had). In light of suspension of printed copies, we can figure this out later; more people may be willing to access online after this. Karen will post about our online newsletter on an OA Facebook page she follows.

PI/PO (vacant): No report, but outgoing chair Allie will be informed that PI/PO information can be sent out from the new email address.

AD HOC COMMITTEE REPORTS

12th Step Within (vacant): No report.

2020 NC State Convention (Sid): The state convention has been cancelled for 2020 and will be rescheduled for 2021. Folks should cancel hotel rooms; registration refunds will be sent through Eventbrite.

Retreat Liaison with Piedmont IG (Sid): This is on hold as we see how the coronavirus plays out.

Bylaws/P&P Update (Suz): Bylaws are in great shape, but P&P needs to be updated. Suz asked intergroup to read the ones relating to their positions. Judi will create a google doc for P&P so we can all work in the same copy

Audio Library (Nancy): Clare still has library.

NEW BUSINESS

Handling coronavirus restrictions: Post an article on website and in the newsletter about getting virtual meeting info, hosting meetings, maintaining 7th Tradition.

Budget: Putting this on hold until after we have more information.

Sponsoring another Intergroup: Mary Anne followed up with SOAR, who told her no intergroups had applied to be sponsored. They asked if we would consider hosting SOAR Fall 2021. We'd need to find a hotel, do reservations, do a bit at the convention, etc. Mary Anne will get more information and potentially follow up with someone in Triangle Intergroup who has done this before, to see if they would mentor someone.

SOAR funding: Table until next year

Next Intergroup meeting: Saturday, April 18, 2020

All are welcome to attend Intergroup!

Third Saturdays, 10:15 am to noon.

Next meeting Saturday, May 16

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; call Mary Anne, 919-260-5693, for Zoom meeting details. The usual call-in number will not be used while we are using Zoom.

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.

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: Raleigh Wed 7am 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*)

November: Durham Monday 7:30pm Due **Wed Oct 7**
Step/Tradition/Concept 11 (*spiritual awareness; anonymity; humility*)

December: *Needs a volunteer* Due **Wed Nov 11**
Step/Tradition/Concept 12 (*service; spirituality; selflessness, realism, representation, dialogue, compassion, respect*)

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.

Your newsletter needs YOU!

We want 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! If you can talk, you can write: just write down what you might say when sharing at a meeting – the newsletter editor will tidy up any errors! And your group doesn't have to be meeting in person to write—everyone 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. You can even write long hand, take a picture, and send that – the editor has many years of experience deciphering handwriting!



Need a Sponsor?

If you're in an area with only one or two meetings and not a lot of sponsors, try attending some of the virtual meetings going on during the stay-home order. Once that's over, try some of the online or phone meetings—there are some listed in the newsletter, and many more online at oa.org. There's no reason your sponsor has to attend your local meeting—get creative!