



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 6

Were entirely ready to have God remove all these defects of character. *Spiritual Principle: Willingness*

Working the Sixth Step is a lot like working the first Three Steps on each of our defects. We remind ourselves: "I'm powerless to rid myself of this trait. I can't, but God can. I'll let God take it." — OA 12&12 p.48

Tradition 6

An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose. *Spiritual Principle: Solidarity*

"First things first" is another slogan that sums up Tradition Six. In OA, we learn to focus on our primary purpose and exclude from our groups everything that might interfere with our ability to carry the OA message. — OA 12&12 p.129

Concept 6

The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

Spiritual Principle: Responsibility

To safeguard the Fellowship as a whole, the Board of Trustees is given the responsibility to oversee the administration of our corporate entity, thus ensuring that business flows smoothly and that issues are addressed in a timely manner. — 12 Concepts of OA Service p.

A Plan of Eating

As a tool, a plan of eating helps us abstain from compulsive eating, guides us in our dietary decisions, and defines what, when, how, where, and why we eat. There are no specific requirements for a plan of eating; OA does not endorse or recommend any specific plan of eating... Each of us develops a personal plan of eating based on an honest appraisal of [our] past experience. Although individual plans of eating are as varied as our members, most OA members agree that some plan—no matter how flexible or structured—is necessary. — *The Tools of Recovery*, p.1-2

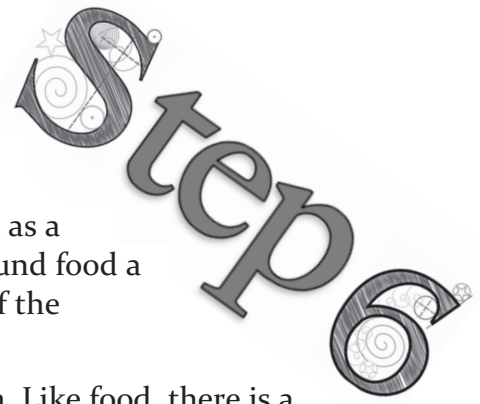
Eating plans may change over time as you gain more experience or your body changes. You may think a particular food is not a trigger and later find that it is. Or you may find that you need to lose weight but, are not doing so with your current plan of eating. If you have been in the program for a while, you may find that you need either less food or more exercise to maintain a constant weight. — *A Plan of Eating*, p.10



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Step 6: Were entirely ready to have God remove all these defects of character.



What are the barriers for me to becoming entirely ready?

- Regarding food, I don't want to completely let go of food's function as a comfort to me. I've given up a lot, and have changed my habits around food a lot since joining OA. Yet I am not fully ready to completely let go of the comfort that food brings.
- Some of the defects I cling to provide an emotional or physical rush. Like food, there is a rush I get from behaviors, like the self-righteous rush of anger and resentment. But the positive is so short-lived, and the corrosion caused stays long after. This is what Step 3 calls the "bondage of self."

I desire to stay comfortable, to avoid feelings of fear, resentment, unworthiness, anger, and confusion. Feeling these feelings sometimes still feels dangerous, though I know that feelings themselves are not dangerous. I want to get rid of the "negative" feelings. Instead, I can turn those over to my HP and make friends with the fact that life is now and will always be full of uncomfortable feelings.

For me, Step 6 isn't a one-time thing. It's a process of improvement, gradually letting go more and more of my behaviors that are life-stealing. There is joy and relief as I look back and acknowledge the patterns and behaviors that I have shed over the years, seeing that my life has become freer and more joyful. —Anonymous, Durham



This is a lifelong step for me. It highlights the phrase on page 164 of the Big Book: "God will constantly reveal more to you and to us."

If Step 4 is an initial "most obvious" inventory, and Step 10 is a daily one for defects of character we become aware of in our daily lives, Step 6 is where I can start to change my life. I have to become aware of a defect of character and then accept it before I can become willing to

surrender it for God's removal. Every part of this process involves me working with my Higher Power. I don't get to simply say "I don't want it—take it away!" like an ornery toddler who then demands to have that defect back for comfort when I'm scared or tired or angry or... or... or... That doesn't work, I've tried it!

When I become aware that a default way of thinking or acting is now causing me or others pain, I take this new realization to my sponsor. Her response is always "How are you still benefiting in any way from this way of thinking or acting?" Writing and/or meditating on this question is an action of recovery that brings me to a deeper level of awareness and acceptance.



It is only when I am ready to surrender every aspect of my faulty thinking and actions, regardless of the ways they benefit me, that I am *entirely ready*. It is often not an easy process. It takes an uncomfortable examination of who I am. But when I am entirely for my Higher Power to remove that defect, there is a sense of peace and hope that is truly worth the effort. —Anonymous, Carrboro

Concept 6: The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

Concept 6 seems relevant in a very personal way. Just as the Traditions can be applied to the running of my own life, I see that Concept 6 applies personally as well. If we members of OA are willing to put our trust in others to run the organization, I need to ask myself: Am I putting my trust in my HP to run my own organization, namely my life?

As a compulsive overeater I have far too many examples of making poor and reckless decisions—ones that seemed smart in the moment that later turned out to be anything but smart. I am in the midst of just such a decision now that feels earth-shaking due to its vast ramifications. I pray for guidance now—as I often do—and trust once more that I am receiving what I need to make decisions.



Recovery means learning to make decisions in a new way, not based on what feels good, but more like what feels like my HP's will—and when I'm lost for specific guidance, I can look for what I know is sound and true. As one seasoned program person says, "The truth is short. Just list the facts and let them lead you, along with your Higher Power's help."

For today, I am willing to keep moving in the direction I perceive from my Higher Power. If doors shut, then I can ask, "what now?" and trust that I will be given the next right thing to do. —Robin A. Durham



*to Durham
Tuesday/Thursday
for writing this month!*

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We become wiser, saner, more effective people as we recover from the disease of compulsive eating.

Puzzle solution

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

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.

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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.oa12step4coes.org	
Daily 3am, 6am, 9am, 12pm, 3pm, 6pm, 9pm, & 12am	www.OArecovery.com	

Triangle Intergroup Minutes



April 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); Kathy Z, (Rep. Chapel Hill Tues 6pm); Cory. [All attending via Zoom]

Minutes from March approved as submitted

Treasurer's Report (Karen): The report was accepted as submitted.

STANDING COMMITTEE REPORTS

Secretary (Judi): Sent out Policies and Procedures. Many bounced back (Yahoo accounts); Judi will re-send from a different email address if you text/message me you would like to read them. They are all on the website. I got most of the minutes from Mary Anne (Thanks!) I will need to go in and grab the 2017 and 2018 minutes from the newsletters online. Will start that this month.

WSO (Mary Anne): WSO is cancelled. Delegates will vote on two urgent items—trustees & some new literature—via Survey Monkey. Mary Anne is reviewing these and will ask questions if she has any.

SOAR (Clare, Anne): Nothing to report. Clare will hold off rebooking her flight for fall, to see what develops.

High Tech (Judi): The website is being updated with new information regarding COVID-19 meetings. Not sure who to contact about the emails bouncing back from yahoo. Will look into it this month.

Group Outreach (Allie): Allie was not present; no report.

Newsletter (Anne): Desperate need for someone to write for July.

PI/PO (vacant): No report.

AD HOC COMMITTEE REPORTS

12th Step Within (vacant): No report.

Retreat Liaison with Piedmont IG (Sid): Sid was not present; no report.

Bylaws/P&P Update (Suz): Suz was not present, but Anne had reviewed and felt it would help review if it were better organized (right now, it's just a concatenation of the separate files from the web site, in no particular order). Offered to reorganize and add a table of contents.

Audio Library (Nancy): Nancy was not present. Clare will keep the audio library until after COVID-19 is over.

BUSINESS

New business put on hold until next month as we have few attendees.

Next Intergroup Meeting: May 16

All are welcome to attend Intergroup!

Third Saturdays, 10:15 am to noon.

Next meeting Saturday, June 20

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.

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!

