



# 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 7

Humbly asked Him to remove our shortcomings. *Spiritual Principle: Humility*  
“As we gain new humility and ever greater freedom from our character defects, God’s power flows more surely and freely through us, bringing healing to others as well as ourselves, and drawing to us all the things we once fought so hard to attain: self-esteem, a feeling of usefulness, joy, strength to surmount difficulties, fellowship, and love. Our simple prayers, humbly spoken, are answered in wonderful ways as we open our lives to God’s transforming power, and we find that, once again, God does for us what we could never do alone.” —OA 12&12, p.56

## Tradition 7

Every OA group ought to be fully self-supporting, declining outside contributions. *Spiritual Principle: Responsibility*  
“The principle of being fully self-supporting is an important one for OA groups and recovering compulsive eaters. Paradoxically, being fully self-supporting means we are now free to ask for help. In light of the Seventh Tradition, we begin to see more clearly what our boundaries need to be. We begin to share our vulnerability with others in OA without expecting them to shoulder our responsibilities. As our Higher Power helps us to be self-supporting, we can let go of our unhealthy dependencies and develop healthy relationships with the people who share our lives.” —OA 12&12, p.136

## Concept 7

The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws [and] the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws. *Spiritual Principle: Balance*  
“Because OA is committed to the group conscience process, the Board of Trustees willingly accepts the responsibility to carry out the decisions made by the WSBC and the delegates of the WSBC willingly place their trust in the Board of Trustees to do so.”  
—The Twelve Concepts of OA Service pamphlet, p.9

## Tool of the month

### Action Plan

“An action plan is the process of identifying and implementing attainable actions, both daily and long-term, that are necessary to support our individual abstinence and emotional, spiritual and physical recovery.

This tool may vary widely among members and may need to be adjusted as we progress in our recovery. A newcomer’s action plan might focus on planning, shopping for and preparing food. Some members may need a regular fitness routine; time for meditation and relaxation; strategies for balancing work, family and friends, and our program. Others may need help to organize their homes; deal with their finances; and address medical, dental or mental health issues.

Along with working the Steps on a daily basis, an action plan may incorporate use of other OA tools to bring structure, balance and manageability into our lives.” — *The Tools of Recovery*, p.5-6



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## Turn That Character Defect Upside Down

Defects of character. Don't get me started. The list can be easily overwhelming. Not just the sheer number of defects, but the difficulty level for each one. I didn't think I could manage until I discovered "misapplied character traits" discussed in Step 7. I can find legitimate uses for many of my character defects.

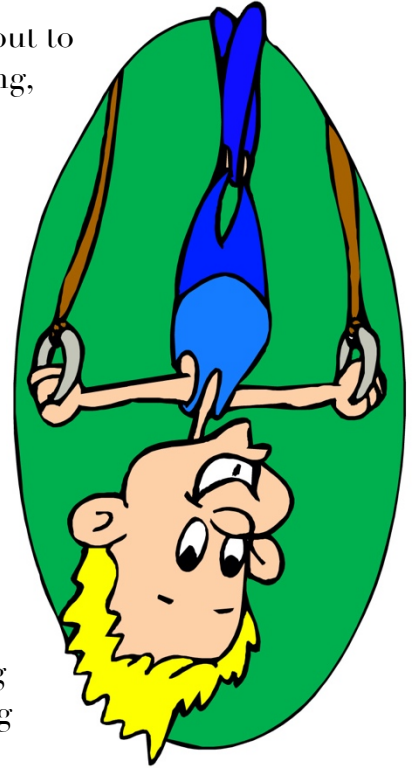
☀️ *Procrastination* has become one of my best tools for staying abstinent, but I'll talk about that later.

☀️ *I need to be right.* I found this very useful one day. My sponsor pointed out to me that I was eating some foods that could trigger me. She was so wrong, and I told her. Later when some cravings started, I refused to eat anything that wasn't on my food plan: I couldn't be *that* wrong. There was no way I was going to have to tell my sponsor I ate something not on my food plan, and that she had been right!

☀️ *I'm also kind of a control freak and a little OCD.* I like everything to be in order, my order, as much as possible. This helps me with my food plan. It took me a long time to figure out how to write and stick to my food plan. Now I make my plan the night before. I count all the servings, food groups, and calories. I do not like to deviate from my written plan. I even found an emoji that is "100." I give that to myself every day I stick exactly to my plan.

☀️ *I am much more willful than I would like to admit.* When I get a really serious craving, sometimes I ward it off with willfulness. I am not going to eat it no matter what. I am going to win this war. Food, you are going down, and I will be on top. I just adamantly refuse to give in to the craving.

☀️ *Oh, right, back to procrastination.* There are foods that I cannot think about never being able to eat again or eat in a quantity healthy for me. When I have cravings like that, I come up with some sort of excuse why today doesn't work for me (my weigh-in day is in 2 days, or I don't really have money for it today, or I'd have to get up and go to the store for that). I only have to be abstinent for today. It's not that there's any food I can never eat again. That thought is too scary. I'm just going to eat certain foods tomorrow or next week. Putting the temptation off gets me through it.



Take your list of character defects. See if you can find a different way to look at and use them. Some reasons can be a little comical, a few are a stretch, but most can be useful and helpful staying abstinent. They have worked for me. —Sahra A., Wilmington



The first time that I worked through the 12 Steps, I became stalled on Step 6. Having identified a primary character defect of deep resentment towards someone significant in my life, I was unable or unwilling to even imagine turning this shortcoming over to my Higher Power. I had not yet become entirely willing to surrender this resentment. I felt justified in my anger. I felt empowered by the seething rage. I believed that the anger was “working for me.”



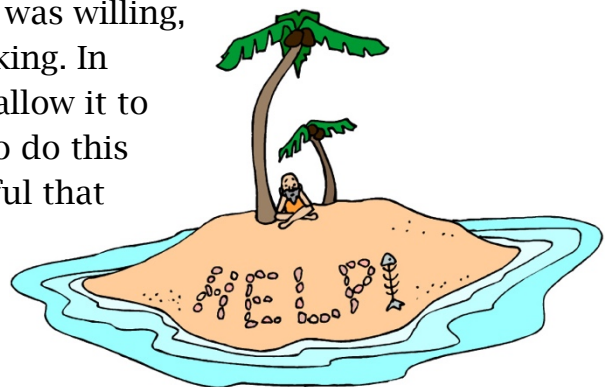
I was willing to share about my unwillingness to “let go and let God” with my sponsor and in meetings. One of the helpful shares that I heard was that willingness might come in God’s time. However, I also heard that it was possible to pray for the willingness to take an action. I remembered this idea even though I was not even willing to try this approach at the time. I later became aware that I also could pray for the willingness to be willing, or even the willingness to be willing to be willing.

Taking positive action always helps me to overcome deadly procrastination, another character defect. This “acting my way into right thinking” is another way of shifting the flaw of stubbornness into the attribute of persistence. I can pray for the willingness to let go of a binge food, to add exercise to my action plan, or any other seemingly overwhelming next step on my “road to Happy Destiny.” After all, I have an awesome Higher Power. What action do I need to begin taking today?—Neill M., *Region 8 Twelfth Step Within committee*



### **Step 7: Humbly asked him to remove our shortcomings.**

I was ready for God to remove my shortcomings, and he was willing, but I had to ask. There is something important in the asking. In asking, you unlock the power greater than yourself and allow it to work wonders in your life. When the time came for me to do this step, I was still a little shaky. But the prayer is so powerful that when I was done, I was ready. I was ready to do the hard work of Steps 8 & 9. Without Step 7, Steps 8 & 9 would have overpowered me. Step 7 gave me the courage and faith to make my amends and thus, reap the 9th Step promises. Once I had acquired those, I was free. I had a freedom which I had never experienced before, and a peace which, up ‘til then, was unknown to me. But to get there, I needed to do the asking. Asking God to remove those things which prevented me from moving forward. It is with great relief that I can say, “and he did”. —Anonymous, *Apex*



# 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
<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) <b>[Call Heather O, 919-360-3111, or text Anne L, 919-360-8711, for Zoom details]</b>	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 <b>[Call Mary Anne, 919-260-5693, for Zoom details]</b>	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 <b>[Call meeting contact for Zoom details]</b>	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. <b>[Call meeting contact or text Anne L, 919-360-8711, for Zoom details]</b>	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) <b>[Call Taylor, 908-462-4525, for Zoom details]</b>	Variable, Writing Robin A. 919-667-7546
Wed 7pm  #56841	Durham, Structure House, 3017 Pickett Road, Room 220. <b>Meetings suspended</b>	Variable Clare 919-428-6109
Thurs 12:30pm   #28531	Same as Durham Tues 12:30 meeting. <b>[Call Taylor, 908-462-4525, for Zoom details]</b>	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 <b>[Call Nan M, 518-466-0100, for Zoom details]</b>	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 Thurs 7pm  #46318 Sat 11am  #00486	Greenville First Presbyterian Church 1400 South Elm Street 14th Street Entrance; take the elevator to the 2nd floor <b>All Greenville meetings are meeting by phone: Call-in number: 978-990-5000; PIN: 434698#</b>	All Big Book Pat K. 252-353-6546 (Mon) Christina L. 252-227-1051 (Th) Nancy S. 252-565-5424 (Sat)
<b>Morehead City Area (Morehead City, Havelock)</b>		
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
<b>Raleigh Area (Raleigh, Apex, Cary, Fuquay-Varina, Garner)</b>		
Sun 4pm  #18237	Raleigh, Grace Lutheran Church 5010 Six Forks Road; Fellowship Hall <b>[meeting in person again as of June 1]</b>	Literature Loretta 646-242-3767
Mon 7:30pm  #50409	Same as Raleigh Sun 4 pm meeting	Big Book Judy 919-782-3523





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	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 <b>[meeting in person again as of June 1]</b>	Steps, Discussion <b>Chuck 919-830-6128</b>
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. <b>[meeting in person again as of June 1]</b>	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 <b>[Call Atiya, 919-302-1030, for Zoom details]</b>	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>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.oa12step4coes.org">www.oa12step4coes.org</a>	
Daily 3am, 6am, 9am, 12pm, 3pm, 6pm, 9pm, & 12am	<a href="http://www.OArecovery.com">www.OArecovery.com</a>	

# Triangle Intergroup Minutes



**May 16, 2020**

*Draft minutes; subject to Intergroup approval.*

**In Attendance:** Mary Anne (Chair, WSO); Judi (Secretary, High Tech); Karen (Treasurer); Anne (SOAR, Newsletter editor); Allie (Group Outreach, Newsletter distributor); Suz (Parliamentarian, Rep. Hillsborough Wed 6pm); Kathy Z, (Rep. Chapel Hill Tues 6pm); Taylor (Rep. Durham T/Th noon) [All attending via Zoom]

Minutes from April approved as submitted

**Treasurer's Report (Karen):** The report was accepted as submitted. Groups are being faithful sending in money, and expenditures are currently minimal.

## STANDING COMMITTEE REPORTS

**Secretary (Judi):** She needs to work on maintaining a repository of approved minutes separate of the newsletter and possibly post online.

**WSO (Mary Anne):** She has been put on the WSO Bylaws committee.

**SOAR (Clare, Anne):** Anne mailed a check to refund what had been advanced for the hotel for the cancelled spring convention.

**High Tech (Judi):** She will investigate possible new system for email, since the current one is so unreliable.

**Group Outreach (Allie):** She completed updating the meetings; based on the OA website, Intergroup website, and the newsletter, the list in the newsletter is the most up-to-date.

**Newsletter (Anne):** We need more groups willing to write for the newsletter. She wondered if we could tell how many clicks on the newsletter online to potentially inform how many we need to print when we resume printing.

**PI/PO (vacant):** No report.

## AD HOC COMMITTEE REPORTS

**12th Step Within (vacant):** No report.

**Retreat Liaison with Piedmont IG (Sid):** They are still planning a fall retreat.

**Bylaws/P&P Update (Suz):** Suz is overwhelmed with work demands; Anne and Mary Anne offered to help and Anne will set up a Zoom meeting to form a plan for proceeding.

**Audio Library (Nancy):** Nancy was not present. Clare has the audio library and planned to keep it until after COVID-19 is over.

## BUSINESS

**Budget:** The 2020 budget was accepted.

**Intergroup Zoom Account:** We have been asked to consider getting an Intergroup Zoom account that meetings could use. Several concerns were raised, including whether hosts would have access to the credit card information used to pay for it *[no]*; how many licenses would we need to accommodate all groups *[5 at \$15/mo each]*; how would hosting work *[numeric host key]*. Mary Anne would like to vote on this before the June meeting if possible; if 7 or more vote one way, we will accept that as consensus.

*[Follow up: An ad hoc Intergroup meeting was held on May 30 with 7 attendees. After discussion, we voted to split up the list of meetings and call the contacts to ask if they would use such an account: some meetings have resumed in person meetings, and some have already purchased or had donated an account and might be reluctant to change meeting info. We voted to obtain a single seat license before the next IG meeting if that was warranted, and resume discussion at that time. We also discussed the possibility of getting an IG debit card. Karen will call the bank to gather more information and report back in June.]*

**Next Intergroup Meeting:** June 20



# 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.

**August:** 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)

**January:** *Needs a volunteer* Due **Wed Dec 9**  
Step/Tradition/Concept 1 (honesty, unity)

**February:** *Needs a volunteer* Due **Wed Jan 6**  
Step/Tradition/Concept 2 (hope, trust, conscience)

## 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.



## All are welcome to attend Intergroup!

**Third Saturdays, 10:15 am to noon.**

Next meeting Saturday, July 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; 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.



JOIN US FOR AN AFTERNOON OF FELLOWSHIP DURING

# TRIAD SERENITY DAY

**June 27, 2020**

1-4 pm on Zoom

Meeting [link](#)

Meeting ID:

817 7542 6013

Call in number:

929-205-6099



## "Conscious Contact"

- Listen to others share their experience, strength and hope
- Enjoy guided chair yoga and meditation
- Explore your relationship with your Higher Power through writing

...and more!

