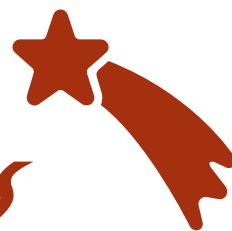


Triangle OA Recovery News



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 9

Made direct amends to such people wherever possible, except when to do so would injure them or others. *Spiritual Principle: Love*

"For many members of OA, Step 9 proves to be the most surprising. Before we do this Step, most of us dread the thought of going to each person we've harmed, frankly acknowledging our faults, and taking direct action to remedy the damage we have done or repay the losses we have caused. After making amends, however, those of us who dreaded Step 9 the most are eager to share the results. This Step has freed us from the shackles of our past mistakes in a miraculous way. Our lives are changed, our broken relationships mended, and the resentment that poisoned our heart for years is washed away." — *OA 12&12*, p 63

Tradition 9

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve. *Spiritual Principle: Structure*
"Though our OA meetings may seem chaotic at times, chaos isn't the goal of Tradition 9. This Tradition encourages us to remain as free as possible from the bureaucracy that tends to form around organizations. In such instances, the organization takes on a life of its own and obscures the real purpose of the group: carrying our message of recovery based on spiritual Principles." — *OA 12&12*, p 145

Concept 9

Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels. *Spiritual Principle: Ability*

"Trusted servants are vital to OA at all levels of service. Although some service positions may require certain skills and abilities, willingness is the first step in OA service." — *12 Concepts of OA Service*, p 11

Tool of the Month

Sponsors are OA members who are living the 12 Steps and 12 Traditions to the best of their ability. They are willing to share their recovery with other members of the Fellowship and are committed to abstinence.

We ask a sponsor to help us through our program of recovery on all three levels: physical, emotional, and spiritual. By working with other members of OA and sharing their experience, strength, and hope, sponsors continually renew and reaffirm their own recovery. Sponsors share their program up to the level of their own experience.

Ours is a program of attraction; find a sponsor who has what you want and ask that person how he or she is achieving it.—*OA Tools of Recovery*, p.2



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Thoughts Are Just Thoughts. Before OA, I crashed through life like a bull in a china shop. Then slowly I became aware of how my behaviors and words toward others affect them. This is still a work-in-progress, as is my recovery. I am learning not to interrupt others, not to interject my opinion, and to keep my mouth shut when it comes to talking negatively about others. If I have a hurtful thought towards another, I am learning I don't have to express that thought. Thoughts are just thoughts—an amazing amount of garbage can run through my head. I have the choice of accepting that thought or excusing it out of my head. Being the work-in-progress that I am, I have learned when I do hurt others. I recognize it more often (not always), and make amends right then or soon after. Life is much more peaceful this way. —Reprinted from September 2016

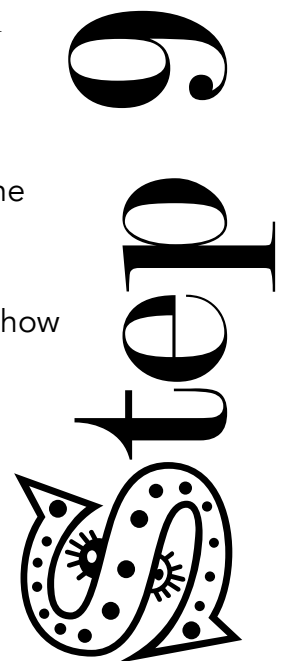


Grateful for Balance. Self-discipline is one of the gifts I have received as I follow this program. Good habits started four years ago are reinforcing themselves. Self-care is becoming a natural part of my daily and weekly routine. This all started because I was desperate to have the insanity lifted. But as I continued down the path, self-discipline became a side effect naturally, a blessing from HP rather than me with gritted teeth being in control. It's natural because it feels good, it makes me happy. When I stayed up too late the other night and felt groggy and not myself the following day, it didn't push me to the food, but rather was a gentle reminder of how great I feel when in balance. This structure of self-discipline underlies and underpins my life these days. It is the bass note above which I rejoicingly trill the high notes of my life. This new life of mine includes love for others. When I was unhappy and digging a deeper well of unhappiness with compulsive overeating, I was totally self-centered and unable to look up and over the top of the deep hole to experience what others

had to give me and to share myself with them. Now I am easily enjoying fuller family connections and have made new friends, ones who nourish and cherish me and propel me in healthy directions.

Love of and for others is such a precious part of my life now; the more connected I am to HP, the more I am open to loving relationships. These are some of the many blessings of this program for which I am grateful. —Reprinted from September 2016

How Does Making Amends Work? To amend something means to change it. In the context of making amends in OA, we are atoning for past wrongful actions by changing our future actions. In most cases, this means changing our patterns of behavior. The words we use when making amends are not nearly as important as how we act from now on! If we continue to hurt people after apologizing to them, our words would be empty and meaningless. We can only make past harm up to ourselves and our loved ones by permanently changing our harmful attitudes and actions. By dealing lovingly with each person in our lives, our spiritual awakening becomes real. We have cleaned up the harm we have caused in the past and are more at peace with the world! —Reprinted from September 2018



Shoulders Back, Head Held High. In the Big Book of Alcoholics Anonymous, we learn in Step 9 that "Faith without works is dead." We are reminded that as compulsive overeaters we have accumulated a lot of mess and debris on our side of the street through our years of attempting to live on self-will and to run the lives of others. Step 9 takes our new spiritual way of life out into the world, into the relationships that were impacted by our disease. We're told that we're embarking on a "long road of reconstruction" and that our actions, much more than our words, will convince those around us that we are in fact recovering. It wasn't until I began to work Step 9 that I knew what it was like to really stand fully in the light. With my HP and my sponsor, I became willing and able to acknowledge how my character defects had been showing up in my behavior in a way that was harmful to others. I began to have the words to accept my part and to apologize with genuine humility. I found after years of hoping that I wouldn't happen to run into any variety of people, that I could walk in the world without fear. Step 9 allowed me to really begin to release shame about my behavior by acknowledging it and speaking it out loud to those that I'd harmed and I was finally able to walk with my shoulders back and my head held high. Even in making amends we're instructed that "we should be sensible, tactful, considerate and humble without being servile or scraping. As God's people we stand on our feet; we don't crawl before anyone." Today I am so grateful to Step 9 for helping me to take my new spiritual life into the world and for creating a bridge from my diseased behavior to my life in recovery. *–Reprinted from September 2017*



Forgiveness has been an important part of my program work in almost every Step. My definition of forgiveness has changed over the years. I no longer think of forgiveness as a moral reprieve given from "on high" to an undeserving sinner; I think of it as simply letting go and detachment. When I forgive a harm/wrong, my goal is to let go or detach from the pain and/or suffering caused by the wrong; I try to detach from the thoughts and the "story" associated with that harm. Detachment takes away the need to retaliate; there is simply no reaction or motivation to get even or hurt the other person. The harmful act becomes a fact, a reality: She/he did this on this day; I felt that; we were both doing the best we could. I acknowledge and accept my feelings without

reacting to them. I do not condone the harm or the person who did the wrong, but I separate myself and remove myself from a "position to be hurt."

Another way to use the principle of forgiveness is toward myself. Self-forgiveness is probably the hardest form for me. In earlier Step work, my previous sponsor asked me to place myself on the top of the list of people to whom I owed amends. That meant I had to forgive myself as I went about making living amends to myself for the negative self-talk, the criticism, the lack of self-care, the isolation, and the physical abuse of compulsive eating. I'm still working on all of that, but it has gotten much better. Actually, all aspects of life have gotten much better through working the Steps and being a part of this amazing Fellowship. I am humbly grateful to you all. *–Reprinted from September 2015*



o.r.g.i.v.e.n.e.s.s

Not Organized...What?! Tradition 9 states that “OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.” Seriously, how does any entity of the scope of OA function without organization? The answer is...very well.

I once took on a position as Chair of my local Intergroup. I was terrified of the responsibility and wondered how I, with all my quirks and character defects, could assure that this entity was able to function effectively. What I discovered is when we focus on our commitment, which, as the tradition says, is to represent those we serve, all that needs to happen happens. More amazing is that when not everything happens as I think it should, the function of the entity still fulfills that primary commitment. It is the lack of organization and rigorous formality that allows us to be fluid and provide service wherever and however it is needed. It is by allowing our Higher Power to guide us that we are able to accomplish the tasks that are needed and not get hung up on what is not occurring. It is also our commitment to service that allows us to consistently keep our heads in the game. In addition, it provides me with the valuable life lesson about organization. If I stand around waiting for my life to be organized and tidy, nothing gets done. When I focus on being of service and forgetting what it looks like, miracles occur. *—Reprinted from September 2017*



Sound and Able. When I think about the spirituality principle underlying Concept 9, the principle of ability, I think about how easily I become overwhelmed and feel like I don’t have ability. I also think about the many feelings I’ve had about authority figures and institutions and their ability, or lack thereof, to do their jobs or look out for others—mostly me! This Concept is so helpful for me in clarifying the goals and the processes that can help guide our fellowship in our recovery together. I can use this principle to remind myself that, if we are following the parts of the Concept as best we can, then I can let go of angers, fears, or resentments about outcomes, and that we really will be ok together as we keep working it out. My focus can move away from whether I agree with the decision or the trusted servant who proposed the idea, and instead check in on whether the people working together seem basically able and trustworthy, and the method they were chosen by was sound. If all that checks out as ok, then I can take a deep breath and pray for willingness to let go of selfishness or self-seeking, and find acceptance of the decision. I’ve had a lot of trouble with feeling unappreciated or abandoned by authority figures. I’ve carried the resentment a long time. I hope this Concept will help me learn a new way of relating to authority figures and institutions that will give me more serenity and less vulnerability to the disease of compulsive eating. *—Reprinted from September 2016*

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) [Call Heather O, 919-360-3111, or text Anne L, 919-360-8711, for Zoom 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 [Call Mary Anne, 919-260-5693, for Zoom 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 [Call meeting contact for Zoom details]	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. [Call meeting contact or text Anne L, 919-360-8711, for Zoom 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 Garry 202-374-0403
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) [Call Taylor, 908-462-4525, for Zoom details]	Variable, Writing Robin A. 919-667-7546
Wed 7pm #56841	Durham, Structure House, 3017 Pickett Road, Room 220. Meeting suspended	Variable Clare 919-428-6109
Thurs 12:30pm #28531	Same as Durham Tues 12:30 meeting. [Call Taylor, 908-462-4525, for Zoom 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 10:30am #45514	Durham, Structure House, 3017 Pickett Road, Room 220. [Call Nan M, 518-466-0100, for Zoom 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 Thurs 7pm #46318 Sat 11am	Greenville First Presbyterian Church 1400 South Elm Street 14th Street Entrance; take the elevator to the 2nd floor [Call, text, or email Kathy, 207-926-4296 or kacruz50@gmail.com, for Zoom details]	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 [meeting in person again as of June 1]	Literature Loretta 646-242-3767
Mon 7:30pm #50409	Same as Raleigh Sun 4 pm meeting	Big Book Judy 919-782-3523








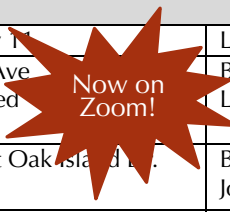



 Accessible

 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 [meeting in person again as of June 1]	Steps, Discussion Chuck 919-830-6128
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. [meeting in person again as of June 1]	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 [Call Atiya, 919-302-1030, for Zoom 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)		
Tues 10:30am. #53559	Rose Hill, Bethel Wesleyan Church, 2635 South NC Highway 1 	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 [Call meeting contact for Zoom details]	Big Book, Steps, Traditions Linda B 910-274-6203
Thurs 10am   #54399	Oak Island, Ocean View United Methodist Church, 8400 East Oak Island Rd. 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

Remember that you can attend a Zoom meeting no matter *where* it's based—it doesn't have to be local to you! Some folks are taking this opportunity to sample a wider variety of meetings than is possible in person, finding good things in the midst of the pandemic.



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



July 18, 2020

Draft minutes; subject to Intergroup approval.

In Attendance: Mary Anne (Chair, WSO); Sid (Vice Chair, Retreat liaison with Piedmont IG); Judi (Secretary, High Tech, co-Rep. Apex Thurs 7pm); Karen (Treasurer); Anne (SOAR, Newsletter editor); Clare (SOAR); Kathy Z, (Rep. Chapel Hill Tues 6pm) [All attending via Zoo

Minutes from June approved as submitted

Treasurer's Report (Karen): The report was accepted as submitted. Mary Anne suggested sending out a treasurer's report the week prior to the meeting.

COMMITTEE REPORTS

Secretary (Judi): Nothing to report

WSO (Mary Anne): All of the motions submitted to WSBC (other than the two voted on remotely) will have to be resubmitted for next year's WSBC.

SOAR (Clare, Anne): Clare was asked to write a newsletter article for SOAR. The SOAR newsletter can be viewed on the SOAR8 website.

High Tech (Judi): Judi found two options for new website software that are worth looking into further before making a decision. There is one she's leaning towards, but is eager for input. A small committee was formed (Sid, Anne, possibly Mike and Greg) to provide input, but IG noted that the final decision is Judi's as High-Tech chair.

Group Outreach (Allie): No report

Newsletter (Anne): Nothing to report. As always, we need groups to write.

PI/PO (vacant): No report

12th Step Within (vacant): No report

Retreat Liaison with Piedmont IG (Sid): Nothing to report

Bylaws/P&P Update (Suz, Mary Anne, Anne):

Nothing new to report; the committee members worked on other service this month.

NEW BUSINESS

Intergroup Zoom account: Now that we have a Zoom account, we should think about written instructions. Anne volunteered to adapt instructions her church created. We also need to update meeting list on the website; will continue to list contacts for obtaining Zoom info rather than posting actual Zoom meeting IDs and passwords.

Renewing OA logo permission: Anne submitted our proposed logo and received permission from WSO to use it. This is good for 2 years.

Debit or other payment card for Intergroup: we voted to stop pursuing this due to security and liability concerns.

Next Intergroup meeting: August 15, 2020; Mary Anne will be away, Sid will chair and Anne will host Zoom.

All are welcome to attend Intergroup!

Third Saturdays, 10:15 am to noon.

Meetings are still being held virtually at this time; call Mary Anne, 919-260-5693, for Zoom details.





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.

October: Durham Saturday 10am 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*)

March: *Needs a volunteer* Due **Wed Feb 10**
Step/Tradition/Concept 3 (*faith, identity, trust*)

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 a speaker list. Sponsors identify themselves at the meeting level, enabling them to change their availability easily.

Intergroup Zoom Account Now Available!

Intergroup has purchased a Zoom license so that any meeting that wants to meet via Zoom can do so. If your meeting would like to use it, please contact our webmaster at webmaster@triangleoa.org (currently Judi L). You will need to provide the day and time of the meeting and designate a "Zoom contact" (name and phone or email) people can contact to get the Zoom details (as a reminder, for security, we do not publish Zoom meeting info directly in the newsletter or on the website). The webmaster will set up a recurring meeting and send you the invitation with meeting ID, passwords, etc. to share. In addition to the meeting invitation details, the webmaster will give you the Host Key. This enables the person who has it to claim host duties for a meeting, and it should NOT be widely circulated, as it is the same for all meetings on Intergroup's account. You'll need to identify a couple of regular attendees to serve as hosts. You can meet without one, but only a host can remove someone disruptive from a meeting, so it's an added security measure. Hosts can also mute and unmute participants, which can be helpful.

Commemorative T-shirt Fundraiser for SOAR 8!

The SOAR8 Ways and Means Committee is selling T-shirts commemorating the 2020 World Service Convention that never happened to raise funds for our Region.

Shirts are available in sizes Small–5X. Cost: \$20 each and free shipping; no extra cost for larger sizes. To order, go to Region 8's website (<https://oaregion8.org/>) and click on the order link on the home page. Payment accepted via Paypal or check; see the order link for further instructions.

Questions? Contact Melissa H., Region 8 Ways and Means Chair, at Waysandmeanschair@oaregion8.org or 615-202-5242 (call or text).

Get yours now and wear it to your next Zoom meeting!

