

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 10

Continued to take personal inventory and when we were wrong, promptly admitted it.

Spiritual Principle: Perseverance

Through the first nine Steps of our program, we have made a beginning on an entirely new way of life, one of sane eating and successful living. Step Ten calls for daily repetition of the actions we took in the first nine Steps. As we do so, these actions become patterns for us to follow in the future—patterns that will enable us to thrive, grow spiritually, and be happy without excess food or compulsive food behaviors. — OA 12&12 p.69-70

Tradition 10

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy. *Spiritual Principle: Neutrality*

We compulsive eaters can learn a lot from OA's Tenth Tradition about concentrating on our message and avoiding controversy. It is summed up in the saying "live and let live." We find we can live happier and more effective lives when we focus our attention on doing our Higher Power's will each day rather than on conflicts. — OA 12&12 p.154

Concept 10

Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided. *Spiritual Principle: Clarity*

Service is essential to recovery. ... When we clearly define job responsibilities, we assure that necessary tasks are accomplished and that conflicts related to specific duties are avoided.

—12 Concepts of OA Service p.12

Meetings

Tool of the Month

There are many types of meetings, but fellowship with other compulsive overeaters is the basis of them all. Meetings give us an opportunity to identify our common problem, confirm our common solution through the Twelve Steps and share the gifts we receive through this program. —OA *Tools of Recovery* pamphlet, p.3

Meetings are more important than ever during the pandemic! While your usual meeting may be on hiatus, 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.

And if your home meeting is not on Zoom because it could not afford a Zoom account, Intergroup now has one that any meeting in our Intergroup can use: we've recently set up the Wilmington Wednesday noon meeting, and Fuquay-Varina is now on Zoom as well. See the Announcements for details on how to get your meeting set up on Intergroup's Zoom account!



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Step 10

As October comes around, I am reminded that the 10th step of OA invites us to continue to take a personal inventory and when we are wrong, to admit it promptly. Well, this October will be 1 year since my family and I moved away from the Durham area.

Prior to that, I was ever so proud to be able to claim nearly 6 months of abstinence. I felt sure I could make it. I knew there were plenty of meetings around my new home and figured finding a new sponsor would be a cake walk. Heck, I had gone to 3 meetings every week for the past 9 months, surely I understood it all by now. Well, I goofed around and never made it to the local meetings, and then our national disaster COVID hit us hard and there was no going to local meetings. I knew there was the potential to attend my usual meetings via Zoom, but I was too embarrassed by my behavior. I had fallen off the earth and not returned calls or even reached out to my sponsor. Then one day I had a sort of reawakening; I had not just regained all the weight I lost, the crazy uncontrollable cravings and other compulsive behaviors had also returned. I started to look within. Taking a sort of personal inventory. Pride stood in my way. I had taken for granted the love and support of my OA family and I forgot that they need me too. I was lost in self-pity, in all that had gone wrong this past year. I realized that I had lost any control I had gained. Since I have come to realize my back slidin' ways, I am attending 2-3 Zoom meetings each week. I am happy to say my sponsor took me back with open arms and open heart. I am regaining my awareness of the crazy moments that could suck me back in. I am happy to report we are looking to return to NC soon and I am so grateful to have my OA family back in my life. —CB, NC Bound



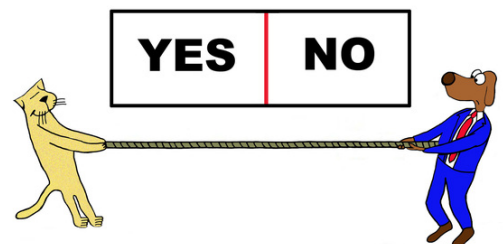
I'm so glad that OA does not hold opinions on outside issues. First, it keeps us from public disputes as Tradition 10 states. Second, our neutrality helps retain members in our fellowship who might leave if we took sides on politics, religion, sexual proclivities and the like. I appreciate not having to worry about hearing any of these controversial subjects in meetings or in the literature. This also helps OA to stick to our 5th Tradition: that our primary purpose is to carry the message, which is one of recovery, not of debatable opinions.

Tradition 10

Concept 10

Years ago, I had a job with two bosses. In addition, the position was paid for by a grant, thus the mandates for maintaining the grant became my third "boss." It was extremely confusing. There was no clarity about who had the final say. All three were competing for

my time and there was no way I could fulfill all of their demands. Authority gives the right to command responsibility. When authority is not balanced, it can result in controlling behavior. Having responsibility without authority can undermine one's efforts. Having authority "carefully defined" as stated in Concept 10 brings clarity as to what service responsibilities are to be carried out. When authority is balanced with responsibilities, it prevents abuse of power. —Anonymous, Durham



As I was thinking about Step, Tradition, and Concept 10, two words kept jumping off the page at me: Perseverance and Clarity.

I came into OA quite a few years ago; I eventually got out of program and the weight started coming back on. It was then that I realized that I had nowhere else to go: I had to persevere. When I first came in, I was given an awesome

program. I was given many helpful hints that helped me then and help me still to this day. My sponsor shared with me the importance of persevering and holding on to what I had been given with everything that was within me, because once lost there was no guarantee that I would ever get it back. She spoke words that were so true. I know that regardless of what my actions are, I have nowhere else to go. I need to continue suiting up and showing up at meetings and listening to all of you and doing my readings and sharing specifically what's going on.

erseverance

This past week, the second word factored greatly in my life: Clarity kicked in. I have several health issues and I started feeling jittery, sweating a lot at night, feeling very unbalanced, and even emailed my doctor with all the symptoms. I grew up in a household where it was drilled into me what happened in the house stayed in the house; you didn't share your business with other people. Program has taught me the fallacy of that. During a conversation with friends who are not even in program, I had a moment of clarity. I shared with them what was going on and they simply said it sounded like my sugar levels were all off and they helped me to see that there was perhaps a time a few months ago when I was eating and doing the things that I needed to do that were right for me and then all of a sudden I got this brainstorm that I could do what I wanted to do and have foods that I didn't normally have, and even though they might be considered healthy for some people, my portions were not what they should be. They laughed at me and laughed some more. The next night the husband said, "Call that crazy woman back and see if she ate what she was supposed to eat." I had and the symptoms



larity

had subsided. So the clarity I had was that I needed to get back to basics, classify my foods based on their being green, red, or yellow like I was taught, and get all the reds out of my house, and pull my scales back out; and I did. As I have heard you say so many times, "Program will work if I work it".

—Anonymous, Durham



*to Durham Saturday and
Hillsborough Wednesday
for writings this month!*

We had some Step 9 writings come in after the September newsletter was finalized and posted, so are including them this month. —Editor

Step 9: When I Change, I Am Changed

"I don't get it. I make an amend, I repay what I owe, and I clean up the mistakes I made in the past. But what keeps me from doing the exact same thing next time?" My sponsee, like me, wants to do things differently from now on. And like me when I was working the steps for the first time, she has no confidence in her ability to change. "So, does it work? Are you different now?" she asks.

Her question prompted a memory of an amends I made about six years ago. I had just finished working through the steps. At a small dinner gathering of friends, I made an offhand remark about a group of people whose views were different from mine. My comment was something like, "well, you know, that's how the Basil Lovers are. They won't allow anything but basil in their gardens." (Basil Lovers is a fictitious name, of course.)

On the way home that night, I realized that one of the couples were actually Basil Lovers. And worse, I saw that I had used the label Basil Lover to create separation between *us*, the open-minded people who had more diverse gardens and *them*, the narrow-minded people. I realized that I had created disharmony and caused harm. I saw that using labels doesn't work for me.

I called my sponsor the next day and we talked about how to make amends. That afternoon, I went to my friends, the Basil Lovers, and said something like this: "I regret using that label last night. Human beings, regardless of their beliefs or what they grow in their gardens, are so much more than a label could ever describe. Going forward, I hope to never use labels again to describe a group of people. I am sorry for the harm I caused."

They are gentle, tolerant people, and they graciously accepted the apology. I left their doorstep changed. From that point on, I have tried to refrain from using labels. When a conversation turns to politics or social views, I listen, but I speak only about people I know and qualities I admire in them. God changed me through making that amends. And it's a change I couldn't have made on my own.

When I change my behavior, my heart is changed. My life is reshaped by these steps and I am grateful. —*Robin L, Hillsborough*

Step 9

Step 9 can be a fearful experience. Almost four years ago now, I finally worked the steps using the BIG BOOK! What a concept! The simple instructions are there, yet I tended to complicate things and drag everything out. My sponsor and I moved through the work with urgency and we were determined not to linger as that was dangerous, especially at Step 4, writing my inventory. I knew there would be opportunities later to clean up anything I left out. But I needed to keep going as if my hair was on fire. I also worked on not looking (worrying!) ahead and truly taking one step at a time. Once I got to Step 9, I was scared to death. I had to get ready to speak honestly and openly to my family and friends about the harm I had done by being selfish and self-centered when I was face down in this disease. But again, one task, one action at a time, I was able to do it! I prepared the amends in writing and shared them with my sponsor. I just kept taking each action as it came, knowing I wanted the freedom from obsessions that others around me had because they were doing the work swiftly and thoroughly. So as scared as I was, I wanted relief, I wanted the freedom they promised yet I had scoffed at. God gave me the courage to make the amends, in most cases, face to face. One by one, I shared and the miracles happened!!

I received affirmations, forgiveness, and love, and most of all, I got freedom. Today I can quickly clean up obsessions that start taking over my thoughts and actions by living in Steps 10, 11, and 12. And I am so thankful for having the spiritual experience promised by working these steps and taking one action at a time.

I am so grateful for these steps, my fellows, the OA program, and my HP, whom I call God, for the daily miracles that keep coming thanks to my spiritual growth as a result of working the program and taking daily actions! Jennifer D., Hillsborough

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 [Call meeting contact for Zoom details]	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 171	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



August 15, 2020

Draft minutes; subject to Intergroup approval.

In Attendance: 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); Allie (Group Outreach, Newsletter distributor); Kathy Z, (Rep. Chapel Hill Tues 6pm); Margaret (Rep. Wilmington)

Minutes from July 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): No report.

SOAR (Clare, Anne): They are still deciding if they will have a convention in October.

High Tech (Judi): Set up a new email account system.

Group Outreach (Allie): Nothing to report

Newsletter (Anne): Nothing to report. As always, we need groups to write; Margaret said she would ask Wilmington if they would write for December.

PI/PO (vacant): No report

12th Step Within (vacant): No report

Retreat Liaison with Piedmont IG (Sid): No report

Bylaws/P&P Update (Suz, Mary Anne, Anne): No report

NEW BUSINESS

Getting more involvement in Intergroup. Reps will speak up in our meetings about intergroup. Sid proposed that we send reps from intergroup to speak on what we do. Everyone will talk to their meetings.

Defining prudent reserve for IG. What is the amount of 3 months operating expenses in pandemic and in ordinary times? Karen will touch base and see what the second checking account is for. Will follow up next month.

Zoom Next Steps (e.g. writing instructions, updating list on website). No instructions as yet. However, meetings can now request the use of the zoom account.

Next Intergroup meeting: September 19, 2020

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.

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

December: Wilmington 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)

April: Needs a volunteer Due **Wed March 10**
Step/Tradition/Concept 4 (courage, autonomy, equality)

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!



