



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 11

Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out. *Spiritual Principle: Spiritual Awareness*

"OA members who have made prayer and meditation a regular part of their lives have found a resource for healing and strength that cannot fail. Our Higher Power is the only source of help that is always available to us, always strong enough to lift us up and set our feet on the path of life. Prayer and meditation are our links to this unfailing source." —OA 12&12 p80

Tradition 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication. *Spiritual Principle: Anonymity*

"The 11th Tradition is based on faith in our program and in that power greater than ourselves that guides compulsive eaters to our doors. All we have to do is let the facts about OA and its Principles be known. We can depend on our Higher Power and this program to attract those who can benefit from what OA has to offer."

— OA 12&12 p161

Concept 11

Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs, and consultants. *Spiritual Principle: Humility*

"Similar to the realization that some members may need to look outside the Fellowship for help in recovery, Concept 11 acknowledges that our service work may require assistance from people outside OA who have professional skills and talents not available within our groups." — *The Twelve Concepts of OA Service*, p12

Tool of the Month Literature and Writing

All our literature provides insight into our problem of eating compulsively, strength to deal with it, and the very real hope that there is a solution for us."

— *Tools of Recovery pamphlet*, p.4



"In addition to writing our inventories and the list of people we have harmed, most of us have found that writing has been an indispensable tool for working the steps. Further, putting our thoughts and feelings down on paper, or describing a troubling incident, helps us to better understand our actions and reactions in a way that is not often revealed to us by simply thinking or talking about them." — *Tools of Recovery pamphlet*, p.5



Meeting News

Several Raleigh meetings have resumed in-person meetings, including Sunday 4pm and Tuesday 7:30 pm at Grace Lutheran Church, and Thursday 7:30 pm at Highland Methodist Church.

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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.

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

January: Intergroup 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)

May: Needs a volunteer Due **Wed Apr 7**
Step/Tradition/Concept 5 (integrity, purpose, consideration)

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	919-260-5693
Anne	
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.

Thursday Night Chapel Hill 7pm has started reading the new OA-approved book, *Body Image, Relationships, and Sexuality*. We'd love to have anyone interested join us! Text Anne L (919-360-8711) for the Zoom info.

Triangle OA Zoom Account Now Available for Meetings to Use

Triangle OA Intergroup has established a Zoom account that is available to any meeting in our Intergroup that wants to use it to meet via Zoom. There is no charge—this is just one way Intergroup uses your contributions to help spread the word! To protect the security of the account, we have set it up so there is no need to log into the Triangle OA Zoom account to use the meeting. To request the use of the Triangle OA Zoom account for your meeting, please email our webmaster at webmaster@triangleoa.org. You will need to provide: (1) the location, day, and time of the meeting; (2) a Zoom contact person; and (3) up to 3 virtual keyholders.

Giving Service on Intergroup

We all know that service helps our own recovery. A great way to give service is by participating in Intergroup!

What Is Intergroup? Triangle OA Intergroup is a collection of more than 30 meetings in eastern NC, from Fayetteville to the coast. Together, we can do things individual meetings could not.

What Does Intergroup Do? Publish newsletters; provide assistance to meetings, like the Zoom account; host events (serenity days, retreats, conferences); conduct outreach to professionals who might refer people to OA; send representatives to our Region (SOAR 8) conferences and the annual OA World Service Business Conference.

When and Where Does Intergroup Meet? We meet on the third Saturday of the month from 10:15am to noon (and we are REALLY good about getting done on schedule!) In pre-COVID times, we met in Raleigh, and will again, but for now we meet in your living room or on your deck or at your kitchen table through the wonders of Zoom.

Who's on Intergroup? Representatives from each of the meetings affiliated with our IG. However, many of our member meetings do not send a rep to Intergroup. For meetings outside the Triangle, that was understandably difficult when we were meeting in person. We plan to continue meeting virtually for the foreseeable future, and Zoom attendance will remain an option once we can meet in person again, to encourage more involvement and participation from our farther-flung meetings.

Want to learn more? Attend an Intergroup meeting to see what it's all about for yourself—guests are welcome, and getting elected a meeting representative to IG is about as hard as falling off a log and less painful! If your meeting doesn't have a rep and you have 30 days of abstinence, just tell them at your next business meeting that you'd like to volunteer!

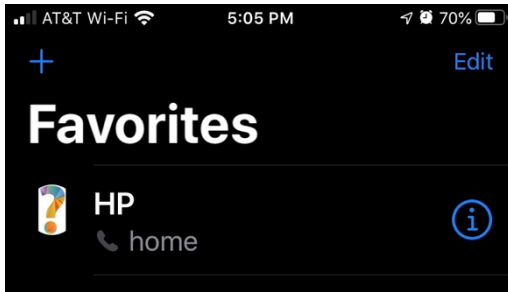
And just this once, we're going to put the Zoom link to IG in the newsletter:

<https://zoom.us/j/96875435169?pwd=VmhSWDRnSjE4bGxvS0I4UWsrY3lxdz09>

Meeting ID: 968 7543 5169, Passcode: Service4OA; Call in phone #: 1-646-558-8656; Call in Passcode: 5028369951

In Step II, we seek to improve our conscious contact with our Higher Power through prayer and meditation. When I came to OA a couple of years ago I called myself “agnostic at best.” Sure, OK I couldn’t make waves in the sea or create rain, so I was totally willing to admit there was a power greater than myself. Did I believe that HP answered prayers? Well... who knew?

Step 11



I read a book that said we should “act as if”. OK, I thought, I’ll try it. So, as time went on, I tried it. Little things happened. I asked for help finding things, and I found them. I asked for help to stop binging on sweets, and I was able to stop binging. Some of my friends started saying I had HP on speed dial because it often seemed all I needed to do was to ask. Eventually, though, I stopped asking for a time. Maybe I thought HP could read my mind, but I didn’t realize I had to put the work in as well! Things started going wrong. SHOCK! So, I got a reminder that I had to talk and be willing to listen.

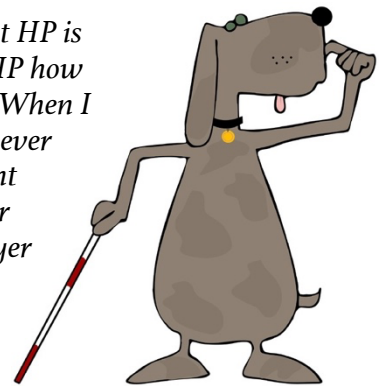
Today, I make time to say my prayers each morning and each evening and I make quiet time to listen. I have to be willing to listen and to see the answers sent whether it is my desire or not. My HP is quite kind and forgiving but I know I must never forget to keep him/her in the forefront of anything I do. HP has returned me to my heartfelt home. He/she has returned me to OA and provided the Zoom format that allows me to attend with my OA family. He/she also gave me the strength I needed to stop eating the foods I know I should not and has been allowing me to get some exercise in most days.

I would like to encourage you, if you are unsure, you don’t have to know what your HP looks like. You do not have to assign a gender to it or assign a shape to it. All you have to do is believe that there is a Higher Power and that if you reach out, your HP will listen, and that if you listen and pay attention, your HP will show you the way. —CB, Durham



I recently had cataract surgery on both eyes. What, you might ask, does that have to do with Step II? Quite a lot, it turns out. When I went to the cataract surgeon, I told him I just wanted the world to be clear and in focus. I wasn’t hesitant about seeking help—how was I going to fix my cataracts? And it never occurred to me to tell him how to achieve my goal—he is, after all, the expert, and I am not. The results are nothing short of miraculous.

Prayer is, or should be, a lot like that. Why should I hesitate to ask for help? That’s what HP is there for, and how am I going to fix everything on my own? And why would I tell my HP how to achieve what I want? Who’s the expert here? Not me (contrary to my ego’s opinion!) When I leave the “how” to HP, that’s when the miracles happen—they outcomes that I would never have had the wit or imagination to think of, much less ask for. And really, is what I want from HP most of the time so different from what I wanted from the cataract surgeon: for the world to be clear and in focus? So many of the miracles I’ve been given through prayer are shifts in my perception: a change in the lens through which I see the world. The world has not changed, I have. I have learned, as the saying goes, to focus on wanting what I have rather than on having what I want.



The more I practice Step II, the more I overcome my reluctance to ask HP for help, the more the world comes into focus, and the more I find that asking for help enables me to see what is already within me: resources that were maybe always there, if I’d had the vision to see them and the willingness to use them. God, help me be willing always to ask for help. —Anne, Chapel Hill

TRADITION 11: REINFORCING TRUE HUMILITY

At the global level, Tradition 11 is important, in part, to avoid the kind of bad publicity that could occur if a celebrity—or even a person made famous entirely by OA success—were to endorse OA only to go into relapse. We need look no further than the various celebrities who have endorsed popular commercial weight loss programs over the years, only to end up the tabloids at higher-than-ever weights. Similarly, if famous people were involved in “promoting” OA, the public would not understand that “opinions expressed... are those of individual OA members and do not represent OA as a whole,” so some very individual ideas about OA could muddy the public’s conception of what OA is about.



Although the global level is important, the personal application of this tradition is more important to me. The whole story of my recovery could probably be summarized as “trying to turn my will and life over to HP,” and “trying to cultivate true humility.” What would happen if I aspired to be an “OA star” and promote OA through the media, or even as a popular speaker within the rooms? If I succeeded, it would nurse my grandiosity. If I failed (or just wasn’t successful enough to feed my insatiable need for more and more praise and re-assurance), that failure would feed my equally destructive fears of inadequacy and inferiority.

Either of those outcomes would trigger my most dysfunctional behaviors (character defects) and could all too easily lead me back to that “first compulsive bite.” Further, in playing the star, I would probably be afraid to be honest about my difficulty with food, and would thereby deny myself the help I always get from others in OA when I admit my weakness and ask for help. Finally, if I put my concern for popularity and attention ahead of honesty and authenticity in working my program, I would not be able to attract people to real recovery. I could not hope for the life of “sane and happy usefulness” that the program promises.

I’m so grateful that those old alcoholics of my grandfather’s era were wise enough to create this tradition to protect us from media that had not even been invented yet. As I am thinking about gratitude, especially in November, this and all of the other traditions that teach me how to live—in OA and in my other relationships—have to be high on my list. *Anonymous, Chapel Hill*



CONCEPT 11 AND ASKING FOR HELP
The Trustees elected to serve OA at the international level are people who have long-term abstinence and recovery. They have almost always spent many years giving service of different kinds and at every level of OA. This can range from setting up the chairs at their local meeting to chairing the business of one of the large OA regions. In simpler words, these are people that many of us might look up to as examples. How fabulous is it, then, that this concept spells out that these experienced and dedicated members need a lot of help? It says that they should ALWAYS be assisted by people in a list of other positions.

It is a symptom of our common disease that we want to be able to do things our way and without any help, thank you very much. This concept reminds us that we will never get there. We will always accomplish the most and the best for our common good when we are open to the advice and the help of other people who are also trying to live the 12 Steps and 12 Traditions in all their affairs. — Anonymous, Chapel Hill

Thank you to our contributors this month!

Triangle Intergroup Minutes



September 19, 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 Th 7pm); Karen (Treasurer); Anne (SOAR, Newsletter editor); Kathy Z, (Rep. Chapel Hill Tues 6pm); Margaret (Rep Wilmington meetings)

Minutes from August approved as submitted

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

COMMITTEE REPORTS

Secretary (Judi): She is not sure where to store minutes once they are approved.

WSO (Mary Anne): WSO is planning to have WSBC in person April 21–24, but Mary Anne doesn't think the conference will actually happen, at least not in person. We need to bring motion ideas to Intergroup by October. We also need to decide whether we should apply for delegate support funds; if so, we need to apply by November.

SOAR (Clare, Anne): SOAR will have a virtual meeting this October. Because it's virtual, the registration fee is nominal (\$25). SOAR had kept the spring registration fee to apply to the fall conference, but it was much higher, and included meals. We can choose whether to donate the difference (about \$100 per rep) to SOAR or get a refund. Intergroup voted to donate it.

High Tech (Judi): Sid and Mary Anne did not get an email this morning. Need to double-check why that happened.

Group Outreach (Allie): No report

Newsletter (Anne): We need writers for December on. Wilmington will write for December on 12th Step, Tradition, or Concept (due Nov. 11); Intergroup will write for January on 1st Step etc. (due Dec. 9). Need volunteers for February (due in January) on.

PI/PO (vacant)

State 2021 Convention: This committee has disbanded. Sid will work on getting our seed money back. Mary Anne suggested we think about getting a committee together to have a convention in our area.

Policies & Procedures: Mary Anne said they will try to get things together for a later date.

Announcement: Thursday Night Chapel Hill meeting will start reading the new OA-approved book, *Body Image, Relationships, and Sexuality* on October 15.

Think about doing a virtual Serenity Day for the holidays.

NEW BUSINESS

Involvement in Intergroup—Speak up in the meetings about getting more people (and more meetings) involved in intergroup. Anne can do a feature in the newsletter [see p.2]. Virtual Intergroup meetings enable meetings farther out to attend more easily. Anyone is welcome to visit Intergroup without participating. Might help to personally invite people to Intergroup.

Defining prudent reserve for IG—IG's prudent reserve is currently listed as 3 months' rent. Mary Anne proposed that we change it to 3 months' operating budget. Karen says that would be about \$1800. We believe the second checking account is meant to be the prudent reserve, but it has also been used for the money for events. Anne proposed a new budget line for recurring or proposed events. Sid and Karen will come up with an official proposal on both prudent reserve and recurring/proposed events.

Zoom Account—One meeting is using the IG's zoom account. Anne will send over quick and dirty instructions on how to claim the host role. Anne was authorized to add a seat to zoom account when it becomes needed.

Meeting dates in November and December—No need to change meeting dates this year, given timing of Thanksgiving and Christmas relative to third Saturday. We will consider the new budget and officer/chair nominations in November, and elect officers/chairs in December.

Next Intergroup meeting: October 17, 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.



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 17 [Call meeting contact for Zoom details]	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	