

Triangle OA Recovery News

A Publication of Triangle OA Intergroup • P.O. Box 12525 • Durham NC 27709

Info line: 919-406-9300 • E-mail: newsletter@triangleoa.org • webmaster@triangleoa.org

(Email the webmaster to subscribe to the newsletter by e-mail.

Step 12

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Spiritual Principle: Service

"Those of us who live this program don't simply carry the message; *we are the message*. Each day that we live well, we *are* well, and we embody the joy of recovery, which attracts others who want what we've found in OA. We're always happy to share our secret: the Twelve Steps of Overeaters Anonymous, which empower each of us to live well and be well, one day at a time." *OA 12&12 p 86*

Tradition 12

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities. *Spiritual Principle: Spirituality*

"Thus, it is to promote our own recovery that we cultivate the attitude of humility implied in Tradition Twelve. As we continue to grow spiritually, we begin to lose our desire for prestige in OA and in other areas of our lives. It is satisfaction enough to be in recovery—fully functioning and contributing as human beings." — *OA 12&12 p167*

Concept 12

The spiritual foundation for OA service ensures that:

- (a) No OA committee or service body shall ever become the seat of perilous wealth or power; *Spiritual Principle: Selflessness*
- (b) Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle; *Spiritual Principle: Realism*
- (c) No OA member shall ever be placed in a position of unqualified authority; *Spiritual Principle: Representation*
- (d) All important decisions shall be reached by discussion, by vote, and, whenever possible, by substantial unanimity; *Spiritual Principle: Dialogue*
- (e) No service action shall ever be personally punitive or an incitement to public controversy; *Spiritual Principle: Compassion*
- (f) No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action. *Spiritual Principle: Respect*

Tool of the Month

Anonymity

The protection of anonymity offers each of us freedom of expression and safeguards us from gossip. Anonymity assures us that only we, as individual OA members, have the right to make our membership known within our community. Within the Fellowship, anonymity means that whatever we share with another OA member will be held in respect and confidence. What we hear at our meetings should remain there. However, we understand that we must not allow anonymity to limit our effectiveness within the Fellowship. It is not a break of anonymity to use our full names within our group or OA service bodies. Also, it is not a break of anonymity to enlist Twelfth-Step help for group members in trouble, provided we are careful to refrain from discussing any specific personal information.—*OA Tools of Recovery* pamphlet, p.6

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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.

January: Intergroup Step/Tradition/Concept 1 (<i>honesty, unity</i>)	Due Wed Dec 9
February: Chapel Hill Thursday (tentative) Step/Tradition/Concept 2 (<i>hope, trust, conscience</i>)	Due Wed Jan 6
March: Raleigh Tuesday/Thursday (tentative) Step/Tradition/Concept 3 (<i>faith, identity, trust</i>)	Due Wed Feb 10
April: Chapel Hill Tuesday Step/Tradition/Concept 4 (<i>courage, autonomy, equality</i>)	Due Wed March 10
May: Carrboro Sunday (tentative) Step/Tradition/Concept 5 (<i>integrity, purpose, consideration</i>)	Due Wed Apr 7

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.

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.

If your meeting is using someone's personal account, bear in mind it may come up for renewal in February or March, when it will have been a year since we started meeting virtually! Meetings should check with these members who donate their personal meeting to see if they plan to renew, and if not, switch to the IG account before the last minute!

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!

INVITES YOU TO

Hope for the Holidays

2020 Pandemic Edition

*Getting through the holidays
abstinent & sane during a pandemic!*

December 5, 2020 ★ 2–4pm (eastern)

Speaker and sharing ★ Panel discussion and Q&A

Zoom info:

Join from link: <https://zoom.us/j/98547622364>

Join from Zoom app: Meeting ID: 985 4762 2364

(no password; there will be a waiting room)

Call in: 1-929-205-6099, enter Meeting ID above plus #

OA has no affiliation with any religious or cultural tradition;
whatever midwinter holiday(s) you participate in, you are welcome at this event!

Attendance is limited to first 100 participants due to the restrictions of our Zoom account.

No registration is necessary, but do come a few minutes early!

Rita A, a retired nurse, would dog paddle up and down the pool while I thrashed up and down my lane. She drove me crazy. She was old and wrinkled. Why was she always smiling? I asked one day, and Rita carried the message of recovery. She attended Overeaters Anonymous Wednesday afternoon at a church on Church Street, Willimantic, CT. Dressed to the nines, I went to my first meeting and judged why people were there. It was a small group, all women, but some of them were not overweight. Why were they there? Why was I there? I was there because I already knew that it was not normal to buy a dozen doughnuts from Cumberland Farm and eat them on the way home. Doesn't swimming a mile offset eating a dozen doughnuts?

That was 45 years ago, but I remember the days clearly. I now understand in the marrow of my bones that I do not have a normal relationship with food or body image. Full stop. Embracing recovery did not come quickly or easily. Between OA and AA, I continued to attend meetings, but I did not work the tools. Any of them. I am smart. I can figure this out. Right? WRONG! Eventually, I did an exhaustive 4th step and identified the forces behind my need to escape through food and alcohol. Working the subsequent steps has made it possible to recognize and ignore the voices that want me to return to the woman who thrashed up and down the pool.

Five years ago, I resumed attending my local meeting in Wilmington, NC, where I have been active, abstinent and very grateful for ALL the tools of recovery. We have a small tight group of women that is the supportive family I didn't have as a child. Our sharing is deeply personal, as we learn from one another how to live a purposeful life without using food to comfort us. This season of uncertainty (elections, Covid, racial inequality, police reform) has been challenging. Isolation and boredom are dangerous. We Zoom but it is not the same and we long to return to hugs and in person smiles. I sponsor someone in OA, someone in AA, and someone in Al-Anon. I practice the principles in all my affairs and hopefully, I carry the message effectively.
—Sandra K, Wilmington



"When anyone anywhere reaches out for help, I want the hand of OA always to be there. And for that I am responsible." We call this the responsibility pledge. It goes hand in hand with Step 12 as adapted for Overeaters Anonymous: "Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs."

Once I truly completed the 12 Steps and was living the miracle of neutrality around food, once that yoke had been lifted from my neck by the grace of God, my work was to continue and continue to deepen my emotional evolution and spiritual connection to my Higher Power, so that the highest principles were reflected in all my affairs; to continue each day acknowledging where I was resentful, self-absorbed and self-willed, dishonest, and fearful, praying to God to remove these human frailties so I can be of maximum service to others, in and out of program.

My heart goes out particularly to those who sincerely desire to stop eating compulsively but cannot move beyond meeting attendance, listening to shares, and white knuckling their way to following a healthy moderate food plan. All this without actually unblocking their connection to a Higher Power, thereby letting infinite blessings flow into all aspects of their day and relationships and enjoying a life which is happy, joyous, and free. The promise of this program—a spiritual awakening—is there for anyone who humbly and honestly sets their mind to working the Steps as our founders outlined and as so many have followed. But it is my responsibility to convey these promises to those still suffering, whether newcomers to the rooms or to those who have been in these rooms for a long time. I feel compelled to share my experience, strength, and hope; to share that if it happened for me, it can happen for you too, if you will follow the instructions and do the work, with an open heart and focused mind. I am motivated by a sincere desire to be helpful, to share that there is a solution to the despair of being a slave to food and to come out into the sunshine of the spirit, where one experiences the joy of living, even during times of pressure and difficulty.

Wanting the hand of OA to always be there, I support the organization financially; I volunteer at the group, Intergroup, and region level; and I sponsor newcomers and those who have been around for many years. Together we get better, and together, with divine guidance, the world becomes a better place! —Reprinted from 12th on the 12th, SOAR 8 Twelfth Step Within Committee, November 12, 2020.

W e CAN Carry the Message

I'm grateful to have found the rooms of OA before the Covid-19 pandemic. When our meeting locations closed, I was happy there were virtual platforms like Zoom where we could continue to share our experience, strength, and hope. While online meetings were fine for many of us, they were uncomfortable for others. The pandemic left a lot of us isolated and lonely. And certainly, there were people we weren't reaching with our message of hope and recovery through OA's 12 steps.

But God always hears our concerns. He opened my mind to a suggestion from another fellowship; a seemingly small yet powerful way to carry the OA message while cooped up during the pandemic. We can begin by searching Overeaters Anonymous on Facebook and "liking" the pages. Then, we might add comments such as "I know people who were helped by OA" or "I've heard OA works!" This way we support OA and carry our message to many without violating our or anyone else's anonymity. These positive actions can be far reaching on social media platforms. They might be just the nudge a compulsive overeater needs to click "find a meeting," get more information, or even feel they are not alone.

Still, I must not be complacent with 12th step work as we have done in the past; calls to members we haven't seen for a while, getting information to doctor's offices, and gently sharing with those who are not familiar with OA. But I thank God for the wide reach of social media during these difficult times. —Kitty F., Wilmington



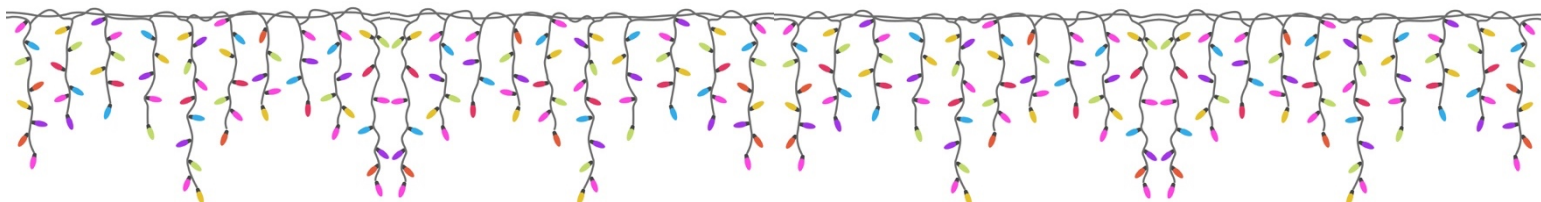
TRADITION 12

What is anonymity? According to online dictionaries and thesauruses, "anonymity" is "unremarkable, impersonal, nameless, unidentified". According to the OA 12 and 12, "anonymity is the spiritual foundation..." That means that anonymity is what recovery is built on. How can this "nameless, unidentified" thing be the spiritual foundation of an organization?

When I came into the rooms, I felt "nameless, unremarkable, impersonal", a failure. So I already had "anonymity" down; right? Wrong. According to Tradition 12, "in order to recover, we have to let go of shame and pride and actively reach out to others for help. When we practice anonymity, we begin the process of letting go." We have to let go of our shame, our failures, our wishing to be unidentified and realize that anonymity is a realization of our larger potential; it is a way of reaching out to discover how we fit into a larger framework. I have to give up my personal ambitions to be the "best" at OA service, give up on asking how *I* can be served by OA, and begin instead to put the group before my own desires, to decide how I can fit into the larger group.

It seems contradictory that I develop anonymity when I become a part of something bigger than myself. When I am a functioning part of a bigger whole, I am no longer seeking to have my needs met but have let go of my needs and became a part of meeting others' needs. It is so much more rewarding to be an equal part of something outside of myself rather than the shamed, impersonal, failed person I used to be. *Anonymous, Wilmington*

Thanks to Wilmington Wednesday for writing this month!



Triangle Intergroup Minutes



October 17, 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); Leigh (Rep. Raleigh T/Th 7pm); Chey (visitor); Don (visitor).

Minutes from September approved as submitted

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

COMMITTEE REPORTS

Secretary (Judi): Recommends we start maintaining a list of IG meeting dates for the rest of the year for the minutes and newsletter. Moved, seconded, approved that secretary will do this and share with newsletter editor.

WSO (Mary Anne): We will not apply for delegate support funds for spring, as the meeting seems unlikely to occur in person, and we agreed attending in person would not be safe in any case.

SOAR (Clare, Anne): SOAR is holding their Fall meeting virtually next weekend (Oct 24). Both Anne and Clare plan to attend. Anne will sign up for either newsletter/bylaws committee or Unity with Diversity. (Clare is on the Twelfth Step Within committee).

High Tech (Judi): She needs to coordinate with Mary Anne to set up Chair email, and to determine which of Mary Anne's email addresses is on the intergroup mailing list.

Group Outreach (Allie): No report

Newsletter (Anne): We need writers; various folks tentatively volunteered their meetings for February through April.

PI/PO and Twelfth Step Within (vacant): No reports

State 2021 Convention: Sid lost all his phone contacts, which set back his efforts to contact someone about getting our seed money back, but will continue to pursue that.

Bylaws/Policies & Procedures (Mary Anne, Anne): We have made some progress and hope to have a full report by the end of the year. It will likely be January before we have something to vote on. Sid offered to help.

NEW BUSINESS

Involvement in Intergroup—We had two visitors who may be interested in serving, and a new IG rep in attendance (Leigh). Anne did write a piece for the November newsletter as planned. Are there other things we could do? We need to talk to individuals more. Group Outreach may be able to help with this as well.

Defining prudent reserve for IG—Sid and Karen will come up with an official proposal on both prudent reserve and recurring/proposed events.

Zoom Account—No additional meetings (just the one) have asked to use the IG zoom account. There may be an uptick in March when personal annual Zoom accounts come up for renewal.

December Serenity Day—Mary Anne, Karen, and Sid volunteered for a committee to plan. Judi will make phone calls; Chey will help with Zoom management; Anne will put together flyer.

Reinstating the Phone Line—Karen will look into this further.

Officer and Chair Nominations—will be in November. Please try to recruit folks!

2020 Intergroup Meeting Dates:

November 21 December 19

2021 Intergroup Meeting Dates:

January 16	May 15	September 18
February 20	June 19	October 16
March 20	July 17	November 20
April 17	August 21	December 18

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

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 Cindy B 919-202-5990
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	