



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 I

We admitted we were powerless over food — that our lives had become unmanageable. *Spiritual Principle: Honesty*
“...far from being a negative factor, the admission of our powerlessness over food has opened the door to an amazing newfound power. For the first time in our lives, we recognized, acknowledged, and accepted the truth about ourselves. We *are* compulsive eaters. We *do* have an incurable disease... As long as we refuse to recognize that we have this debilitating, progressive, and ultimately fatal disease, we are not motivated to get the daily treatment that brings about our recovery. Denial of the truth leads to destruction. Only an honest admission to ourselves of the reality of our condition can save us from our destructive eating.” — OA 12&12, p6-7

Tradition I

Our common welfare should come first; personal recovery depends upon OA unity. *Spiritual Principle: Unity*
“The First Tradition of unity reminds us of an important truth: We are not alone. We are connected to our fellow human beings. Our emotional and spiritual health depends on the health of our relationships. The disease of compulsive eating, which once isolated us, has now led us to OA... [where] we are learning to connect with other people in ways that nurture all of us as we recover together.” — OA 12&12, p97

Concept I

The ultimate responsibility and authority for OA World Services reside in the collective conscience of our whole Fellowship. *Spiritual Principle: Unity*
“The group conscience is not the same as majority rule. This conscience is an expression of the group unity spoken of in the First Tradition, a common bond that grows among us as we each let go of self-will. Rather than being guided by individual self-interest, we seek as a group to apply the principles embodied in OA’s Steps, Traditions, and Concepts of Service to the decision at hand.” — OA 12&12, p100

Definition of the Month

Abstinence is the *act of refraining* from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. **Recovery** is the *removal of the need* to engage in compulsive eating behaviors. Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve-Step program.

“Simply refraining from eating whatever I want, whenever I want, while working towards a healthy body weight (*abstinence*) is essentially the description of every diet I’ve ever done. Yet my experience of abstinence felt like much more than that—when I put down the food, that was an action; when the insanity left, *that* was a miracle! I lumped that feeling into abstinence, but that made it a difficult idea to define, let alone pass on to someone else. What I was missing was the clarity that this two-part definition highlights: *recovery* is where the miracle lives. Abstinence is surely a result of recovery, but abstinence must be defined individually through self-honesty. Recovery, on the other hand, is universal.” — *Triangle IG WSO Rep at the WSBC that passed this definition.*

The opinions expressed in the articles are those of OA members and not of Overeaters Anonymous as a whole.
For more information about OA, please visit Triangle OA’s website or www.OA.org.

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.

February: Chapel Hill Thursday Step/Tradition/Concept 2 (<i>hope, trust, conscience</i>)	Due Wed Jan 6
March: Raleigh Tuesday/Thursday 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 Step/Tradition/Concept 5 (<i>integrity, purpose, consideration</i>)	Due Wed Apr 7
June: <i>Needs a volunteer</i> Step/Tradition/Concept 6 (<i>willingness, solidarity, responsibility</i>)	Due Wed May 5

Thursday Night Chapel Hill 7pm has started reading the new OA-approved book, *Body Image, Relationships, and Sexuality*, on 2nd and 3rd Thursdays.

We'd love to have anyone interested join us!
Text Anne L (919-360-8711) for the Zoom info.

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.

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!

To the Young Person: Updated and Released Exclusively as E-book

To the Young Person has been thoughtfully modernized to include all-new recovery stories—plus a classic testimonial—submitted by young OA members. This pamphlet covers a broad range of disease manifestations, including anorexia, overexercising, and compulsive food behaviors, and explores how these have adversely affected the physical, mental, and emotional health of the young OA authors. The fulfillment of OA's promises of recovery is foregrounded and the life stories of the authors varied, making this pamphlet meaningful for OA members of all ages. The questionnaire preceding the stories in the pamphlet has been rewritten to be more engaging and personal, intending to make it easier to help young people decide if they have a problem with food. *To the Young Person* is available exclusively as an e-book on [Amazon](#), [Barnes & Noble](#), and [Apple](#) platforms. [From WSO via SOAR8]



Triangle Intergroup Minutes



November 21, 2020

Draft minutes, subject to Intergroup approval.

Attendance: Sid (Vice Chair, Retreat liaison with Piedmont IG); Judi (Secretary, High Tech); Karen (Treasurer); Clare (SOAR); Anne (SOAR, Newsletter editor); Kathy Z, (Rep. Chapel Hill Tues 6pm); Chey (Rep Raleigh Sat 9am), Colleen (Rep Chapel Hill Thurs 7pm), Leigh (Rep Raleigh Tues/Th 7:30pm)

MINUTES FROM OCTOBER: Approved as submitted

TREASURER'S REPORT: Approved as submitted. The treasurer submitted the 2020 budget, as required by the bylaws. Discussion and approval were taken up as new business.

STANDING COMMITTEE REPORTS

Secretary (Judi): Nothing to report

WSO (Mary Anne): No report

SOAR (Clare, Anne): Clare states that they had an excellent zoom SOAR meeting. SOAR is working to set up a virtual 24-hour meeting for OA. A journal is being created that sounds really cool. Anne ordered one so she can show us next month. She also spoke about the red recovery button, as well as Night Owl.

High Tech (Judi): Little to report; transfer to Google for email and web hosting seems to have gone smoothly.

Group Outreach (Allie): No report.

Newsletter (Anne): Reminded IG they are writing for January. Suggested creating a Newsletter Editor in training position.

PI/PO (vacant): No report

12th Step Within (vacant): No report

Retreat Liaison with Piedmont IG (Sid): Sid worked with someone at the other intergroup and they are supposed to get in contact with Karen about refunding seed money.

Bylaws/P&P Update (chair vacant): Anne and Mary Anne have been working on these. The first part is complete. The next step is to remove things that do not belong and place them somewhere else. Anne states they are starting that process.

ANNOUNCEMENTS:

Sid reminded us about the Hope for the Holidays event, December 5 from 2-4 pm.

NEW BUSINESS:

2021 Budget: Karen presented the draft budget. We may be able to cut expenses in several categories this year due to COVID, including newsletter printing and distribution, and Spring SOAR travel expenses, and potentially WSBC expenses if no face-to-face conference. Karen will bring a revised budget next month.

Prudent Reserve: A motion was made and seconded to set the prudent reserve for Intergroup to \$1,800 and to maintain \$2,000 as seed money. Motion passed. Another

motion was made to donate surplus to WSO and SOAR. Karen will calculate the surplus.

Elections: Initial nominations were made for the December elections. Additional nominations can be made prior to voting at the December meeting. Nominees must be present to be elected.

BOARD POSITIONS:

Requirements: Abstinence by position below. All: in OA and working steps at least 1 year; regular group attendance at least 6 months; previous service as an IG rep (6 mos for WSO Rep, no time requirement for others); studying traditions and familiar with concepts (no time requirement). All terms 1 yr unless otherwise noted. Initial nominations:

Chair (1 yr abstinence)—Mary Anne

Vice Chair (1 yr abstinence)—Neill (Sid to ask)

WSO Rep (2 yr abstinence, 2 yr term)—Mary Anne, Atiya (Sid to ask)

SOAR (1 yr abstinence, 2 yr term)—Allie

Treasurer (1 yr abstinence)—Karen

Secretary (6 mos abstinence)—Judi

COMMITTEE CHAIRS:

Requirements: In OA at least 6 months; 30 days abstinence except retreat chair and registrar (6 months abstinence). Initial nominations:

Hi Tech—Judi

Newsletter distributor—

Newsletter editor—Anne

Newsletter editor in training—Colleen

Parliamentarian—

Group Outreach—Mel (Anne to ask her [she declined])

PIPO—Chey

Retreat—

12th Step Within—Neill

2020 Intergroup Meeting Dates:

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.



January is upon us again, a time for new beginnings and new awareness. This is the time of year many of us used to identify as the time to be a “new you.” We have all made resolutions to lose weight, get out of debt, travel more, be more friendly, achieve this or that, only to find ourselves making the same resolutions the next year. Coming into OA, I found that the time of year had nothing to do with it. My food was unmanageable because I was a compulsive eater. I had mastered EVERYTHING in my life EXCEPT FOOD. So, I guess not EVERYTHING. And looking closer, not even everything else: my finances were a mess, relationships with many in my family were not wonderful, my home was not magazine-ready; in fact, the only thing I had really excelled at was my job. Did food really do that to me? Probably not. I have found it was the emotional, spiritual, and physical mess I was in that caused these areas of my life to be a mess.

When I came into program, I had no Higher Power I could say I believed in. I could say there was *something*, as I was unable to create the beauty around me: the leaves turning color, waves on the sand at the ocean side, and my beautiful children and grandchildren. But in my mind, there was no way ONE BEING, ONE ENTITY could do all this alone. Today I know a GOD, a loving forgiving GOD that I can speak to and who will show me the way if I only ask and listen and pay attention to the direction provided. I cannot control anything, really, and when I try to be the controller, everything is unmanageable and old problems become new again. I have learned that I must turn to my Higher Power and be ready to be guided and to follow the direction provided. —Anonymous, Durham

Step 1



Concept 1

The ultimate responsibility and authority for OA World Services reside in the collective conscience of our whole fellowship. Spiritual principle: Unity
The definition of “unity” is “being one undivided entity.” A major highway gets you from A to B (Suffering to Recovery) but there are also side roads that are slower; they may have pit stops (relapses) but the meandering side roads also lead to Recovery. All OA members are united in working toward Recovery but at different paces and with different stops along the way. Some people take U-turns and start over but we are all united in our destination of Recovery from compulsive eating disorders. So even though we are perhaps taking different roads to Recovery and going at different speeds, we are united in our destination.

This Road to Recovery that we are on has a foundation and rules. These are our 12 Steps and 12 Traditions. This road also has “information centers,” where there are people who have traveled the road and who can help you if you get lost. The foundation and rules and information centers are united in helping us successfully get to our destination—Recovery. There are also “emergency call centers” along the road—these are our tools of recovery.

Unity does not have to mean that we all take exactly the same trip in exactly the same time. OA unity means that all the parts of the “road” work together in unity to get us to our destination, Recovery. —Margaret, Wilmington
Wednesday

"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:

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." 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.

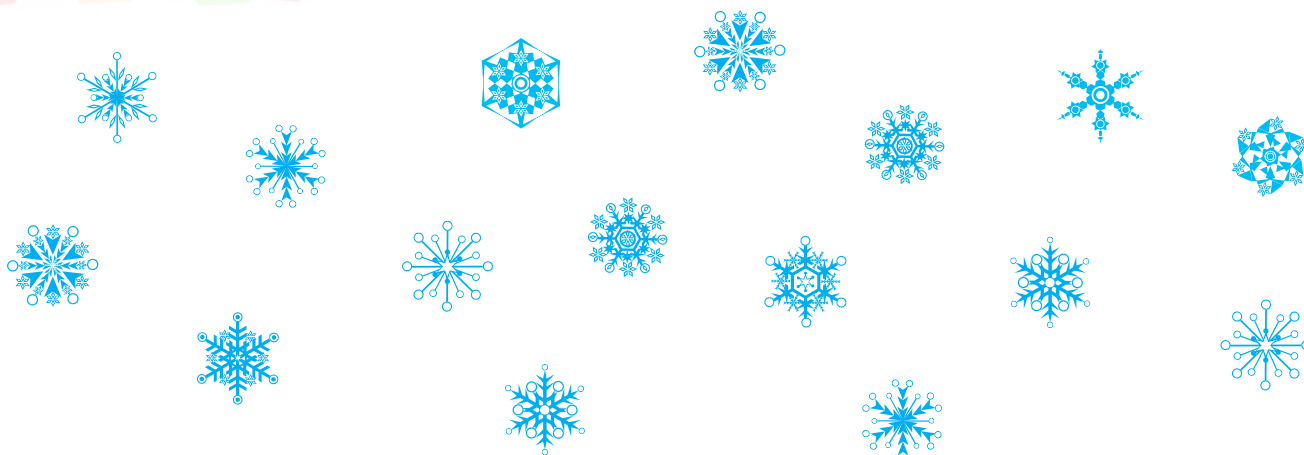
My heart goes out particularly to those who sincerely desire to stop eating compulsively, but cannot move beyond meeting attendance, listening to shares, and white knuckling their way to following a healthy moderate food plan. All this without actually unblocking their connection to Higher Power, and 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!—Anonymous



to Intergroup for writing this month!



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!

Important Note: The absence of Zoom information below does NOT necessarily mean a meeting is meeting face to face. We publish what information we have, but not all groups update us. ALWAYS check with the meeting contact before assuming a meeting is occurring face to face! And if you have information that's not here or note incorrect information for a meeting you attend, please share it by emailing newsletter@triangleoa.org. Please also note that Intergroup has chosen not to share meeting Zoom login details on the website or in the newsletter; instead, please provide a contact name and number that people can get those details from. Thanks!

Accessible
 On Zoom
 Closed meeting—restricted to OA members & others who think they may have a problem with food; newcomers are welcome and encouraged to attend.

Newcomer's meeting
 Can bring meal to meeting.


All meetings are 1 hr, unless otherwise specified. **Zoom contact info 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
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. [Call meeting contact for Zoom details]	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 [Call meeting contact for Zoom details]	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 [Call meeting contact for Zoom details]	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

Now on Zoom

















 Accessible  On Zoom

 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. **Zoom contact info in red.**

Day, Time, Mtg #	City/Location	Format/Contact
Raleigh Area (Raleigh, Apex, Cary, Fuquay-Varina, Garner)		
Sun 4pm  #18237	Raleigh, Grace Lutheran Church 5010 Six Forks Road; Fellowship Hall [was meeting in person over summer, but please confirm before going out!]	Literature Loretta 646-242-3767
Mon 7:30pm  #50409	Same as Raleigh Sun 4 pm meeting	Big Book Judy 919-782-3523
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]	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]	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 meeting contact for Zoom details]	Steps, Traditions Don 919-824-3999
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 [Call meeting contact for Zoom details]	Big Book Lynn H 919-452-9350
Wilmington Area (Oak Island, Rose Hill)		
Tues 10:30am. #53559	Rose Hill, Bethel Wesleyan Church, 2635 South NC Highway 11	Lori 910-470-9967
Wed Noon  #50278 	Wilmington, Winter Park Baptist Church, 4700 Wrightsville Ave Park in 2nd parking lot off Wrightsville Ave; enter door marked "East Building". [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 Dr. Room 6	Big Book Josette 910-233-3943
Sat 9:30-10:45am #24872	Wilmington, Church of The Servant, 4925 Oriole Drive (off College Road/BB&T)	Big Book, Steps, Traditions Fran 216-856-9036



Phone & Online Meetings

Below is a small sampling of the many phone and online meetings OA has to offer. For a full list, visit www.OA.org 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.oa12step4coes.org	
Daily 3am, 6am, 9am, 12pm, 3pm, 6pm, 9pm, & 12am	www.OArecovery.com	