



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 2

Came to believe that a Power greater than ourselves could restore us to sanity.

Spiritual Principle: Hope

"Some of us began by asking ourselves: 'What do I need from a Higher Power? What would I like such a Power to be and do in my life?' Once we identified this Power for ourselves, we found we felt at ease with it. Then we began to act as if such a Power existed, and we found good things happening to us as a result... We became willing to let go of any concept about God that wasn't helping us to recover from compulsive eating. We had to replace our old ideas about God with a faith that works." — *OA 12&12, p13, 15*

Tradition 2

For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern. *Spiritual Principle: Trust*

"The newcomer may ask, 'Who is the head of OA?' and be puzzled by the answer...: a loving God as expressed in the group conscience. The Second Tradition... may seem thoroughly impractical, but it works. When faced with a problem or challenge, we ask for God's guidance to show us what is best for the group as a whole. Then we discuss the matter carefully, we vote on alternatives, and we trust that the decision we reach together is our Higher Power's will." — *OA 12&12, p99*

Concept 2

The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority, and effective conscience of OA as a whole. *Spiritual Principle:*

Conscience

"Collectively, delegates [of the WSBC] form the group conscience of Overeater's Anonymous as a whole. We have found this representational democracy is the best method for serving OA" — *The 12 Concepts of OA Service, p4*

Tools of Recovery

In working Overeaters Anonymous' Twelve- Step program of recovery from compulsive overeating, we have found that a number of tools are available to assist us. We use these tools [...] on a regular basis, to help us achieve and maintain abstinence and recover from our disease" *The Tools of Recovery, p.1*

The nine tools are

- | | |
|--------------------|--------------|
| ⌘ A Plan of Eating | ⌘ Telephone |
| ⌘ Action Plan | ⌘ Writing |
| ⌘ Sponsorship | ⌘ Literature |
| ⌘ Meetings | ⌘ Anonymity |
| ⌘ Service | |

What's Inside

Announcements.....	2
IG Minutes.....	3
Writings.....	4-5
Meeting List.....	6-7



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.

March: Raleigh Tuesday/Thursday Due **Wed Feb 10**
Step/Tradition/Concept 3 (*faith, identity, trust*)

April: Chapel Hill Tuesday Due **Wed March 10**
Step/Tradition/Concept 4 (*courage, autonomy, equality*)

May: Carrboro Sunday Due **Wed Apr 7**
Step/Tradition/Concept 5 (*integrity, purpose, consideration*)

June: Raleigh Saturday morning Due **Wed May 5**
Step/Tradition/Concept 6 (*willingness, solidarity, responsibility*)

July: Hillsborough Wednesday (tentative) Due **Wed June 9**
Step/Tradition/Concept 7 (*humility, responsibility, balance*)

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 is reading the new OA 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.

Body Image—Age and Perspective: Integrating the 12 Steps of OA Recovery

A Zoom workshop presented by Unity Intergroup (Utah)

Saturday, January 23, 8:30am–2:30pm CST (9:30am–3:30pm EST)



Male panel discussion ♥ Aging panel discussion

Small group activities ♥ Big group sharing ♥ Lunch in small groups

Suggested donation: \$5; Online Registration at www.overeaters.org

For more info, contact Meg M at Meg4recovery@gmail.com or 763-244-6098

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!

TRIANGLE INTERGROUP MINUTES



December 19, 2020

Draft minutes, subject to Intergroup approval.

Attendance: Mary Anne (Chair, WSO); Sid (Vice Chair); Judi (Secretary, High Tech); Karen (Treasurer); Anne (SOAR, Newsletter editor); Kathy Z, (Rep. Chapel Hill Tues 6pm); Margaret (Rep Wilmington meetings); Colleen (Rep Thurs 7pm Chapel Hill); Lynn (Rep Raleigh Sat 10:30 am); Leigh (Raleigh Tue/Thurs 7pm); Chey (Rep Raleigh Sat 9am); Clare (SOAR) [Note these are pre-election positions]

Minutes from November approved as submitted.

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

STANDING COMMITTEE REPORTS

Secretary (Judi): Nothing to report

WSO (Mary Anne): KISS Committee completed their task. 2020 delegates will meet on the last Saturday of January to vote on whether WSBC can meet virtually.

SOAR (Clare, Anne): 12th-Step Within committee is having a zoom workshop, Sunday, Jan 17, 2-4 pm.

High Tech (Judi): Working on a new set of instructions

Group Outreach (Allie): No report

Newsletter (Anne): Have groups signed up to write through July. No plans to resume printing until we are meeting in person.

PI/PO (vacant): no report

12th Step Within (vacant): no report

Bylaws/P&P Update (Anne, Mary Anne): Work continues. We'll need to update to include the new prudent reserve for IG that we adopted.

NEW BUSINESS

ELECTIONS

The following were elected:

Board positions:

- **Chair:** Mary Anne
- **Vice-Chair:** Clare
- **Secretary:** Judi
- **Treasurer:** Karen
- **WSO:** Mary Anne (2-year slot)
- **SOAR** (2-year term): Anne has a year still to serve; the second position is now vacant. Anne would be amenable to extending her term, as last year there was little to do. Will take back up in January.

Committee Chairs:

- **Hi-Tech:** Judi
- **Newsletter Editor:** Anne
- **Newsletter Editor in Training:** Colleen
- **Newsletter Liaison:** Leigh L
- **PI/PO:** Colleen
- **Group Outreach:** vacant
- **12-Step Within:** vacant
- **Parliamentarian:** vacant (Denise was nominated, but was not here)

All vacant positions will be revisited in January except Retreat Chair, which we agreed to table until we actually have potential events to chair.

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.



Do any of the vacant positions above align with your skills?

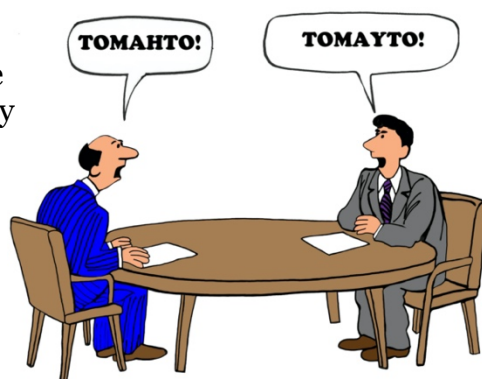
- ⌘ Do you like to go to a lot of meetings, meet new people? **Group Outreach** might be a great fit for you!
- ⌘ Perhaps you enjoy helping folks who are struggling, or organizing events? **12th Step Within** could be just your cup of tea.
- ⌘ Or are you a stickler for rules and details? Hello, **Parliamentarian**!

You don't have to wait for someone to approach you – come to the next Intergroup meeting **THIS SATURDAY** and volunteer! It's a great group of people, and we'd love to have you join us!

Continued to Collect Evidence



My home group listened to a podcast for our “speaker meeting” recently, and the speaker said something I really identified with. He said something to the effect that if he could rewrite any of the 12 Steps, he would change Step 2 to read “Continued to collect evidence that a power greater than ourselves could restore us to sanity.” Although I had not thought about it in exactly those terms until I heard him speak, and I am not quite grandiose enough to think I should rewrite any of the Steps, this is very much my way of working Step 2. Like the speaker, I resigned from the debating society. That meant I did not have to have a definition of what my higher power was that would satisfy anyone else—or even myself. I just had to keep experimenting with following the directions—turning my food, my will, and my life over to an unknown power greater than myself—and keeping track of the results. I now have 39 years and 6 months of accumulated evidence that when I turn my food, desires, fears, and problems over to my unknown higher power, I am able to eat sanely and continue drawing closer to the “life of sane and happy usefulness” that the Big Book promises. Several periods of relapse among those years have also allowed me to observe that when I try to manage my food or my life (and unfortunately other people’s lives) MY WAY—even after many years of abstinence and recovery—my eating, weight, relationships, and general life satisfaction start deteriorating very rapidly. As a pragmatist and an empiricist, I apply inductive reasoning to conclude that if I keep trying to live by the instructions in the 12 Steps, the promises of the program will continue to come true in my life. —*Mary Anne, Chapel Hill*



Knowing and Belief

Before program, I believed that my greatest strength was my determination—my willpower. I asked HP for help accomplishing my will. My prayers were focused on asking HP to “do something in my life.” I knew that I was strong and I could do hard things. I worked for a perfect tomorrow that never came. Today, living in recovery, I have learned a different way. From my willingness, God creates strength and hope. From my weakness, God creates strength and perseverance. My prayers are focused now on asking God to “be in my life” and guide me in the next right action. I know that I am weak. I believe God is strong and that, together, we can do hard things. I live in the present, and this is truly a gift. —*Anonymous*



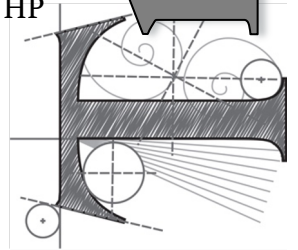
Tradition Two points out that “Our leaders are but trusted servants; they do not govern.” I am reminded of a time before I was in Program when I held a position at our church that was, in truth, one of being a trusted servant. But after a year in the position, I found myself a little too happy to be “in power”: a sort of “It’s good to be King” feeling. And it was at exactly that moment that I realized I needed to step aside from this position: that no one, least of all myself, would be served by me staying in it longer and growing ever more comfortable with the perceived power of it. In hindsight, I’m surprised I grasped that before Program, but even then I sometimes felt clearly God’s guidance, and this was one of those times—a moment of sanity amidst the insanity that was my life.

By the time I came to OA and Step 2, I already firmly believed in a Power greater than myself. The sticking point for me in Step 2 was accepting that God could and would restore me to sanity. It seemed like the longest of long shots. And yet. Here I am, 2½ years later, in the midst of a pandemic and all sorts of other craziness, with my sanity intact. OA has been nothing short of a daily life preserver in this sea of insanity in which I would surely otherwise have drowned. For this, I am grateful beyond words.

—Anonymous, Chapel Hill



Tradition Two tells us there is but one ultimate authority: a loving Higher Power, however we might imagine it to be in our group conscience. The official wording calls this Higher Power “God” and refers to it using masculine pronouns. But many of us do not think of our Higher Power as God or even a masculine entity. Faith requires trust: to have *faith* in a Higher Power, we first have to *trust* that there is an omnipotent, all-forgiving, all-loving HP that will guide us and show us our path. Without faith and trust, we are still “acting as if.” Until I learned to *trust* that my HP would be there when I needed help, I had no *faith* there was such a thing. I offered up prayers begging for God to show himself. Nothing! Finally, after returning to these rooms, listening to MANY podcasts, and reading A LOT of literature, I came to realize that *my* HP was not an old white man in a robe: I could not align my heart or my head with that image. I’m not even sure my HP is a physical being or has any imaginable shape. But I started reaching out to this HP, the one that gifts me with dreams and guides my destiny, and praying often to this HP, and I am provided with the guidance I need. I receive answers to my prayers and HP is there when I need to vent (often making me vent till I see my side of the street!) I have learned that trust and faith go hand in hand: I trust my Higher Power will stay with me if I remember to keep in touch; I ask for the specific help I need and know that things will not just happen without this asking; I try to remember to express gratitude for both answered and unanswered prayers, for myself and even more for others. —CB, Durham



to Chapel Hill Thursday
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
 All meetings are 1 hr, unless otherwise specified.
Zoom contact info in red.

Can bring meal to meeting.

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 [Contact Kathy, 207-926-4296 (call, text) 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

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 [Contact Denise A at 919-609-7377 (call, text) or auntedunes@gmail.com for Zoom info]	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. [Contact Denise A at 919-609-7377 (call, text) or auntedunes@gmail.com for Zoom info]	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#
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.OAarecovery.com	