



Triangle OA



Recovery News

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

E-mail: newsletter@triangleoa.org • webmaster@triangleoa.org • Email the webmaster to subscribe to the newsletter by e-mail.

Step 3

Made a decision to turn our will and our lives over to the care of God *as we understood Him. Spiritual Principle: Faith*

Once we compulsive eaters truly take the Third Step, we cannot fail to recover. As we live out our decision day by day, our Higher Power guides us through the remaining nine Steps. When we falter, we are reminded of our commitment to live by God's will alone, and we trust that the willingness and ability will come if we only ask for them. When we get off track, our HP will guide us back. We can confidently face any situation life brings because we no longer have to face it alone. We have what we need any time we are willing to let go of self-will and humbly ask for help.

— OA 12&12 p.23

Tradition 3

The only requirement for OA membership is a desire to stop eating compulsively. *Spiritual Principle: Identity*

When we apply Tradition Three, we find the treasure of friendship often where we least expect it, with people we once would have excluded from our lives. Such treasure is all around us, and all we have to do is open our hearts to receive it. OA is where we learn to open our hearts, because it is here that most of us first experience unconditional acceptance, "We have a home, if we want it" is how *Our Invitation to You* expresses Tradition Three. "Welcome to Overeaters Anonymous. Welcome home!" —OA 12&12 p.III

Concept 3

The right of decision, based on trust, makes effective leadership possible.

Spiritual Principle: Trust

Recovery from compulsive overeating first helps us to learn to trust ourselves and later to trust others. —12 *Concepts of OA Service* p.4

Telephone

Tool of the Month

Member-to-member contact helps us share on a one-to-one basis and avoid the isolation that is so common among us. Many members call, text or email their sponsors and other OA members daily. As part of the surrender process, these tools help us learn to reach out, ask for help and extend help to others.

—OA *Tools of Recovery* pamphlet, p.3

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.

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*)

August: Needs a volunteer Due **Wed July 7**
Step/Tradition/Concept 8 (*self-discipline, fellowship, delegation*)

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.

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.



OA **UNITY** DAY

Sponsored by Piedmont Intergroup

Saturday, February 27, 2021, 1– 3 PM EST

“Personal recovery depends upon OA unity”

Speakers, Breakout Sessions, Sharing

Zoom Meeting ID: 831 8766 2508 Password: 224627

Contact: Jim C. 704-420-2617

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



January 16, 2021

Draft minutes, subject to Intergroup approval.

Attendance: Mary Anne (Chair, WSO); Judi (Secretary, High Tech); Karen (Treasurer); Sid (SOAR); Anne (SOAR, Newsletter editor); Kathy Z, (Rep. Chapel Hill Tues 6pm); Margaret (Rep Wilmington meetings); Colleen (PIPO, Newsletter Trainee, Rep Thurs 7pm Chapel Hill); Lynn (Rep Raleigh Sat 10:30 am); Leigh (Newsletter Liaison, Rep Raleigh Tue/Thurs 7pm); Chey (Rep Raleigh Sat 9am); Buffie (Rep Durham Sun 10:30am)

Minutes from December approved as submitted.

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

STANDING COMMITTEE REPORTS

Secretary (Judi): Where should we be putting minutes on the website? We determined they should go on the IG Reports page. A motion was made, seconded, and passed to upload all minutes from 2015–2020 in PDF format with the caveat that they are from the newsletter and there may have been minor changes.

WSO (Mary Anne): Time for WSBC agenda info. We need to take it to our groups and get the group conscious and get it back to us. Mary Anne thinks that it is due before IG meets again. WSBC is trying to amend the bylaws to allow for virtual meetings, otherwise there won't wind up being a meeting in April.

SOAR (Anne): Spring conference is trying to figure out dates. Anne is on the bylaws committee, with nothing major to report. More to report after the spring meeting.

High Tech (Judi): Got Mary Anne set up with the chair email address. Is sorry for the delay. Will try and do one instruction page a week regarding how to run the website and email systems.

Group Outreach (vacant): No report

Newsletter (Anne, Colleen): Colleen is verifying some numbers for the newsletter. Anne and Colleen have asked that the minutes be sent in Word format.

PI/PO (Colleen): Wanted information on how to get pamphlets to doctors.

12th Step Within (vacant): No report

Bylaws/P&P Update (Anne, Mary Anne): No progress, but work will continue.

NEW BUSINESS

ELECTIONS

The following were elected:

Board positions:

- **SOAR** (2-year term): Sid

Committee Chairs:

- **Group Outreach:** Lynn
- **12-Step Within:** Buffie
- **Parliamentarian:** vacant (tabled till February)

POSTING MEETING TYPE on website and in newsletter.

Judi got a request to identify the type of meeting, especially Big Book study groups. Judi will work with Lynn regarding type of meetings to list on the website. Meeting type is already listed in the newsletter.

RENEWING THE DOMAIN NAME: \$50 for 1 year, \$90 for 2 years, \$190 for 5 years. A motion was made and passed to renew for 5 years.

INFO PHONE LINE: The info line lapsed and has been defunct for 2 years, at least. A motion was made and passed not to re-instate the phone line; folks mostly get this information on the web now.

IDENTIFICATION OF SURPLUS: Tabled until next month

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.



I grew up in a family where I was always told what to do and how to do it. So when I got my first taste of independence, I finally felt as if I had become the master of my own destiny, and I was bound and determined to never give that up again. Unfortunately, I also chose food as my therapist of choice. After decades of struggle, OA has become a daily part of my life. I could not do it alone any more, the weight loss struggle was too much to bear alone. Step 3 was a difficult step for me, because I was the “actor who wanted to run the whole show,” due to my ferocious need for independence. I had a great deal of inner struggle to finally ask for my HP’s help. Once I was able to, this was a major turning point for me on my path towards recovery. I often say the Step 3 prayer for guidance and support and to remind myself that I am no longer in charge or alone. It’s wonderful to know that our HP will help us confidently face life situations, and all we have to do is “let go of self-will and humbly ask for help.” -

Anonymous, Raleigh



Every morning during my prayer and meditation time, I pray the first three steps. I am powerless not only over food but also people, places, and things. I have come to believe that God can restore me to sanity. I turn my will and my life over to God by saying to him, “My life is in your hands.” It is a decision: I choose to believe, and I choose to turn my will and my life over.

What is the result? I can have faith that my prayers will be answered, that if I trust God with my life, I can trust he will always be with me. I can trust that the food will not call to me and that God will take away my compulsion to overeat. Step 3 is all about faith, faith that God is with me every step of the way. It is faith that when I’ve done my part, I can turn the outcome over to God and have faith in his goodness and love. All through the day, I am reminded to call on God for help or just gratitude. Step 3 reminds me to maintain that relationship and to have faith. I know from my experience with Step 3 that God is love and that I can trust him. I try to ascertain and do God’s will, to turn my will into God’s will. I then accept God’s will and whatever happens.

So what are the will and the life I am turning over in Step 3? The way I see it, the will is my thoughts and the life is my actions. Both of these get turned over to God. Are my will and my thoughts consistent with God’s will? Are my actions consistent with what I believe God’s will for me is and consistent with the principles of the program? Turning my will and my life over means giving God all I have. I do my part and leave the rest up to him, and try to live by God’s will one day at a time. –Audrey, Raleigh



Although the spiritual principle behind Step 3 is faith, I feel hope needs to be involved as well. Why would I make a decision to turn over what I perceive as my power, if there is no hope of recovery? I needed to trust and hope that my Higher Power actually could do “the impossible” for me, and that this Higher Power is good and has my best interest in mind.

Embarrassingly, this is when being at rock bottom was actually helpful for me. What did I have to lose? What other options did I have that I hadn’t tried already?

I took a small step forward, and changes started happening; slowly, deeply, subtly. Most of those changes I only recognize in retrospect. I did not detect them as much at the time they were occurring (and continue to occur). – *Cindy, Raleigh*

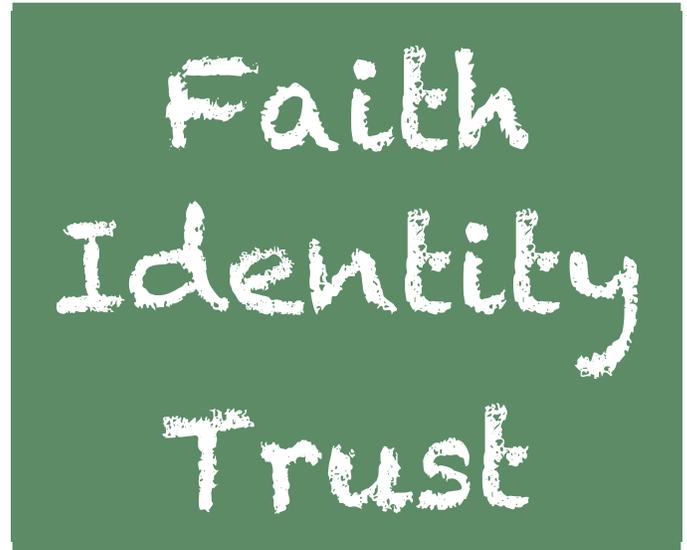
Faith, Identity, and Trust

I’ve never not believed in HP. I may have needed stronger faith from time to time but during those moments I would simply CHOOSE to believe. This is where faith takes over.

I want to turn my will over to HP because I truly believe this is the only way I will ever experience abstinence. This turning over my will has worked for me so many times before with my other addictions, cigarettes and caffeine.

But for some reason food is a totally different beast requiring more from me than merely asking for help. I keep thinking the only way I’ll ever lose weight is to restrict, diet, and use whatever may be the newest fad gimmick on the market.

But this is not what Step 3 is all about. I must turn my will over to my Higher Power. Perhaps this means I must be satisfied with my current weight, and until I figure it out, it’s back to the drawing board again. I need to take ME out of the equation and turn my will over completely to HP. In doing so I will end this fear I have in letting go of the control. Consequently, I will strengthen my faith and watch it grow as it has with other addictions. In essence I must trust my Higher Power. – *Leigh, Raleigh*



to Raleigh Tuesday/
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 ...

Zoom Meetings (by day and time regardless of location)

Newcomer's meeting
All meetings are 1 hr, unless otherwise specified.

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

Day, Time, Mtg #	Original City/Location	Format/Contact
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
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
Mon 12:30pm #51040	[Call meeting contact for Zoom details]	Literature AJ, 919-644-1239
Mon 7pm	Greenville First Presbyterian Church 1400 South Elm Street 14th Street Entrance; take the elevator to the 2nd floor [Kathy, 207-926-4296 (call, text) or kacruz50@gmail.com, for Zoom details]	Big Book Pat K. 252-353-6546
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
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
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 #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
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 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 12:30pm #51040	Same as Carrboro Sunday meeting [Call meeting contact for Zoom details]	Literature AJ, 919-644-1239
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
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
Thurs 7pm #46318	Same as Greenville Monday [Contact Kathy, 207-926-4296 (call, text) or kacruz50@gmail.com, for Zoom details]	Big Book Christina L. 252-227-1051
Thurs 7:30pm #08041	Raleigh, Highland Methodist Church, 1901 Ridge Rd at Lake Boone Trail Class Building, Room 202. [Contact Denise, 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 9:30am #48786	Aberdeen AA building, 504 Wilder Avenue [Call meeting contact for Zoom details]	Steps, Discussion Donna M 910-603-0542
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
Sat 9:30am NEW TIME! NOW 9:30! #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
Sat 11am	Same as Greenville Monday [Contact Kathy, 207-926-4296 (call, text) or kacruz50@gmail.com, for Zoom details]	Big Book Nancy S. 252-565-5424

Meetings for Which We Do Not Have Zoom Information (by Area then Day and Time)

Important Note: Check with the meeting contact to confirm the meetings below are occurring face to face!

 Accessible

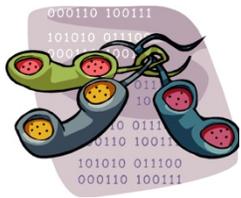
 Newcomer's meeting

 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.

Chapel Hill Area (Chapel Hill, Carrboro, Hillsborough)		
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
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
Fayetteville Area (Fayetteville, Aberdeen)		
Sun 6pm #5368	Fayetteville Manna Church, 630 Executive Place	Sarah 919-850-5473
Morehead City Area (Morehead City, Havelock)		
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 [Literature Loretta 646-242-3767
Mon 7:30pm  #50409	Same as Raleigh Sun 4 pm meeting	Big Book Judy 919-782-3523
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
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
Wilmington Area (Oak Island, Rose Hill)		
Tues 10:30am. #53559	Rose Hill, Bethel Wesleyan Church, 2635 South NC Highway 11	Lori 910-470-9967
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! *Red text has been recently updated (March 2021)*

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#
<i>Daily 11:30 am Big Book/11th step meditation</i>	605-472-5485	237244#
Daily at 6:00 pm	712-432-5200	4285115#
Specialty Meetings (all times EST)	Phone Num.	Pin #
<i>Anorexia/Bulimia, Saturday 2:00 pm</i>	515-604-9094	950897#
<i>Men, Sunday 8:30 pm Closed* meeting. Also on Zoom, Mtg ID 679 373 7699, Password 409092</i>	646-558-8656	409092#
<i>OA HOW, Sun 6 pm Closed*, 2-hr meeting in the HOW tradition</i>	712-770-5605	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	