



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 4

Made a searching and fearless moral inventory of ourselves.

Spiritual Principle: Courage

We are searching for "causes and conditions." We want to uncover the truth about ourselves. We want to discover the attitudes, thoughts, beliefs, fears, actions, behaviors, and the behavior patterns that have been blocking us, causing us problems and causing our failure. We want to learn the exact nature our "character defects" and what causes us to do the unacceptable things we do - so that once they are removed - we can acquire and live with new attitudes, thoughts, beliefs, actions and behaviors for our highest good, and for the highest good of those with whom we come in contact.

-<http://oa-centraljersey.org/>

Tradition 4

Each group should be autonomous except in matters affecting other groups or OA as a whole. *Spiritual Principle: Autonomy*

Our groups are free to find what works best for them. They can make their own mistakes and learn from them. Our decisions must be by group conscience. Suppose a group decides to have no format and to eliminate the 12 Steps. Of course, it is free to do so, but it is no longer an OA group and should not identify itself as such. On the other hand, if a group votes to regulate smoking areas or to institute abstinence requirements for officers, it is exercising group autonomy. If a meeting is held in a church or school, it must, of course, conform to rules about smoking, noise, tidiness, etc. But its membership is not to be confined to members of the church or residents of the area. It must be open to all who wish to abstain from compulsive overeating. Nor is its freedom of expression to be limited by nonmembers. Group conscience is always our guide. -*The 12 Steps and 12 Traditions of Overeaters Anonymous* » p.1 » *Global Archive Voiced Books Online Free (readfrom.net)*

Concept 4

The right of participation ensures equality of opportunity for all in the decision-making process. *Spiritual Principle: Equality*

Action Plan

Tool of the Month

This tool may vary widely among members and may need to be adjusted as we progress in our recovery. A newcomer's action plan might focus on planning, shopping for and preparing food. Some members may need a regular fitness routine; time for meditation and relaxation; strategies for balancing work, family and friends, and our program. Others may need help to organize their homes; deal with their finances; and address medical, dental or mental health issues. *The Tools of Recovery*, p.5-6

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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.

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/Traditions/Concept 7 (humility, responsibility, balance)	
August: Needs a volunteer	Due Wed July 7
Step/Tradition/Concept 8 (self-discipline, fellowship, delegation)	
September: Needs a volunteer	Due Wed August 11
Step/Tradition/Concept 9 (love; structure; ability)	
October: Needs a volunteer	Due Wed Sept 8
Step/Tradition/Concept 10 (perseverance; neutrality; clarity)	

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.

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

February 20, 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): No available report at the time of the meeting

WSO (Mary Anne): WSO has agreed to have large group meeting virtually, and the agenda items were sent to WSBC.

SOAR (Anne, Sid): SOAR is planning a recovery conference in March and a Business meeting in April.

High Tech (Judi): planning to post the meeting minutes on the web site. We voted to allow groups to post their Zoom information on the website. Chey has joined the Hi-Tech team

Group Outreach (Lynn): provided a written report of numerous groups contacted.

Newsletter (Anne, Colleen): Colleen has verified the phone meeting numbers for the newsletter and they have been updated.

PI/PO (Colleen): No new business

12th Step Within (Buffie) No report

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

NEW BUSINESS

ELECTIONS

Upon reflection, Clare declined being vice-chair (having previously agreed to the nomination and been elected).

The following positions were elected:

- Vice-Chair – Sid
- Parliamentarian- Denise

POSTING MEETING TYPE. Chey and Lynn have offered to join Judi in helping to add the special studies and meeting formats (e.g., Big Book, literature) on the website.

Co-hosting SOAR. Piedmont Intergroup has asked us to consider co-hosting a SOAR event with them. Mary Anne and Sid are looking into that more closely.

Identification of Surplus. Tabled until we explore the possible SOAR event.

Zoom information availability. Intergroup has decided that we should allow individual groups to post their Zoom information on triangleoa.org IF they wish to. They are not required to do so.

Audio Library: Anne obtained the library from Clare, if anyone has a need for it. [Later note: the library is now in Judi's hands]

2021 Intergroup Meeting Dates:

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

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 info.





"Made a searching and fearless moral inventory of ourselves" After 30 years in the Program, with a new sponsor, I am again doing a 4th Step moral inventory. It is enlightening! After all this time - *Surprise!* There is more to learn about myself! And the biggest thing is how many resentments I carry, and for how long. This is a key to our program, I know, but somehow I am rediscovering that—again—in myself. It is, on the one hand, disheartening to realize this stuff is still here. On the other hand, I am, supposedly, "older and wiser" now, and looking at these resentments with a friendly and caring person (my sponsor). She is helping me to use a system that I wasn't familiar with, based on the Big Book, and listening patiently as I go through it, dismayed at finding NEW resentments, but also feeling I have new tools and new support with which to address them. I am so thankful for the 12-step program and my sponsor! *Kathy Z, Chapel Hill*

SEARCHING & FEARLESS MORAL INVENTORY

Getting to FEARLESS

We make a searching and fearless moral inventory of ourselves in Step 4. I had a lot of experience with searching and fearless moral inventories before coming into my first 12-step fellowship, but it was a new exercise the first time I turned the spotlight on myself rather than examining other people.

Why is it so much easier to see the speck in someone else's eye than to find the log in our own? It's a timeless and universal human tendency. I believe our hesitance to examine ourselves the way we do others stems from fear and a faulty sense that we are supposed to be perfect, free from defect. It takes a certain amount of faith and security that we are loved and accepted by someone – our Higher Power, our group, our family – before we can start examining ourselves fearlessly. It's too hard to admit that we have character weaknesses until we feel somehow worthy, faults and all, of love and compassion.

We need a new level of self-love and compassion to remove our protective armor so that we can even begin to examine ourselves morally and find our areas for improvement, those barriers that keep us from experiencing the best life that we can have, from forming the connections with other people that we yearn for underneath all of our protective armor. Step 4 is about taking off our armor so we can examine what is underneath, the wounds, the warts, and the beauty. *Elizabeth L*

FEARLESSNESS!

Step Four was a big roadblock for me.

At my first OA meeting, I was sure OA *might* be helpful for me. I took Steps 1-3 without any major hurdles: I knew I was no good at dieting, and I knew I believed in God and attended church regularly. Check, check, and check! However, when I got to Step 4, panic! What the heck is a Moral Inventory? Is that like having to list all the bad stuff I've done my whole life? How picky do I have to be? I am NOT a "bad" person; I've never even stolen money from my mom's purse! I'm a little too honest, I had been accused of being a Goody Two Shoes! OK. Maybe I gossip a little, and I can REALLY hold a grudge, but never without good cause, people sometimes take advantage of what a nice person I am, I just bite my tongue, mostly.

My excuses were endless. Fear had taken away my ability to complete this Step. I kept coming to meetings, hoping that God would give me a Pass on this Step and just whack me over the head with Abstinence like an Abstinence Fairy with a Magic Wand and I could get on with being the Weight-loss Queen of OA!

After more than 25 years of excuses, I got whacked over the head with an unexpected Magical Idea: I was about as capable of willingly Making a Moral Inventory as I was of fixing anything else about this awful, compulsive disease. I began to accept that I was not ever going to WANT to do it, let alone even understand why I NEEDED to do it. Other people I knew and admired had done it. They told me they were actually GLAD they had done it. Maybe, if I asked, these Powers (that were not me) would help me.

My fear didn't become instant fearlessness, but I WAS willing to be willing. That simple (rather illogical) admission took a small bit of the impossibility of the whole process away. Bit by bit, over the course of several weeks, my sponsor and I worked out a pretty thorough list of people, institutions, and principles that had been affected by my past resentments, fears, and relational issues (sexual inventory) and I agreed that these interfered with my Spiritual wellbeing.

Instead of the Epic Novel I had expected my list to become, my sponsor suggested that I limit the description of the cause for each problem to a ridiculously small number of words: no more than SEVENTEEN (the longest example in The Big Book description on how to do a 4th Step Inventory).

It became a challenge, almost a game, to edit my life-long grudges into a paltry sentence or two. It really helped me get to the essence of what had often been an endless pity party of whining accusations—and opened, just a little, the idea that I might be even magnifying how I was justified in hanging on to my anger and hurt.

I don't think that the change was instant, and I continue to be challenged to look at so many of my Truths and Absolutes with new eyes in light of this process of realizing that there just might be something in any situation that I need to stop and look at again. I have so many resources to help me see in a way I couldn't before, and I might not always get it right, but that isn't necessarily a bad thing; it helps me learn and grow and, maybe, I'll do a little better tomorrow with the help of all of the Powers around me. Karen V. Chapel Hill



Following surgery for a torn ACL, my elderly dog began the hard work of moving and balancing herself. I watched this independent animal overcome her pain and start to walk and pivot. She allowed me to assist only briefly as she gained a new understanding of her limitations. Watching her, I was able to see her courage to move even when it hurt. I saw her being brave and willing. It took numerous attempts as she moved forward the best she could in her injured state. She did not give in to her pain. When she stopped to rest, it was as though she was seeking the courage to proceed. A searching and fearless moral inventory takes that same kind of courage.

When I returned to OA for the third time, I was afraid and in a great deal of pain. I was not certain I would be able to "work the program" and achieve inner peace with food. I knew the 12 Steps worked in many areas of my life, yet my problems with food remained active. I felt unmanageable and beaten. Did I have what it takes to work the steps? Where was my courage?

I found my courage in OA. With the loving support of OA members, I followed their suggestions. I began to read, attend meetings, write, call OA members, and get connected. I prayed and worked the first three Steps. These Steps helped me gain hope, encouragement, and comfort in a Higher Power. The suggested readings and the 12 and 12 Workbook became a useful guide in building a foundation to understand the Steps.

As I approached completing a fearless and moral inventory, I found the courage to push ahead. I learned that resisting Step 4 would only doom me to repeat my past and remain in pain. The fourth Step requires me to inventory so I can better understand myself and change. It takes courage. Like my trusted dog, I needed to be fearless despite the pain I felt. I asked my Higher Power to help me, and I proceeded to write. When I worried about being imperfect, I was given the encouragement I needed to keep writing. I took breaks, prayed, and I waited for the courage to continue. My Higher Power nudged me to write about my injured past, my shame, my guilt, my control, my resentments, my self-centeredness, my grief, my fear, my ego, my brokenness, and my failures. I received comfort and the support of OA members and after several writing sessions, I reached a stopping place. What relief I felt!

Now as I reflect, I believe my Higher Power has granted me a willingness to be fearless and the courage to keep moving forward despite the pain of my past wrongs and resentments. The courage to change and grow is founded in living through pain and now provides a clear path to the remaining steps in recovery. I am grateful today for the courage to change. *Anonymous*

COURAGE

Autonomy is the spiritual principle underlying Tradition 4, but it is also an important spiritual principle for my life. Just as an OA group must think and act for itself and its members but be careful not to injure other groups or OA as a whole, I must take responsibility for my own life and recovery while being thoughtful of those around me. I

turn my will and life over to a Power greater than myself, but I must decide, with guidance, the best way to work and live the 12 Steps. I work—very imperfectly—to replace childish willfulness with mature responsibility. I gratefully accept the guidance and help of my HP, my sponsor, and many people I love (inside and outside of OA). They do many things for me that I cannot do for myself, but I am working not to ask or expect them to do for me what I CAN do for myself. I am also trying not to do for others what they do not need me to do for them. When I set healthy boundaries, I help myself and others by reducing resentment and allowing autonomy on both sides.

It is especially important for me to remember this in sponsoring and being sponsored. I give guidance and receive it, but each of us must work the steps in a manner that works for us. What worked for my sponsor may not work for me in the same way and what worked for me may not work for some or all of the people I sponsor. We trust out Higher Power and ourselves to be honest in these decisions. I am grateful for this principle and hope I can practice it "in all my affairs." *Anonymous, Chapel Hill*

Autonomy

Thank
you

to Chapel Hill Tuesday
for writing this month!

EASTER OA ZOOM-A-THON

Meeting ID: 959 959 1828 Passcode: 718863 - Suggested donation: \$5

18 hours of meetings, fellowship, a dance, fun & abstinence

Sunday April 4, 2021 6am til Midnight ET – offered by oapinellas.org

And if you would like to offer the service of being a speaker please reach out to Donna at 727-480-0865 or email her at callmeortexta@gmail.com and go to PTI: OA Easter-a-thon 2021 (signupgenius.com)

A NEW DAY IN RECOVERY

AN INTERACTIVE Workshop on Steps 4-6

Speakers on Steps 4-6, Time for writing and sharing. Gentle Stretching

Please have writing materials and be comfortably dressed

Sunday April 18, 2021 2pm-430pm ET

ZOOM ID 868 2187 1530 // PASSWORD 121212

<https://us02web.zoom.us/j/86821871530?pwd=K2pna3l1NWJYdDQ9KY05keXAxIwZlIwZz09#success>

For questions please email sugarfreeplace@gmail.com or guildman54@gmail.com

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 info]	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 info]	Variable Anne G 919-360-3789
Mon 12:30pm #50296	Carrboro [Call meeting contact for Zoom info]	Literature AJ, 919-644-1239
Mon 7pm #50296	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 kacru50@gmail.com, for Zoom info]	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 info]	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 info]	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 info]	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 info]	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 info]	Big Book, Steps, Traditions Linda B 910-274-6203
Thurs 12:30pm #51040	Same as Carrboro Sunday meeting [Call meeting contact for Zoom info]	Literature AJ, 919-644-1239
Thurs 12:30pm #28531	Same as Durham Tues 12:30 meeting. [Call Taylor, 908-462-4525, for Zoom info]	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 info]	Literature Mary Anne 919-260-5693
Thurs 7pm #46318	Same as Greenville Monday [Contact Kathy, 207-926-4296 (call, text) or kacru50@gmail.com, for Zoom info]	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 info]	Steps, Traditions Don 919-824-3999
Sat 9:30am #48786	Aberdeen AA building, 504 Wilder Avenue [Call meeting contact for Zoom info]	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 info]	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 info]	Big Book Lynn H 919-452-9350
Sat 11am #54768	Same as Greenville Monday [Contact Kathy, 207-926-4296 (call, text) or kacru50@gmail.com, for Zoom info]	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 A Vision for You Meeting	712-432-5210	876148#
Daily 11:30 am Big Book/11th step meditation	605-472-5485	237244#
Daily at 6:00 pm	712-432-5200	4285115#
Specialty Meetings (all times EST)	Phone Num.	Pin #
Anorexia/Bulimia, Saturday 2:00 pm	515-604-9094	950897#
Men, Sunday 8:30 pm Closed* meeting. Also on Zoom, Mtg ID 679 373 7699, Password 409092	646-558-8656	409092#
OA HOW, Sun 6 pm Closed*, 2-hr meeting in the HOW tradition	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.oa12step4coes.org	
Daily 3am, 6am, 9am, 12pm, 3pm, 6pm, 9pm, & 12am	www.OArecovery.com	