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Triangle OA Recovery News



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

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Step 5

Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
Spiritual Principle: Integrity.

Those of us who have done a Step Five recall the absolute dread of having to admit to another person all the things we've done and everything that's been done to us. It's scary, and yes, the first time I did Step Five, talking about it was the hardest part. But this time around, the hard part was digging into my resentments, old beliefs, fears, and other problem areas to reveal the reasons behind my defects of character—in other words, doing the emotional work.
<http://www.oalifeline.org/steps/hard-healing-emotional-work/>

Tradition 5

Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers. *Spiritual Principle: Purpose.*

This sounds paradoxical, but like many OA slogans, it requires us to shift our perspective to see a simple truth. Tradition Five tells us that our job as a meeting is to carry the message. Service in OA provides the people power for carrying that message. When we each do our part to help our meetings carry the message, more food addicts can hear it and begin their journey toward recovery. Therefore, by doing service, we are helping everyone else get slim by finding the solution we've found. <https://seacoastoa.org/category/tradition-5/>

Concept 5

Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered. *Spiritual Principle: Consideration*
Quote —12 Concepts of OA Service p.

Tool of the Month

What's Inside

Service

It is not often that any man can have so much knowledge of another, as is necessary to make instruction useful. —Samuel Johnson

What is simple for another may be difficult for me. What is fearful for that person may not be so for me.

What is in each person's head is the sum total of experience from our very beginnings. I can share experience strength, and hope, but I cannot "teach" a newcomer the path of long abstinence. To get from here to there takes time. It is experience, the process of recovering, more than the result that contributes to sensitivity, understanding and wisdom.

Advice to another can be an insult. Listening can be a godsend. For each compulsive overeater working through is the path to joyous freedom.

For Today: The highest service I can give my fellow OA's, and they to me, is to share experience. There are no instructors in this program.

(For Today, July 12)

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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 Step/Tradition/Concept 5 (integrity, purpose, consideration)	Due Wed Apr 7
June: Raleigh Saturday morning 9am Step/Tradition/Concept 6 (willingness, solidarity, responsibility)	Due Wed May 5
July: Durham Sunday 1030 am Structure House Step/Traditions/Concept 7 (humility, responsibility, balance)	Due Wed June 9
August: Durham Saturday morning 1100 am Step/Tradition/Concept 8 (self-discipline, fellowship, delegation)	Due Wed July 7
September: Hillsborough Wednesday Evening Step/Tradition/Concept 9 (love; structure; ability)	Due Wed August 11
October: Needs a volunteer Step/Tradition/Concept 10 (perseverance; neutrality; clarity)	Due Wed Sept 8

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

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.

Updated February 2020

This is a speaker list. Sponsors identify themselves at the meeting level, enabling them to change their availability easily.

More Announcements on page 7!

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

March 20, 2021

Draft minutes, subject to Intergroup approval

Attendance: Mary Anne (Chair, WSO); Sid (Vice-Chair, SOAR) 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); Leigh (Newsletter Liaison, Rep Raleigh Tue/Thurs 7pm); Chey (Rep Raleigh Sat 9am); Buffie (Rep Durham Sun 10:30am)

Minutes from February approved as submitted.

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

STANDING COMMITTEE REPORTS

Secretary (Judi): Attempting to post minutes to the website by June

WSO (Mary Anne): We are prepared to be reposted at the next event. There are discussions about a possible updated version of Voices of Recovery. (very early stages.

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

High Tech (Judi): Anne offered to assist the HT Team as a Zoom specialist for meetings to be able 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 been working on learning more and doing more

PI/PO (Colleen): recent meetings with some doctors involved with liver care

12th Step Within (Buffie) No report

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

NEW BUSINESS

ELECTIONS

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. Mary Anne has contacted Susan with the Piedmont Intergroup has asked us to consider co-hosting a SOAR event with them. See announcements for the time for the Zoom meeting.

Clarification and dispersal of surplus

Judi, Karen, and anyone else who wants to participate will have a meeting this month regarding a precise number for surplus and bring it to the next meeting.

A motion was passed to add Tradition 2 to the readings on our agenda

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:

April 17	July 17	October 16
May 15	August 21	November 20
June 19	September 18	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 info.





Step 5

I found the idea of doing a "searching and fearless moral inventory" of myself intimidating enough, but **SHARING** it with someone else? Did I have to? I'll cut to the chase: I did. Because here's the thing about Step 5: only by sharing our inventory with another, loving person do we discover that we are not so horrible or unlovable as we thought. That even if we have done wrong things, we ourselves are not a wrong thing. No matter how scary it is to share our innermost selves with another, to be that vulnerable, the payoff, if we have chosen wisely, is immeasurable.

Once, years before I came to these rooms, I made a decision to tell a good friend a difficult truth about my past, one I believed must have been my fault in some way, must have made me unlovable, tainted, someone no one would want to associate with. But my therapist convinced me I needed to tell someone—not her; I was, after all, *paying* her not to recoil in horror—but someone who cared about me, who had a choice about whether to be friends with me.

I chose carefully, and one night, heart pounding, I spoke my truth and braced myself for the horrified reaction. She was horrified, but not in the way I feared: not **BY** me, but **FOR** me; horrified that X had happened to me, happened to anyone. And then she said, "I don't have any experience with X, but if you'll educate me and tell me what you need, I'll do it." That simple. Just love, acceptance, support: tell me what you need, and I'll do it. I did, she did, and it changed my life (and maybe hers as well).

If I had let fear keep me from sharing myself with her, I would never have had the immeasurable gift that was her friendship, love, and support, not just that night, but for many years after until her untimely death from cancer. She stood up for me at my wedding, stood by me when I birthed my children, and told a nurse who asked if we were sisters, "In every way but blood."

We must trust others with our real selves to reap the gifts of love and friendship. I do not regret taking the leap of faith that night, and when I realized that Step 5 was the same sort of leap, it became easy. And not only did my sponsor not recoil in horror, she became a dear and trusted friend, another gift in my life. I thank God for the faith to share myself, to let others love me, good and bad, warts and all. Take the leap—wonderful things await you on the other side of it! —Anonymous, Chapel Hill

*Being Loved
without
Being Judged!*

Having completed my Step 4 inventory, it was finally time to take Step 5 with my trusted and gentle sponsor. We sat outside of our meeting house and took about an hour to touch on my character flaws, explore how my fears have affected my relationships and pinpoint default behaviors that keep cropping up and holding me back from progressing in my recovery and my life. I never felt judged, even when I shared details that for years filled me with shame.

I completed that particular Step 5 many years ago, but I think about it so often and realize too how I shed those character defects everyday through my Step 10 journaling. I look back and celebrate how much I have progressed through OA. By embracing the tools, journaling, connecting with fellows, attending meetings, maintaining abstinence, working with a sponsor, and following the steps and traditions, I absolutely am improving my life. And I witness daily how my fellows are too.

I am so grateful for OA for being there, for my HP granting me the willingness to keep coming back and for the freedom from obsession that I am experiencing one day at a time. This is truly a transformative program. — Heather, Carrboro

*What a
relief!*



When I came back to OA, I was isolated. Then, a miracle happened. I found fellows and a sponsor who loved me unconditionally and connected with them—less isolation. I connected with a Higher Power—less isolation. Taking the 5th step was both scary and freeing. It meant opening up more of my life to another person—less isolation. As a result, color and brightness returned to my life. I truly understood these words from the OA 12 and 12: "Once we have taken this step, we will no longer have anything to hide. **This is the beginning of the end of our isolation.**" (p. 40, emphasis added). In recovery, my daily task is to keep examining my shadow self and keep connecting with God, my fellows and the world around me—living in community, instead of isolation.

—Mel F, Cary [photo also by Mel]

Radical Integrity

I am glad to be reminded of the spiritual principal of integrity by this month's topics. I had been in the program for many years, had worked to deepen integrity in my life when a former sponsee mentioned how he was incorporating "radical integrity" in his life.

He meant NEVER taking an extra packet of a condiment and NEVER making a single personal copy at work. I had GREATLY reduced such behavior thanks to working the program but in the years since he mentioned that I haven't done it at all.

It was a challenge at first but less so now. It's amazing how much cleaner I feel. One less reason to slip. Amen. —Anonymous, Raleigh

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Oh, what a wonderful tradition, and thank goodness for its simplicity. We addicts are not known for keeping things simple. My will wants me to think that the purpose of my favorite meeting is to be there for me to talk about my week. My challenges, my victories, my life. And to hear the same from my friends; their challenges, victories and lives. That's not a 12-step meeting, that's a get-together, but it's comfortable, and reassuring, and enjoyable, and I *like* it.

All I need is to remember when I first walked through these doors. I had spent a life feeling like I didn't fit in anywhere (I didn't), as though there was something wrong with me (there was), as though I was completely unlovable (a close thing!). OA meetings were the first place I was accepted just for myself. I didn't have to fit in to a group of friends, I was surrounded by love and acceptance the moment I walked through the door. I was welcomed home.

That love and acceptance was, and is, vital to my recovery. But it is not the purpose of our meetings either—it's a miraculous byproduct of our shared reprieve and way of life. The purpose of a meeting, and the sole purpose of my attendance at any meeting, is to carry the message of recovery to those who still suffer. The 12 steps are our message of recovery. "What I was like, what happened, and what I'm like now" is a result of the steps.

The moment I see a newcomer in our rooms, my role is to carry the message, regardless of the rotten week I might want to complain about. If I am abstinent, my week has been miraculously better than any newcomers'. If I know a fellow member is in relapse, the sole purpose of that meeting is to carry the message of the steps and the hope that comes when we work them to the best of our ability, no matter how poor that may be on any given day.

Each group has but one primary purpose, but the gifts we receive from that purpose are manifold. I remember my "newness" and how far my life has come. I remember that life is not about me. I remember the miracles that have come about through working the steps, and I get to see recovery bloom in others—which is one of the most wonderful things ever. One primary purpose, so very many rewards. —Anonymous, Carrboro



This is a Concept that I can practice at the group level, in my own life, and even in my own head. The spiritual principle behind this Concept is Consideration, but I think on an even deeper level, the essence of this Concept is about listening to others and to my Higher Power.

Sometimes groups can make decisions by majority or by habit, taking the path of least resistance. It can be hard for one member who doesn't agree to speak up. But that individual may raise a point that would otherwise be lost to the rest of the group. Someone with a close relative who uses a wheelchair to get around might speak up on the importance of making sure the group meets in an accessible location, even if none of the current members have a problem with stairs. Maybe someone in the group recognizes language in the group's format that could make members of certain populations feel less welcome. Whatever the issue, listening carefully to those dissenting voices can sometimes open our minds and help us grow in ways we may not have even known we needed to.

I can apply this concept to my personal relationships as well. How often do I resist really listening to my child, my partner, or a co-worker because I've already decided about something, or because I think I know more about an issue than they do? I have learned over the years that the more open I am to listening, the safer those around me feel, and the more likely I am to experience a deep sense of love and connection with them. My assumptions can blind me to the possibilities right in front of me but listening to a dissenting voice may open my eyes.

Those dissenting voices don't always have to come from another person. Sometimes the dissenting voice is in my own head, suggesting a new behavior or perspective. Years of compulsive overeating and other unhelpful behaviors have created some strong patterns that are hard to overcome, but I believe my Higher Power sometimes speaks to me in a gentle voice, suggesting a better way. The more I am used to keeping an open mind to new ways of thinking, the more likely it is that I'll hear those quiet suggestions and be willing to change my habitual ways of thinking and acting.—*Stephanie, Carrboro*



Big THANKS to the
Carrboro Sunday Group
for writing this month!

A Call to Service: SOAR Assembly Discussion

*Triangle and Piedmont IGs are exploring jointly hosting the April 2022 SOAR conference!
If you have any interest in helping plan or execute, please come to an exploratory Zoom meeting*

Sunday, April 25, 3:00 pm

Join Zoom Meeting at:

<https://us02web.zoom.us/j/87476051641?pwd=dUJadFNgcjFNbTg4NGx2dUxKVjdCdz09>

Meeting ID: 874 7605 1641

Passcode: SOAR?

This would be a HUGE undertaking and we will need all the talent and Worker Bees we can recruit for contributions both large and small! Many hands make light work!

Your help and ideas will be much appreciated.

Please Join us

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 #54768 NEW TIME! NOW 9:30!	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	