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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 6

Were entirely ready to have God remove all these defects of character. *Spiritual Principle: Willingness*

"In Step Six, I use love, insight, and vision to release my current identity and self-image and open myself to further growth and recovery. I remember my ideals and dreams, and I pay attention to them. The Sixth Step is not about being controlled or coerced toward perfection, as my disease would have me believe. Rather, I prepare to become lighter: more fully me, more fully aware and living in my heart's desire. I envision a new self, with the intention of letting my Higher Power and my experiences bring me closer to who I really am. While this is, at times, a gradual and contemplative process, I am also in the Sixth Step any time I approach my life with openness to what the moment may show me." —Voices of Recovery, August 3

Tradition 6

An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

Spiritual Principle: Solidarity

"As individual OA members, keeping tradition six could take many forms. We can refrain from mentioning outside organizations, including religious and spiritual ones, by name. We can avoid mentioning the titles of books or materials from non-OA-approved sources (including other fellowships and spiritual organizations as well as for-profit publishers). We can avoid sharing that digresses at length about the principles, practices, or influence of outside groups. If we, ourselves, have created such materials or are in the business of supplying them, we can leave our business affairs outside." —<https://seacoastoa.org>

Concept 6

The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous. *Spiritual Principle: Responsibility*

A Plan of Eating

Tool of the Month

As a tool, a plan of eating helps us abstain from compulsive eating, guides us in our dietary decisions, and defines what, when, how, where, and why we eat. There are no specific requirements for a plan of eating; OA does not endorse or recommend any specific plan of eating... Each of us develops a personal plan of eating based on an honest appraisal of [our] past experience. Although individual plans of eating are as varied as our members, most OA members agree that some plan—no matter how flexible or structured—is necessary.— *The Tools of Recovery*, p.1-2

Eating plans may change over time as you gain more experience or your body changes. You may think a particular food is not a trigger and later find that it is. Or you may find that you need to lose weight but, are not doing so with your current plan of eating. If you have been in the program for a while, you may find that you need either less food or more exercise to maintain a constant weight.— *A Plan of Eating*, p.10

What's Inside

Announcements.....	p 2
IG Minutes.....	p 3
Writings.....	p 4-6
Meeting Lists.....	p 7-8



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.

July: Durham Sunday 9am (Structure House) Due 6/9/21
Step/Tradition/Concept 7 (humility, responsibility, balance)

August: Durham Saturday 10am Due 7/7/21
Step/Tradition/Concept 8 (self-discipline, fellowship, delegation)

September: Raleigh Saturday 9:30am Due 8/11/21
Step/Tradition/Concept 9 (love; structure; ability)

October: Needs a volunteer Due 9/8/21
Step/Tradition/Concept 10 (perseverance; neutrality; clarity)

November: Needs a volunteer Due 10/6/21
Step/Tradition/Concept 11 (spiritual awareness; anonymity; humility)

December: Needs a volunteer Due 11/10/21
Step/Trad./Conc. 12 (service; spirituality; selflessness, realism, representation, dialogue, compassion, respect)

Triangle OA Speaker List

Name Phone or e-mail

Alice	919-271-3292
Atiya	919-302-1030
Elizabeth	919-923-5936
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.

Triangle OA Zoom Account 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



April 17, 2021

Draft minutes, subject to Intergroup approval

Attendance: Mary Anne (Chair, WSO); Judi (Secretary, High Tech); Karen (Treasurer); Anne (SOAR, Newsletter editor); Lynne (Group Outreach); Kathy Z, (Rep. Chapel Hill Tues 6pm); Margaret (Rep Wilmington meetings); Colleen (PIPO, Newsletter Trainee, Rep Thurs 7pm Chapel Hill); Kathy R (standing in for Buffie, Rep Durham Sun 10:30am)

Minutes from March approved as submitted.

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

STANDING COMMITTEE REPORTS

Secretary (Judi): Nothing to report

WSO (Mary Anne): WSO will be meeting 12–4 EST this April 17–24. Only free literature can be shared via zoom (steps, traditions, prayers). She will have more to report next month.

SOAR (Anne, Sid): SOAR business meeting was April 9–10. Their tech/web committee is working on hybrid meeting formats. October recovery meeting is themed Diversity and looks like it will be good. "Service gives us a safe place to practice"

High Tech (Judi): Judi renewed the website hosting and will look into ways of reducing our cost for next year. This is different than the domain name. The domain name payment allows us to host our website at triangleoa.org. This payment is the actual website hosting fee.

Group Outreach (Lynne): Has a few updates that she will be getting to us by the end of the week.

Newsletter (Anne, Colleen): Anne handed the newsletter to Colleen this month and it turned out well! Has groups signed up to write through September.

PI/PO (Colleen): Nothing to report

12th Step Within (Buffie): No report

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

NEW BUSINESS

Co-hosting SOAR. A meeting with the Piedmont Intergroup to explore interest in co-hosting SOAR, perhaps in Spring 2022 is scheduled for Sunday April 25. However, the SOAR Board will be making a motion at the Fall 2021 business meeting to go to one meeting a year, in the fall. If passed, that would affect when we host. A motion was made and passed to approve the use of our \$2,000 in seed money for co-hosting SOAR if we decide to do so.

Clarification and dispersal of surplus. Judi and Karen met and determined that the surplus is \$2,279. A motion was made and passed to distribute 75% (\$1709) to WSO and 25% (\$570) to SOAR.

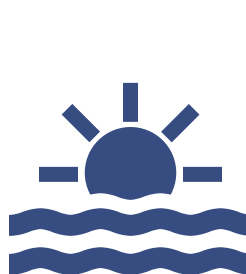
Non-profit Status. This may be more work than it's worth, but Judi will look into what's involved and would be needed to maintain.

Upcoming Intergroup Meeting Dates:

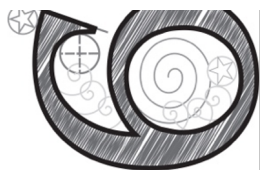
May 15, 2021	September 18, 2021
June 19, 2021	October 16, 2021
July 17, 2021	November 20, 2021
August 21, 2021	December 18, 2021

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.

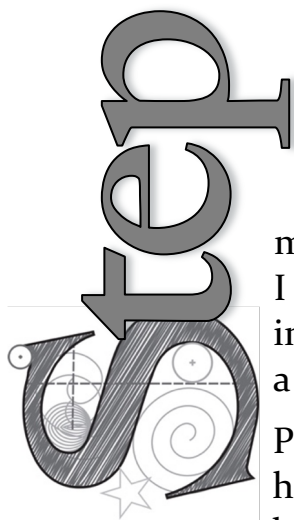


What do my defects of character do FOR me, and what do they do TO me?



I have had several defects of character (or as I prefer to call them, character *defenses*) since childhood:

- I am afraid to make a mistake because I might be rejected, so I became a perfectionist to try to never make a mistake (an impossible feat)
- I became a “People Pleaser” to try to keep the people around me happy and to have them like me.



Fear of making a mistake or fear of failure has kept me in a constant state of anxiety and worry. Perfectionism has made it so I can never measure up to the super-high standards I have set for myself. Yet for years I considered this to be an asset to my character. When asked in job interviews what was my most positive trait, I used to say it was that I was a perfectionist in everything I did!

People pleasing—wanting everybody to be happy with me and always like me—meant I became whatever person the people I was trying to please wanted me to be. In attempting to do that, I completely lost who I really was. I was not even sure I knew what I liked or wanted in life.

These are huge barriers in my life to peace and serenity. And I used to stuff down all the negative feelings that resulted from losing myself with food. Of course, today I know that does not help or fix anything. Yet, becoming entirely ready to have these character defenses removed is incredibly hard. Who will I be if I don’t have them to rely upon?



It is only by having a relationship with my Higher Power and trusting him to not abandon me that I am letting go today of these imperfections. Today, I am learning I am a fallible human being and that is okay with God. And little by little, I am willing to have God remove all my defects of character, just for today. —Anonymous, *Raleigh*



Before OA, my life was about willpower and willfulness. I controlled food, using willpower to live by a lot of “food rules.” However, my willpower was never enough. I could control my food for only so long and then my willfulness would kick in. I would “need” to eat certain foods or certain quantities. I knew this was “wrong” so I would use willpower to rid myself of the excess and then return to a state of control. My body was constantly clenched in fear, anger, and anticipation of the next binge.

Then, I came back to OA. I realized that “white knuckle abstinence” (which I had in the past) was really about willpower. To have true abstinence, I had to be willing to surrender it all to God. Today, that is a daily process. I surrender people, places, and events in my life, one day at a time. Some days, that’s easier than others. However, with God and other OAs at my side, with the Steps to guide me and the Tools to help me work the program, I can live one day at a time. I am grateful for the joy and freedom that come when I leave the producing and directing of my life to God. —*Anonymous, Raleigh*



As I finished my walk, I thought about Step Six. It is one of the steps (the other being Eight) that calls for taking time to be still and reflect. The action of Step Six can be considered inaction—learning how to pause and think before I act; learning how to sit with myself and my discomforts. Before I can move on to Step Seven, I first use Step Six to begin to accept those parts of myself that I began to learn about in Steps Four and Five. Usually, it was the parts of myself that were buried away (under fat and fear).

Step Six reminds me that healing is a process and that it takes time. This is where Tradition Six can come into play. Tradition Six helps me to establish boundaries. Not everything is for me or about me. As my recovery takes time, I need to leave things alone; focus on my business. If I am focusing on outside distractions (and I can be distracted by almost anything) it will seem as if I don't have time for my own business (my recovery; my life).

Today, I am willing to sit with myself. —*Atiya M., Raleigh*



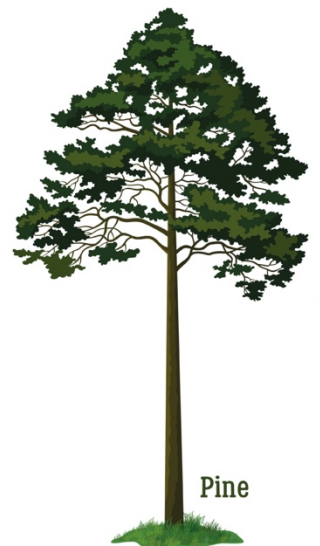
radition 6

Progressing from Judgment to Acceptance

Reflecting on a character defect I am aware of being removed, I see progress in my ability to accept other people as they are. My judgment of others was tied to my own shame over how I felt about them because I was judging myself harshly against an artificial ideal of “the nice, friendly girl, who likes everybody and is friends with everyone.” *I felt so badly about myself for straying so far from that unattainable ideal of the “friendly girl” that I became frustrated with other people for being difficult for me to like!* I wanted them to change to be more in line with my preferences so that I could enjoy them and want to get to know them better—to feel good about myself. In retrospect, it’s absurd!

A therapist once helped me release some of my guilt around negative feelings towards my mother at a difficult time in our relationship when he explained that my mom and I probably weren’t people who would have been naturally drawn to each other if we weren’t related. If we had met at a party, we would have passed by each other without seeking to deepen the connection. That’s perfectly normal and okay. There is nothing to be ashamed of in that reality. Our relationship has improved over the years as I have let go of my ideal of the mother that would be someone I would choose as a close friend if we were not related. She is who she is; I am who I am. My natural feelings at any given moment are what they are—and don’t have to stop me from being kind and respectful.

I am morally accountable for how I treat people, not how I naturally and privately feel about them. This makes acceptance much easier. The world and its inhabitants were not created with my personal tastes in mind. I don’t get mad at pine trees for not being more like magnolias because I love magnolias, or feel guilty for not appreciating pine trees more. I am just one of the creatures on this earth, with my own natural inclinations, and by the same token, some other creatures will naturally be drawn to me while others will not, which is also okay and perfectly natural. We can live in community with people we have different levels of natural affinity for—and accept each other as we are—without condemning others or ourselves. —Elizabeth L, Raleigh



to Raleigh Saturday gam 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!

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 #	Carrboro [Call meeting contact for Zoom info]	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 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]	Variable 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 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 #	Same as Greenville Monday [Contact Kathy, 207-926-4296 (call, text) or kacruz50@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! Last 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	