



Triangle OA Recovery News



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

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Step 7

Humbly asked Him to remove our shortcomings. *Spiritual Principle: Humility*

Humility is a challenge for many of us. In the past, we may have focused on *feeling* humble; we would try ways to make ourselves *feel* humble. We might change to a different facial expression, body language, and words to try to make ourselves *feel* the *feeling* of humility. Maybe, we tried this to control others, so that they would see us as humble. We gain new insight when reading Step Seven: *Humility is not a feeling* at all! It is an *action*. This is a program of action. To ask is a concrete action demonstrating humility. To be truly open to the answer, whether it is yes, no, or maybe, is to trust and have faith. To receive a “yes” to our asking and fully appreciate it is a gift of gratitude. To receive a “no” and receive it without anger is a gift of acceptance. To receive a “maybe” to our asking and to be able to wait is a gift of patience. To ask is to admit we need help, and we can’t do it alone. To ask is to be vulnerable as we bare our souls and express what we need. To ask puts us in relationship with our Higher Power and fellows. This is a spiritual program and a “we” program. Together we can do what we could never do alone. <http://www.oalifeline.org>

Tradition 7

Every OA group ought to be fully self-supporting, declining outside contributions. *Spiritual Principle: Responsibility*

In studying and working the 7th Tradition we find one of the most important gifts of recovery from the disease of compulsive eating. Learning to do our part has taught us how to behave responsibly in all aspects of our lives. Many of us hadn’t known that doing a service or making a donation could be the pathway to living each day feeling happy, joyous, and free. Whether we are opening a meeting room, serving on the board of our local intergroup, or making a financial contribution, our Seventh Tradition has helped us heal on the inside. This active participation enables our Higher Power to guide us toward the next indicated right action, one day at a time. Some of the benefits we receive through this service might include: A greater commitment to recovery; Feeling “a part of” rather than “apart from”; Enjoying an inner serenity for having taken positive action; Knowing we are actively giving back what we have so generously been given; Accepting that our lives depend upon our OA recovery. <http://www.oalifeline.org>

Concept 6

The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B. *Spiritual Principle: Balance*

Tool of the Month

Plan of Action

An action plan is the process of identifying and implementing attainable actions, both daily and long-term, that are necessary to support our individual abstinence and emotional, spiritual and physical recovery. 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.

Along with working the Steps on a daily basis, an action plan may incorporate use of other OA tools to bring structure, balance and manageability into our lives.—*The Tools of Recovery*, p.5–6

What’s Inside

Step/Tradition/ Concept	p 1
Announcements	p 2-3
IG Minutes	p 4
Writings/ Submissions	p 5-7
Meeting Lists	p 9-10



ANNOUNCEMENTS



Newsletter Calendar

Without you, we have no content! Please send your ideas, original writings, artwork, or puzzles to newsletter@triangleoa.org; deadline is the night before the 2nd Saturday of the month. The theme is always the step, tradition, or concept of the month (so, Step/Tradition/Concept 1 in Jan, 2 in Feb, etc) and associated spiritual principles, but you can always share whatever is on your heart regardless of the theme!



Upcoming dates:

July 9: deadline for August newsletter, Durham Sat 11am writing

Aug 13: deadline for September newsletter, Raleigh Sat 9:30am writing

Sept 10: deadline for October newsletter; **WE NEED A MEETING TO VOLUNTEER**

Oct 8: deadline for November newsletter; **WE NEED A MEETING TO VOLUNTEER**

Nov 12: deadline for December newsletter; **WE NEED A MEETING TO VOLUNTEER**

Dec 10: deadline for January newsletter; **WE NEED A MEETING TO VOLUNTEER**

Triangle OA Speaker List

Alice: 919-271-3292

Anne L: 919-360-8711 (text)

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

Tammy: 919-274-4052

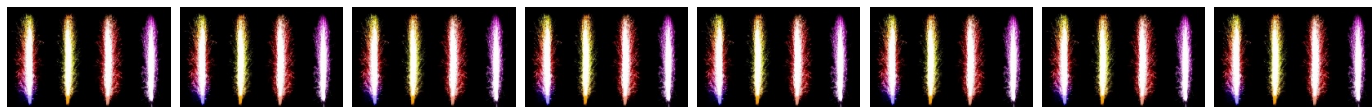


RETURN TO IN-PERSON MEETING!

Durham Saturday 11 am will resume in-person meetings at the Scout Hut on July 3, 2021

3639 Old Chapel Hill Rd., Durham NC 27707

Please wear a mask if you are not fully vaccinated. Efforts are being made for this to be a hybrid meeting for those not ready to return in person.



Summer Serenity Day

A shot of serenity to start your summer!

June 26, 2021 ☼ 1-4pm (EDT)

Speaker ☼ Panel discussion ☼ Tools & open discussion

Zoom info:

Join from link: <https://zoom.us/j/92364543091>

Join from Zoom app: Meeting ID 923 6454 3091

(no password; there will be a waiting room)

Call in: 1-929-205-6099, enter Meeting ID above

Attendance limited to 100 participants due to the restrictions of our Zoom account. No registration is necessary, but do come a few minutes early!



I recently completed a 7th Step with my sponsor that was a wonderful spiritual experience. It wasn't the first time I've done the 7th step, but it was the first time I did it in this particular way. It was powerful that day and has been helpful since then in continuing my recovery. This time, I went back through my 4th Step inventory, which was long and wordy in the way I tend to be, and made a list of character defects on one side of a piece of paper. On the other side of the paper, I made a list of my character assets.

I arranged a Zoom time with my sponsor, and I got my list, my OA 12&12, and my AA Big Book. We started out with the Serenity Prayer, and then I reviewed the list of character defects and the list of character assets with her. My sponsor lovingly listened to each one. I asked her if she had any other things that she thought I should consider adding to the list of character defects and then to the list of assets. My list of assets was short, and my sponsor suggested a couple more assets she thought I should consider (which felt great), and I agreed. We both agreed writing the assets list had been harder for me than the defects list. I had to remind myself that I could list assets even if I didn't do them perfectly or even every single time, because I don't practice character defects every single time either.

When we finished the list, I took it in hand, and looking at the paragraph in the OA 12&12 7th Step chapter, I decided to name each one and offer it to my Higher Power to deal with it whenever and however HP chooses. So, for example, I said "God (which is what I call my HP), I am now willing that You remove my impatience whenever and however You choose so that I can be of service to others." As I was doing this, it felt like a real letting go and I imagined not responding with the character defect for some of them even as I was saying the prayer. I then named each character asset and said, "God, I am now willing that you use my sense of humor whenever and however you choose so that I can be of service to others." At the end of offering each defect and each asset, I said the AA 7th Step Prayer. It was a great summary and seemed to cap it all off beautifully.

I felt so hopeful when this was over. I was so grateful for my sponsor and told her so. I really felt my character defects could be removed or changed into assets. I've also experienced since then that some of those defects are not completely gone yet, and I remind myself that God is removing them "whenever and however You choose." I sometimes even just imagine the paper with the lists on each side and find it helpful.

This step was so powerful for me and I'm reminding myself that my 8th and 9th Steps could also be beautiful spiritual experiences so that I can keep moving ahead.

This has helped me keep my life in balance which has helped with my food, too. I've enjoyed sharing this with OA buddies, and I hope others can have the same gifts I've had with the 7th Step. —Kathy R.



Step 7

Humbly asked Him to remove our shortcomings.

“My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding.” (7th Step prayer)

We read in the *12 Steps and 12 Traditions of Alcoholics Anonymous* on page 72 that the basic ingredient of all humility is to seek and do God’s will. As long as I place self-reliance first, a genuine reliance upon a Higher Power is out of the question. Thinking I can run my life and the lives of others, with God helping out a little here and there, is the opposite of humility. Seeking with all humility for the change from a life based in self-centered fear, in a state of continual disturbance and frustration, to the attainment of a state of serene peace means I am seeking to move out of myself and towards helping others and toward God.

Having honestly completed the 4th Step and openly given the 5th, I have become aware of and gained greater clarity about my character defects, so that in Step 6 I am sincerely ready for God to remove them. I no longer want to be that person, harming myself and others in a state of alienation from how God would have me be. I deeply want any stumbling blocks between me and HP to be taken from me. Like when food cravings come up, to pause in a moment of agitation or excitement and connect to HP to pray that emotions like anger or self-pity or pride do not rule what comes out of my mouth in the form of hurtful words, but that I naturally express love and kindness. So now my work is to humbly pray that He remove these shortcomings as and when they crop up, which they inevitably do because I am human. Certainly I experienced the “Sunshine of the Spirit” when I prayed the 7th Step prayer, but I was not struck perfect. It is a lifetime process of patient improvement when I am living in Steps 10, 11, and 12. The work I have to maintain my spiritual fitness and perpetuate my abstinence and recovery is each day, one day at a time, to repeatedly watch for any shortcomings and pray to God for their removal, not for myself alone but so that my thoughts, words, and actions become more and more aligned with His will. —*Anonymous*

Three days ago, I walked out of my house and discovered a newborn fawn curled up under the cherry tree in my front yard. It lay absolutely still, eyes wide open, ears pricked, small body wound tightly into a ball revealing a copper-colored back sprinkled with bright white spots. A few minutes later, I was on the phone with a wildlife ranger who explained that the doe had most likely given birth the night before (drawn perhaps by the flower baskets hanging from the tree’s branches), that she would return at dusk to feed her baby, then leave again to draw any predators away. The ranger instructed me to keep people and pets away from the tiny creature and in a few days, when the fawn could walk, the mama would lead her/him away into the woods.



For the next two days I watched the speckled fawn sleep, stretch, and wait for its mother. Each morning, more flowers were nibbled off the baskets so I know the doe was returning to feed her newborn. Looking at the tiny unprotected creature I found myself considering three elements vital to working Step 7: trust, vulnerability, and patience.

On the surface of it, who wouldn’t want one’s shortcomings removed for an easier, smoother existence? But in reality, when my higher power shifts the behaviors that I have used for decades to cope with life, I can feel as vulnerable as that fawn. In a sense, I am new-born as I learn to navigate life feeling my feelings, considering the well-being of others, and letting go of my default behaviors. As I “let go of old ideas” I too am walking on shaky fawn legs. For this reason, I am grateful that HP works these miracles slowly... quietly. Often, I feel frustrated and impatient when I find myself operating out of balance, driven by a character defect. But like that fawn trusting that its mama will return just when the time is right, I can trust HP’s timing. HP, like the fawn’s mother, allows me to grow stronger day by day in recovery so I can rise and walk on my new legs, freer and freer from my shortcomings. —*Nan M.*




A Tradition of Responsibility

I am reluctant and ambivalent about approaching this topic of the 7th Step and the spiritual principle of humility. To me, engaging in humility has always been synonymous with weakness. It feels like a surrender of self to something, or someone, with more power than me. In my experience, people have abused the power they have over others and that scares me. I fear that surrendering would make me

feel like a victim. It's strange, because as I move through the world, I move (I believe) as someone who has humility. I am quiet, self-effacing, focused on others, and diminishing of my own strengths, talents, and achievements. But as I write this, I realize that that is not true humility. Or, if it is, it is far closer to pathology than anything else. It is a symptom and an expression of my co-dependence and cowardice. I give a reflection to others that is a pleasant and humble aspect in order to not be seen or known.

So here, I turn to consider the 7th tradition's spiritual principle of responsibility. For me, this is a call for me to first know or come to know what is *my* responsibility, what truly falls on *my* side of the street, and to address it. To pick up and clean out the garbage and debris that is MINE, while refraining from voluntarily cleaning up another's side, or accepting the burden of another's garbage, baggage, or their own responsibility of cleaning up their own side of the street. It also means for me to refrain from directing others or even wanting to control how others manage or engage their own sides of the street. Responsibility also means that I tell people when they have crossed a boundary or when they have attempted to come onto my side of the street and fiddle with things that are not theirs. This has always scared me and I think my history with compulsive eating has a lot to do with this fear. Responsibility is using my voice. —Pam



*Humiliation had been my plight
Feeling shame always and being so uptight
I came to OA
I found a different way
I learned that feeling my feelings was alright

As I began to abstain and worked Step seven
I began to lose the compulsion, poor self-image & obsession
I understood humility
It became simple to me
I started to release denial and deception

Now I understand the Step 7 concept
Pray my Higher Power removes my defects
I strive to be humble
Yes, sometimes I stumble
Yet, flow of joy, self-esteem & usefulness I accept.*

—Paula

Thank
you

Big THANKS to the
Durham Sunday
Morning Structure
House Group for
writing this month!

TRIANGLE INTERGROUP MINUTES



May 15, 2021

Draft minutes, subject to Intergroup approval

Attendance:

Mary Anne (Chair, WSO); Judi (Secretary, High Tech); Anne (SOAR, Newsletter editor); Kathy Z, (Rep. Chapel Hill Tues 6pm); Colleen (PIPO, Newsletter Trainee, Rep Thurs 7pm Chapel Hill); Buffie (Rep Durham Sun 10:30am); Lynn (Group Outreach)

Minutes from April approved as submitted.

Treasurer's Report (Karen): Karen was absent due to illness but sent an email there was nothing substantive to report. She is a bit behind depositing checks. The report was accepted as submitted.

STANDING COMMITTEE REPORTS

Secretary (Judi): Continuing the work of posting minutes to the website by June

WSO (Mary Anne): Provided a written report, see website

SOAR (Anne): SOAR is looking into possibly having 1 in person meeting and one virtual meeting /year. Written report submitted, see website

High Tech (Judi): nothing new to report

Group Outreach (Lynn): Most recent changes to meeting info have not been reflected on the website or newsletter, will coordinate with those chairs. Collecting email addresses to add to the spreadsheet to make it easier to reach out when there are events or announcements.

Newsletter (Anne, Colleen):

PI/PO (Colleen): it has been difficult to reach professionals – however the American Association for the Study of Liver Diseases recently mentioned OA in an article on standards of care.

12th Step Within (Buffie): Planning a serenity day for June 26

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

NEW BUSINESS

Open Positions. Sid has decided that he must step away from his duties with intergroup so there are open seats for Vice Chair (must be filled by August as Mary Anne will be away, so we need a meeting chair) and SOAR Rep.

Co-hosting SOAR. Colleen and Mary Anne went to the meeting and the consensus was that we would NOT

submit a bid to host SOAR as there is not sufficient interest.

Helping meetings become hybrid. Anne did some research and found that decent projectors with speakers are available for about \$150 and webcams for under \$50. With these, a \$10 tripod, a meeting location with wi-fi and a whiteboard or blank wall, and someone with a laptop, meetings could go hybrid for about \$200. Anne will get with the high-tech chair from SOAR, and put together a newsletter article that includes guidance and questions for groups to ask where they meet (Is there internet? Is there already equipment?) [Note this has not yet been done]

2021 Intergroup Meeting Dates:

July 17	September 18	November 20
August 21	October 16	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.



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 #51040	Carrboro [Call meeting contact for Zoom info]	Literature AJ, 919-644-1239
Mon 7pm #12897	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 11am #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 [Call meeting contact for Zoom info]	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 Southern Village [Call Mary Anne, 919-260-5693, for Zoom info]	Big Book Kathy Z 919-542-2166
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—NOTE NEW PHONE NUMBER at right]	Variable, Newcomer Harriette B. 919-452-1090
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 <i>A Vision for You Meeting</i>	712-432-5210	876148#
<i>Daily 11:30 am Big Book/11th step meditation</i>	<i>605-472-5485</i>	<i>237244#</i>
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 <i>Closed*</i> meeting. Also on Zoom, Mtg ID 679 373 7699, Password 409092	646-558-8656	409092#
OA HOW, Sun 6 pm <i>Closed*</i> , 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	