

August 2021  
Volume 36, Issue 8



Digital version at  
[www.triangleoa.org](http://www.triangleoa.org)

# Triangle OA Recovery News



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

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## Step 8

Made a list of all persons we had harmed and became willing to make amends to them all.

*Spiritual Principle: Self Discipline*

In the throes of our addiction, we have created a lot of damage to others. In order to truly recover, we must face the hurt we've caused others through our actions. This step is crucial to our recovery. You may have apologized for your actions. But saying you are "sorry" and actually making amends are two very different things. In this step we start to go beyond taking accountability, we are prepared to do something about it. A recovered and spiritually healthy individual takes responsibility for their behavior and acts to make things better to be a positive force in the world. That effort starts here. <https://12steppers.org/>

## Tradition 8

Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers. *Spiritual Principle: Fellowship*

We practice the Principle of Tradition Eight, fellowship, when we give our time and energy to help others who share our disease. We do this out of gratitude to our HP and to the other members who have given us the love and respect we needed to find our way out of the despair of food addiction. No matter what we do in our professional lives, when we are in an OA meeting, we are just one among many. In order to grow in OA, we need to work with other compulsive overeaters as equals, not as experts. Sharing our recovery is always done without compensation. We are each compulsive eaters helping another, with no expectation other than to share what has saved our lives. — Edited and reprinted from OA Today newsletter, St. Louis Bi-State Area Intergroup, August 2015

## Concept 8

The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office. *Spiritual Principle: Delegation*

### Service

*Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible. (OA Responsibility Pledge)*

Carrying the message to the compulsive overeater who still suffers is the basic purpose of our Fellowship; therefore, it is the most fundamental form of service. Any form of service—no matter how small—that helps reach a fellow sufferer adds to the quality of our own recovery.—*Tools of Recovery*, p.7

When I first joined OA, I shied away from service opportunities. I told myself several things: "I'm too new," "I don't know enough about program to perform that particular service," "It will take too much time from my work or family," and, best of all, "In the past, I have given too much of myself and my time to other organizations. Since I don't know how to give in a healthy way, I'm going to be very cautious now."

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Tool of the Month

# ANNOUNCEMENTS



## Newsletter Calendar

Without you, we have no content! Please send your ideas, original writings, artwork, or puzzles to [newsletter@triangleoa.org](mailto: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:

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

**WE NEED MEETINGS TO VOLUNTEER FOR THESE DATES:**

**Sept 10:** deadline for October newsletter

**Oct 8:** deadline for November newsletter

**Nov 12:** deadline for December newsletter

**Dec 10:** deadline for January newsletter



## 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](mailto: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

(updated Feb 2020)

## Summer Workshop Announcement: A Study of Step 12

Saturday 7/31/21 1pm-4pm

Zoom ID: # 5989410028 Passcode: oabrig Call in : 312-626-6799 Passcode 486823

**Suggested donation: \$10.** No one will be excluded for lack of funds.

There will be a time set aside during the workshop to donate whatever you can.

Please register before **July 31** to be emailed a workshop packet.

If you register on the day of, you will not be sent the packet until after the workshop ends.

If registering with Venmo or PayPal, you do not need to mail in a form.

Include your contact information and intergroup name in your payment submission.

**You will be emailed a packet upon receipt of payment. •**

**PayPal:** [oabatonrouge@gmail.com](mailto:oabatonrouge@gmail.com). **Select friends and family to avoid any fee. •**

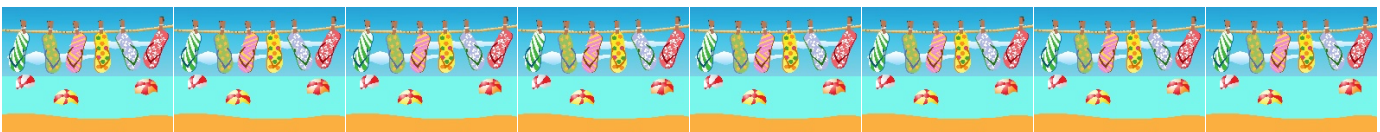
**Venmo:** @Overeaters-Anonymous-1

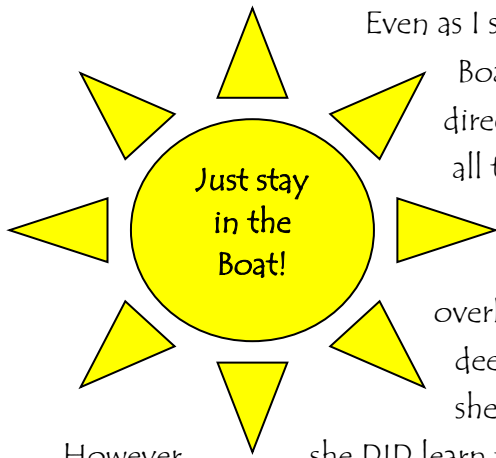
## RETURN TO IN-PERSON MEETING!

Durham Saturday 11 has resumed in-person meetings at the Scout Hut

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.





Even as I sat trying to think of something to write, the thought of Just Stay in the Boat kept coming to mind over and over. Granted, it can go in many directions, but hopefully by the end, it will all make sense. A vision of a boat of all things initially came to mind; and then a vision of what happened last weekend to a friend. You see, she went with someone on a canoe ride and as they neared the return to shore, she gets the bright idea to jump overboard and walk or wade the rest of the way. To her surprise, the area was deeper than she thought and not knowing how to swim, you got it Sherlock, she sank. Thankfully, the friend was able to help out and it all ended well.

However, she DID learn to "Stay in the Boat." Honestly, my desire is to focus on my very own ESH (Experience, Strength, and Hope for someone who might wonder WHAT IN THE WORLD IS ESH). In the program, experience has taught me to also "Stay in the Boat." No one has to convince me that OA works; I know from my own walk that it does. I know when I suit up, show up, take the cotton out of my ears and put it in my mouth, follow your suggestions, I have great measures of success. When I don't and find myself floundering, the greatest thing I can do for myself is to simply, once again, "Stay in the Boat." My food is not always on track; I don't always write it down or call it in to my Sponsor; and I suffer. The emotional and physical weights are great; yet, the greatest thing I KNOW I can do for myself when I find myself off the well-trodden path is to simply "Stay in the Boat." -Anonymous, Durham



### Tradition 8 vs. My Dreaded EGO!

I find Tradition 8 a big challenge to my participation in the Fellowship because I suffer from one of many manifestations of the dreaded Ego aspect of this Disease: I want to be "Miss Know It All". Perhaps this is the consequence of being the oldest of three siblings (but looking back, my wisdom and counsel was NEVER properly appreciated by my ungrateful younger brothers!), but something I carry with me to this day!

There is an analogy in The Big Book of Alcoholics Anonymous that I turn to over and over: keep my own "side of the street clean" - before I start looking at and judging the mess in somebody else's yard... So difficult to follow especially when a meeting drifts into my own particular "areas of expertise". But my participation with others in the rooms of OA is not to be their Miss Know It All for anything but only to share my Experience, Strength, and Hope... not what I was taught in school or what I learned in some book or coworker. I risk coming off like the Bossy Big Sister that my brothers hated so much! I am so grateful for OA and how it not only makes order in my nutritional life, but also encourages me to be a better human being as I trudge this road of happy destiny. *Karen V, Hillsborough*



# The Challenge of Learning

Step 8 is a challenge for many a fellow. I suspect we all like to think we have been pretty good human beings throughout our lives. As I look back over the years, I think to myself of offenses I have committed, not huge criminal offenses but those of a more juvenile type: shoplifting cheap nail polish, cigarettes and such from the old McCrory's or Woolworth's (both out of business by now). Making a list of those I had harmed was not hard really, family members I had lied to, held a grudge or harbored resentments against, this list goes on... boyfriends I cheated on (who knows where they are now).

Then I come to the second part of Step 8... being willing to make amends to them all.... The stores I stole from most are no longer in business and those that are... I may never visit again. I make a living amends to those making sure my children

and grandchildren always know right from wrong and have enough that they never feel the need to steal from anyone. Those I had lied to (most of them dead) I used to say to myself they earned that behavior after all they had done to me, but really, I am the one hurt by my behavior: after all I was the one feeling the shame of it... I make a daily amends to myself: I tell the truth now and if the truth will hurt worse I shut up.... Holding grudges and resentments also only serve to hurt me – those people likely have no idea the words they said and the actions they took affected me so badly and it is my duty to let people know now that I am not that person anymore and my responsibility to set those limitations on my own heart... not to be hard or uncaring but to avoid allowing people to talk to me as if I am less than... Today I am as honest about my feelings as I can be. I try very hard not to be hurtful and not to be cruel while telling the truth but I am also able to defend my side of the street while keeping it clean and I have learned some people just have no place in my heart and do not deserve to live rent free in my head.

I am still learning more every day; thanks to my sponsor and the examples set by the fellows I see and listen to I learn more. I learn from the readings, I learn as I write, I learn as I meditate and pray every day. -CB Durham



Coming to OA was an awakening to me .  
I had to admit before I could be free.  
Power over food? I had none.  
I have a Higher Power. Yep, just one!  
A few of the steps have caused me to quake  
Steps 4 & 5? Oh how my heart aches!  
In 6 & 7 I really learned,  
how to be humble it was an action in turn.  
Reaching step 8 and I'm feeling great!  
I've confessed my sins,  
And I've even caused a few grins.  
Don't want to cause pain,  
No longer shifting the blame.  
Be it money or deeds, I got to clean my side of the street.  
If you have harmed me you are forgiven with all my might.  
If I have harmed you, I live to make it right.  
To show me the way each day  
In safety and love I pray.  
So thankful for YOU, HP and OA.

-Anonymous

Step 8  
Poem



# TRIANGLE INTERGROUP MINUTES



June 19, 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); Heidi (Wednesday 6pm Hillsborough)

*Minutes from May approved as submitted.*

**Treasurer's Report (Karen):** The report was accepted as submitted. Minimal expenses. The surplus from 2020 has been distributed.

## STANDING COMMITTEE REPORTS

**Secretary (Judi):** still working to get the minutes posted

**WSO (Mary Anne):** Progress continues to be made on the by-laws committee

**SOAR (Anne):** No new news, SOAR meeting is happening virtually and being sponsored by Atlanta. The by-law committee Anne is on might have something together by the end of summer.

**High Tech (Judi):** Judi reports looking for help with creating a PowerPoint and possibly to look into how we can save some money on website.

**Group Outreach (Vacant):** This position is now vacant. We need to get the spreadsheet from the prior group outreach person.

**Newsletter (Anne, Colleen):** Looking for newsletter writers beginning in October

**PI/PO (Colleen):** No new news

**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

### Election of VP, SOAR Rep, and Group Outreach

Colleen will take minutes for the August meeting, Judi will take the role of vice-chair for that meeting and lead

**Open Positions.** Vice Chair, SOAR Rep., Group Outreach

## 2021 Intergroup Meeting Dates:

August 21

September 18

November 20

October 16

December 18

**All are welcome to attend Intergroup!**  
**Third Saturdays, 10:15 am to noon**



Meetings are still being held virtually  
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  #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 kacruz50@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 [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
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 kacruz50@gmail.com, for Zoom info]	Big Book Christina L. 252-227-1051
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 11:00-12:30  #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 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.*

<b>Chapel Hill Area (Chapel Hill, Carrboro, Hillsborough)</b>		
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
<b>Durham</b>		
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
<b>Fayetteville Area (Fayetteville, Aberdeen)</b>		
Sun 6pm #5368	Fayetteville Manna Church, 630 Executive Place	Sarah 919-850-5473
<b>Morehead City Area (Morehead City, Havelock)</b>		
Wed 5:30pm. #29885	Morehead City, Carteret Health Care, 3500 Arendell St. Meeting Room #4	Sue 570-594-4984
<b>Raleigh Area (Raleigh, Apex, Cary, Fuquay-Varina, Garner)</b>		
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
<b>Wilmington Area (Oak Island, Rose Hill)</b>		
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](http://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)***

<b>Daily Meetings (all times EST)</b>	<b>Phone Num.</b>	<b>Pin #</b>
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#
<b>Daily 11:30 am <i>Big Book/11th step meditation</i></b>	<b>605-472-5485</b>	<b>237244#</b>
Daily at 6:00 pm	712-432-5200	4285115#
<b>Specialty Meetings (all times EST)</b>	<b>Phone Num.</b>	<b>Pin #</b>
<b>Anorexia/Bulimia, Saturday 2:00 pm</b>	<b>515-604-9094</b>	<b>950897#</b>
<b>Men, Sunday 8:30 pm <i>Closed* meeting. Also on Zoom, Mtg ID 679 373 7699, Password 409092</i></b>	<b>646-558-8656</b>	<b>409092#</b>
<b>OA HOW, Sun 6 pm <i>Closed*, 2-hr meeting in the HOW tradition</i></b>	<b>712-770-5605</b>	<b>186313#</b>
<b>Online Meetings (all times EST)</b>	<b>URL</b>	
Daily at 7am, 10:30 am, 2:30 pm, 6 pm, 8:15 pm, 10:30 pm, 12:30 am	<a href="http://www.oa12step4coes.org">www.oa12step4coes.org</a>	
Daily 3am, 6am, 9am, 12pm, 3pm, 6pm, 9pm, & 12am	<a href="http://www.OArecovery.com">www.OArecovery.com</a>	