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Digital version at
www.triangleoa.org

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 9

Made direct amends to such people wherever possible, except when to do so would injure them or others. *Spiritual Principle: Love*

"If we are to be restored to right relations with others, we must do whatever we can to square things with the people we have harmed. Much of what we need to do to make amends won't be easy, but those who have [done so] have always found it to be more than worth the effort. As we have dealt lovingly with every person in our lives, our spiritual awakening has become a reality. To the best of our ability, we've cleaned up the wreckage of the past, and we are more at peace with the world." — *OA 12&12, p 67*

Tradition 9

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve. *Spiritual Principle: Structure*

"In OA, we have experienced how things work out for the best when organization is kept at a minimum. The order we once sought in rules and power structures, we have found in freedom instead. Trusting our HP rather than any organizational structure, we can now take responsibility for our shared lives and for the OA Fellowship in which we are recovering together." — *OA 12&12, p 150*

Concept 9

Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels. *Spiritual Principle: Ability*

"Trusted servants are vital to OA at all levels of service. Although some service positions may require certain skills and abilities, willingness is the first step in OA service." — *12 Concepts of OA Service pamphlet, p 11*

Tool of the Month

Sponsorship

Sponsors are OA members who are living the Twelve Steps and Twelve Traditions to the best of their ability. They are willing to share their recovery with other members of the Fellowship and are committed to abstinence.

We ask a sponsor to help us through our program of recovery on all three levels: physical, emotional, and spiritual. By working with other members of OA and sharing their experience, strength, and hope, sponsors continually renew and reaffirm their own recovery. Sponsors share their program up to the level of their own experience.

Ours is a program of attraction; find a sponsor who has what you want and ask that person how he or she is achieving it.—*OA Tools of Recovery pamphlet, p.2*

What's Inside



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Opinions expressed are those of the writers and do not represent OA as a whole.

Announcements



Newsletter Calendar

Without you, we have no content! Please send your ideas, original writings, artwork, or puzzles to newsletter@trianglecoa.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:

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

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 2021)

Virtual Meeting for New Members



Saturdays 7:30 pm MT (9:30 pm ET)

Meeting format:

- Long-time speakers
- Q&A time
- Discussion of the disease of compulsive eating

All are welcome: newcomers, new members, long-time members

Zoom Meeting ID 816 5985 5307 Passcode: 09235

Contacts: Ev (780) 699-9265; Theresa (780) 966-9067

Piedmont Intergroup will have a Sponsorship Workshop August 21; see the flyer on the last page of the newsletter!



Concept 9: Able, trusted servants, together with sound & appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

When we neglect to provide the proper maintenance to our homes, we are inviting problems. Tools break down, communication pathways are obstructed, and a state of disrepair becomes the norm. In the same way, we have neglected and abused our own bodies: when we fail to maintain proper nutrition, our health falters, and when we fail to have faith, our spiritual life becomes dark.

In Concept 9, we learn that we are to choose able and trusted servants; that these servants are *indispensable* for effective functioning at *all service levels*. This starts at the group level, where we welcome all newcomers and long-time members, where we need members to lead meetings, to read, to act as secretaries and treasurers to manage the business of the meeting, to set up or take down chairs, and many other services. Even sharing our experience, strength, and hope can be an invaluable service, especially to newcomers.



Our intergroup supports all of our groups, no matter how large or small, through maintenance of triangleoa.org, where each member, group, and potential newcomer can find a list of available meetings; this newsletter filled with inspirational writings, announcements, and the goings on of intergroup; and other resources. The announcements often include changes in the way meetings are being offered, upcoming special events, and many other issues faced by our groups. Our intergroup also maintains a list of speakers, provides groups with the use of our zoom account to support them during this time of COVID. Intergroup also sends representatives to the Regional and World Service Business Conference meetings.

The Regional and World Service Office develop by-laws and policies based on what we as individuals and local groups identify as appropriate for our group conscience. When the local groups do not provide input into this process, we are basically telling OA to make the rules for us. Similar to failing to cast a vote at election time, we are failing to make our voices and preferences heard. When we fail to speak our truth, the disease has the opportunity to raise its ugly head and cause resentments that are counterproductive to our healing.



If OA is to survive, if each of us is to grow in recovery, we must follow Step 12 and carry the message to those who still suffer. We must leave the comfort of our smaller groups and support the functioning of Intergroup, Region 8, and even the World Service Office (if we are asked) to ensure that each of our groups, each of our members or potential members, receive the support they need. When we serve, we not only sharpen our own tools, but we relieve the burden of others who are caring a double load.

Intergroup is a great place to try service beyond your group, meeting just one Saturday morning a month. I encourage each of you to get involved and give service. *Help us to mind these rooms. Help us grow our OA family. Help those who have lost their way to find their way back home.* And in helping others, you will find your own spirit being fed as well. Thank you for reading and remember, *It works if you work* it is not just a slogan.

—CB, Durham



Tradition 9: OA, as such, ought never be organized...

...but we may create service boards or committees directly responsible to those they serve.



Try imagining an OA meeting where the same person always leads, or where a vocal treasurer tries to dictate how money should be allocated. When it looks like someone feels called to organize us, we resist. To a person, we are unwilling to be told what to do and how to act. In OA, no one gets to be the boss of me.

But there are situations when I willingly ask someone to walk a little ahead of me on the path to lead the way. I set aside my natural intolerance for receiving direction and I open the door to suggestions and ideas. I become teachable. As long as the relationship serves us both and there's a spirit of mutual accountability, it thrives. For the past 7 years, my sponsor and I have been in almost daily contact. The success of the partnership can be attributed to her unwillingness to serve as my authority. This attitude is described in *Twelve Steps and Twelve Traditions of Alcoholics Anonymous*. As an example, here's how the people at AA headquarters respond to letters asking for a ruling on something:

Of course, you are at perfect liberty to handle this matter any way you please. But the majority experience in AA does seem to suggest...

Ah! My shoulders drop when I hear a suggestion delivered in that light. This attitude works in my marriage, my parenting, my work affairs, and in my friendships. Tradition 9 keeps me right-sized and in right relation to my fellows and to God. —Anonymous, Hillsborough

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Making an amends face to face and having it accepted is the norm. However, there are abnormal occurrences when completing Step 9. How are these to be handled? I have had at least one person refuse to accept my amends. What to do? We have no control over whether or not people will accept our amends. They have the right to hold lifelong grudges if they choose. They don't owe us forgiveness and we don't need their forgiveness to achieve recovery. We only need to clear off our side of the street by righting our wrong as best we can. We should release these people with love. There were a couple of instances of my owing amends to people I served in the military with. It has been so long I had no idea how to find them. At my age, there are people I owed amends who have died. In these two cases, it was healing to me to make the amends indirectly. In a couple of cases, I wrote a letter and then read it aloud to the offended parties. In another case, I provided help to a member of the person's family. In one case I made a gift to their church in their name. The point is, under all circumstances, I needed to find a way to complete the amends. Otherwise, it would have negatively impacted my ability to recover. —Reprinted from September 2019

*"Good judgment, a careful sense of timing, courage, and prudence—
these are the qualities we shall need when we take Step Nine."*

(*Twelve Steps and Twelve Traditions of Alcoholic Anonymous*, p.83)

Before OA, I had the exhausting task of desperately trying to make a good impression on everyone. That so-called good impression wasn't even me—it was a life lived in the fear of not being liked or included that drove me to try to impress those around me. I certainly wasn't living by any of the attributes above. I haven't actually taken Step 9 yet, but OA has given me the support and direction in getting to good judgement, careful timing, courage, and prudence:

- ✦ I use good judgement when I stick to my food plan
- ✦ I use careful timing when I keep my mouth shut when I want to control a situation
- ✦ I use courage when I face uncertainty in my program and talk it out with my sponsor
- ✦ I use prudence when I tackle my dishonesty and wait for God to give me what I need in that moment.

Step 9's a-comin' and I know with God's help, I will be ready. —Reprinted from September 2019

Triangle Intergroup Minutes



July 17, 2021

Draft minutes, subject to Intergroup approval

Attendance:

Mary Anne (Chair, WSO); Judi (Secretary, High Tech); Colleen (PIPO, Newsletter Trainee, Rep Thurs 7pm Chapel Hill); Karen (Treasurer); Margaret (Rep Wilmington meetings)

Minutes from June approved as submitted.

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

STANDING COMMITTEE REPORTS

Secretary (Judi): Nothing to report

WSO (Mary Anne): Working on the FAQ subcommittee of the bylaws committee. WSO announced that the annual convention will be held in Orlando. All recovery convention, no business.

SOAR (Anne): No report

High Tech (Judi): Nothing to report

Group Outreach (Vacant): No report.

Newsletter (Anne, Colleen): Need writers for October through end of year and beyond

PI/PO (Colleen): Nothing new to report

12th Step Within (Buffie): No report

Bylaws/P&P Update (Anne, Mary Anne): No report.

NEW BUSINESS

Nominations for Vice chair, SOAR Rep, Group Outreach: none

Distributing materials from meetings that have closed: Judi is picking up the materials from the meetings that closed. One idea is putting information in the newsletter and distributing to groups that need items.

Begin conversation about moving back to face-to-face or hybrid meetings: The church where intergroup used to meet did not answer the phones and did not call us back.

Thoughts about streamlining Intergroup meetings: This evolved into a discussion on how to get more involvement in intergroup, ways to improve intergroup, and find out if intergroup is meeting the needs of the groups.

2021 Intergroup Meeting Dates:

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.

We need people to give service on Intergroup, as we have a lot of vacant positions right now! It's <2 hours once a month, and as much or as little service between meetings as you can manage. Please consider joining 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 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 #32498 | 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 kacruz502@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 |
| 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 kacruz502@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 Bldg, Rm 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] | Variable, Newcomer Harriette B. 919-452-1090 |
| Sat 9:30am #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 kacruz502@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 | | |
| Sun 6pm #5368 | Fayetteville Manna Church, 630 Executive Place | Sarah 919-850-5473 |
| Morehead City Area | | |
| 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 in 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, Trads Fran 216-856-9036 |



Phone & Online Meetings

For a full list of phone and online meetings, visit www.OA.org and click on Find a Meeting. *Closed meetings are restricted to OA members or anyone who thinks they may have a problem with food; newcomers are welcome.

| 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# |
| Daily 11:30 am <i>Big Book/11th step meditation</i> | 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 <i>Closed* meeting. Also on Zoom, Mtg ID 679 373 7699, Password 409092</i> | 646-558-8656 | 409092# |
| OA HOW, Sun 6 pm <i>Closed*, 2-hr meeting in the HOW tradition</i> | 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 | |

SPONSORING & BEING SPONSORED

Saturday, August 21, 2021

1:00-3:00PM EDT

- Speakers
- Breakout Rooms
- Q & A

- How to be a Sponsor
- How to pick a Sponsor
- Types of Sponsorship

Spiritual
Person
Offering
Necessary
Suggestions
On
Recovery



Piedmont Intergroup

<https://piedmontintergroup.org>

Meeting ID: 840 5717 8092

Passcode: 053881

Our Seventh Tradition states that "Every OA group ought to be fully self-supporting, declining outside contributions."

<http://piedmontintergroup.org/7th-tradition>

Venmo: @piedmontintergroup