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Triangle OA Recovery News



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E-mail: newsletter@triangleoa.org • webmaster@triangleoa.org • Email the webmaster to subscribe to the newsletter by e-mail.

Step 10

Continued to take personal inventory and when we were wrong, promptly admitted it. Spiritual Principle: Perseverance

"As we repeatedly act on Step 10, we begin to see the remarkable way the Steps can continue to remove unnecessary turmoil and pain from our lives... Reviewing our recent behavior, keeping our HP in charge of our lives, asking for guidance, and promptly admitting our errors, becomes a sane and satisfying way of life—far better than nursing our fears or building a fresh set of resentments to harbor." —OA 12&12, p 74

Tradition 10

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy. *Spiritual Principle: Neutrality*

We compulsive eaters can learn a lot from OA's Tenth Tradition about concentrating on our message and avoiding controversy. It is summed up in the saying "live and let live"... Tradition Ten frees us to concentrate on recovery from compulsive eating without the conflicts that seem to rage in the world around us." —OA 12& 12, p 154,155

Concept 10

Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided. Spiritual Principle: Clarity
Service is essential to recovery. We provide more opportunities for service by encouraging members to perform a variety of activities over time. When we clearly define job responsibilities, we assure that necessary tasks are accomplished and that conflicts related to specific duties are avoided." —12 Concepts of OA Service pamphlet, p 12

Meetings

Tool of the Month

There are many types of meetings, but fellowship with other compulsive overeaters is the basis of them all. Meetings give us an opportunity to identify our common problem, confirm our common solution through the Twelve Steps and share the gifts we receive through this program. —OA Tools of Recovery pamphlet, p.3

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

A Letter from the Editors

Dear Fellow Triangle OAers,

We are struck this month by the quote on the previous page for Concept 10:

Service is essential to recovery

In keeping with this quote and the associated Concept 10 spiritual principle (clarity), we write to explain why there are no writings from our members this month.

When one of us began as editor 3 years ago, Intergroup was a vigorous, active group with typically a dozen attendees. Each month, I would ask for group reps to volunteer for their group to write in an upcoming month. We had many engaged meetings willing to write, and volunteers were never hard to find. But although attending Intergroup has never been easier (we added a phone-in option about 2 years ago for folks not near Raleigh, and now meet exclusively on Zoom since Covid struck 18 months ago), our membership has dwindled. We have the occasional surge after a recruitment push, and then the new folks fall away in a few months, leaving about half a dozen committed, regular members. We have 29 meetings in our Intergroup, but few send reps to the IG meetings.

That's not enough to fill 12 months of newsletters. And pulling together a monthly newsletter is enough work without having to spend time contacting meetings outside of the monthly IG meeting to find one willing to write. We could publish less often: SOAR publishes their newsletter quarterly, and other Intergroup newsletters we've seen are also published quarterly or at most, every other month. We happen to think it's important to publish monthly. **But we can't do it if nobody writes.** No one volunteered to write this month, and no one has, as yet, volunteered to write for the rest of the year or beyond.

A lot of folks are nervous about writing:

"I'm not a good writer"

"I can't spell"

"What would I have to say?"

If you can talk, you can write: just think what you would share in a meeting and write it down. And we have an editor because not everyone is great at grammar or spelling: no one is grading your work here! As for what you would say, EVERYONE in this fellowship has experience to share that could be exactly what someone reading the newsletter needs to hear. EVERY voice is important. There are so many ways of working this program that we need to hear from many people: your unique, imperfect experience may resonate with someone when nothing else has. That is one of the many gifts of OA, that ALL our voices matter and have value.

And it's not just about the newsletter—we just don't have enough IG members to do the work of Intergroup: publish our newsletter, maintain our website, pay our bills, send representatives to Region and World Service to make our voices heard, plan and hold recovery events, keep in touch with our meetings, provide information to professionals to spread the word, and all the other things we do to make sure we reach as many suffering compulsive overeaters as possible to offer them the joy of recovery we've found in OA. We

have a handful of people trying to do a set of jobs that was intended for a dozen or more people. It's not sustainable.

And it's not just that Intergroup needs you (though we do): it's also a fantastic and rewarding opportunity for service when we have enough hands to share the work. Both of us (and we dare say everyone on Intergroup) will tell you that doing service on IG is one of the cornerstones of our personal recovery. It's worth repeating:

Service is essential to recovery

So, we're asking EVERY group to do two things *in the next month*:

1. **Hold a business meeting and elect an Intergroup rep.** Ask your members to give serious, prayerful consideration to being your Intergroup rep: it's an hour-and-45-minute a month commitment that can be done from the comfort of your couch, because it's on Zoom. Additional service within IG is optional (though needed).
2. **Identify your meeting contact(s)** and send an email to newsletter@triangeoa.org by October 16 with their
 - Name
 - Phone number (and whether phone and user are text-capable)
 - Email address

Do tell us your preferred mode of contact, but please do provide both phone and email: we'll do our best to honor your preferences, but some kinds of information lend themselves better to different modes of communication, and having a backup is always good.

If you have already been in touch with Colleen in the past few weeks, we thank you and you can check this off.

If your meeting is improperly listed in the table at the end of this newsletter, please also tell us that; we especially encourage meetings listed in the non-Zoom section to confirm meeting details and format (in-person, phone, Zoom, hybrid).

IF YOUR MEETING HAS CLOSED but is still listed in the table, please let us know so we can remove it. We can also help, if needed, with the details of disbursing any funds and literature from your meeting.

Our goal is to hear from **all** the groups in our area so we have complete and current ways to get in touch with you.

We want to be able to offer the recovery we're receiving to newcomers in any area we serve, but we can't do it without YOUR participation to keep Intergroup vigorous and active.

Yours in service,

Anne L & Colleen B

grateful recovering compulsive overeaters and Newsletter Co-editors

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:

WE NEED MEETINGS TO VOLUNTEER FOR THESE DATES:

2021

Oct 8: deadline for November newsletter

Nov 12: deadline for December newsletter

Dec 10: deadline for January newsletter

2022

Jan 7: deadline for February newsletter

Feb 11: deadline for March newsletter

Mar 11: deadline for April newsletter

Apr 8: deadline for May newsletter

May 13: deadline for June newsletter

June 10: deadline for July newsletter

July 8: deadline for August newsletter

Aug 12: deadline for September newsletter

Sept 9: deadline for October newsletter



Triangle OA Speaker List

Alice.....919-271-3292
Anne L.....919-360-8711 (text)
Atiya919-302-1030
Elizabeth919-929-5936
Heidi..... heidicoach4you@gmail.com
J.V.919-233-9777
K.C.919-612-2000
Liz919-649-2088
Mary Anne919-260-5693
Neill.....919-789-9402
Robin919-667-7546
Sid919-270-5200
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

Triangle Intergroup Minute



Aug 21, 2021

Draft minutes, subject to Intergroup approval

Attendance:

Colleen (PIPO, Newsletter Trainee, Rep Thurs 7pm Chapel Hill); Karen (Treasurer); Anne (SOAR, Newsletter)

Minutes from July approved as submitted.

Anne chaired the meeting in the absence of the chair.

Treasurer's Report (Karen): InterGroup is still getting donations needed to support our InterGroup. We are looking to be prepared for her successor as this will need to be her last year.

STANDING COMMITTEE REPORTS

Secretary (Vacant): No Report. Judi has stepped down and this position is vacant; she will be sorely missed.

WSO (Mary Anne): No Report

SOAR (Anne): No report, awaiting the business conference in October.

High Tech (Vacant): No Report. Judi has stepped down and this position is vacant; she will be sorely missed.

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 current open positions were discussed

- o Vice chair- no nominations
- o Secretary- *nominated Colleen as acting secretary*
- o SOAR Rep- no nominations
- o Webmaster- *nominated Anne as acting web master*
- o Group Outreach- no nominations

We did not have a quorum and so were unable to actually elect anyone to these positions. Anne & Colleen volunteered to serve as acting webmaster and secretary, respectively and will take the action of contacting Judi to learn what is needed to manage these duties and will share the duties until we are able to hold an election.

We also hope to reach out to the groups to verify contact people/ information for all groups.

2021 Intergroup Meeting Dates:

October 16

November 20

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! We have lots of vacant positions and the handful of regulars can't do it all! 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, 919-466-0100, 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 Charles H chervish@gmail.com
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 kacruz50@gmail.com, for Zoom info]	Big Book Pat K. 252-353-6546
Wed 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
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 Charles H chervish@gmail.com
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 Bldg, Rm 220 [Call meeting contact for Zoom info]	Steps, Traditions Don 919-824-3999
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 Julie 919-637-2065
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.

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
Raleigh Area (Raleigh, Apex, Cary, Fuquay-Varina, Garner)		
Mon 7:30pm  #50409	Raleigh, Grace Lutheran Church 5010 Six Forks Road; Fellowship Hall	Big Book
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



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	