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Triangle OA



Recovery News

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Step 11

Sought through prayer and meditation to improve our conscious contact with God ***as we understood Him***, praying only for knowledge of His will for us and the power to carry that out. *Spiritual Principle: Spiritual Awareness*

“OA members who have made prayer and meditation a regular part of their lives have found a resource for healing and strength that cannot fail. Our Higher Power is the only source of help that is always available to us, always strong enough to lift us up and set our feet on the path of life. Prayer and meditation are our links to this unfailing source.” —OA 12&12 p8

Tradition 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication. *Spiritual Principle: Anonymity*

“The 11th Tradition is based on faith in our program and in that power greater than ourselves that guides compulsive eaters to our doors. All we have to do is let the facts about OA and its Principles be known. We can depend on our Higher Power and this program to attract those who can benefit from what OA has to offer.”

—OA 12&12 p161

Concept 11

Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs, and consultants. *Spiritual Principle: Humility*

“Similar to the realization that some members may need to look outside the Fellowship for help in recovery, Concept 11 acknowledges that our service work may require assistance from people outside OA who have professional skills and talents not available within our groups.” — *The Twelve Concepts of OA Service*, p12

Telephone

Tool of the Month

Member-to-member contact helps us share on a one-to-one basis and avoid the isolation that is so common among us. Many members call, text or email their sponsors and other OA members daily. As part of the surrender process, these tools help us learn to reach out, ask for help and extend help to others.

—OA *Tools of Recovery* pamphlet, p.3

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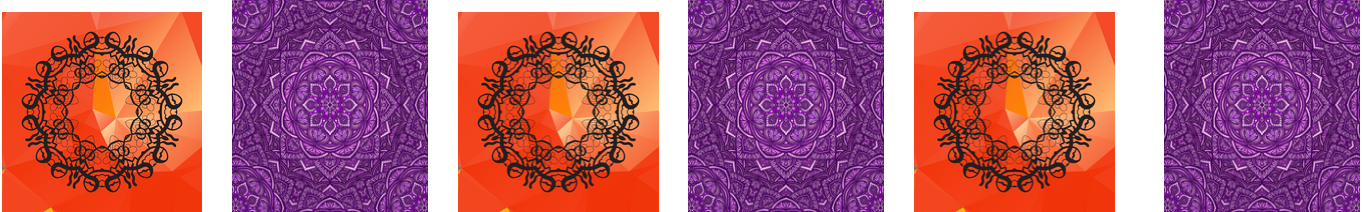


Tradition 11

I love the idea that our public relations policy is based on attraction rather than promotion. I am reminded of the many times I've watched people "promoting" themselves, trying to get a cat to sit in their lap, only to have the cat jump in the lap of someone just quietly sitting - a more "attractive" perch!

We are all so saturated by people and products and companies promoting themselves that we just tune it out or scoff at their claims. And OA's claims sound fantastic: if we turn our eating over to a power greater than ourselves, we cannot fail to recover, and enjoy physical, emotional, and spiritual recovery! I know I didn't believe it, until I saw people with amazing recovery just quietly sitting in these rooms and modeling a very attractive way of life that could be mine in one short leap into the lap of my higher power!

The tradition reminds me to simply BE the message, rather than to try to promote it: my recovery speaks louder than any words. —Anne L, Chapel Hill

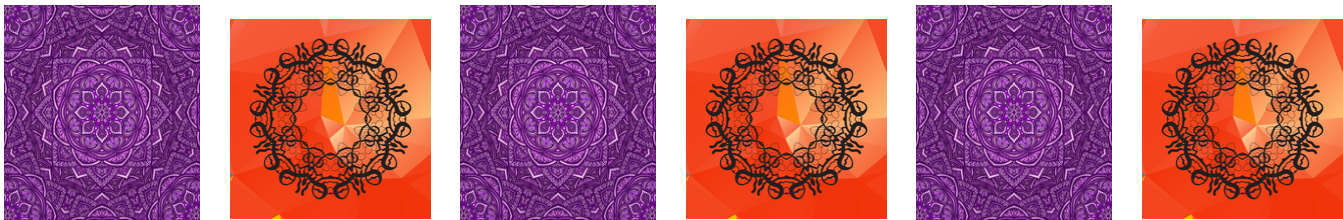


BINGO

Our group has been studying the *Body Image, Relationships, and Sexuality* book. In the story on page 100 titled "The Gift of Being Good Enough," the acronym BINGE appeared. The story author shared they had never felt good enough. The Acronym BINGE: Because I'm Not Good Enough became their realization of the root of the disease.

I immediately identified with this thought. It fit in with all my life experiences and was the filter I used to measure myself, my body, my thoughts, my environments, and my program. I was constantly seeking ways to change my body, my looks, my house, my job, my relationships, and my program. I measured my very existence on the thought *I am not good enough* no matter what I do. When those thoughts came, I binged on food, alcohol, sex, money, jobs, relationships, and clothes to cope so I could feel worthy and good enough. This did not work and left me hopeless. My binges only created ongoing cycles of powerlessness around the negativity and its hold on my life to control and be perfect. I sought to hold others to that standard.

After contemplation in steps 4-10, working with my sponsor, my group, and my higher Power, I can now choose a different acronym: BINGO. It applies to my food choices, my body image, my opinions of others, my relationships, and all my thought processes. I use the acronym BINGO: "Because I Need God's Opinion." God's opinion of me is just as it needs to be, and in God's eyes, I am ok as I am. My body is just as God wants it to be today. All events, things and experiences are as they need to be as I practice acceptance and seek God's opinion. When I use the God filter in my thoughts and actions, I feel a closer connection and conscious contact with a Higher Power that restores me to sanity and increases my conscious contact with God. I seek God's opinion, for it is the Power that provides peace and serenity in all areas of my life. BINGO! —Caroline, Danville, VA



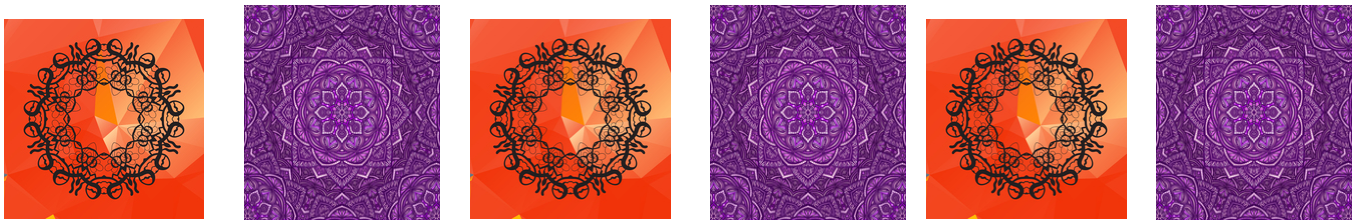
Continued Learning

I have recently become aware of (been clubbed over the head with) my need to dig deeper into "My Program." Part of that surrendering process has been re-reading OA-approved literature, to which the scary little voice will whisper "Surely, you've got THAT one covered by now! Bor-ing!"

Surprising then to discover (when is that whisper going to learn) —right there on page xiii of the AA Big Book (4th Edition) —a statement I swear I never REALLY read before: "It is important that we remain anonymous because we are too few, at present to handle the overwhelming number of personal of appeals which may result from this publication."

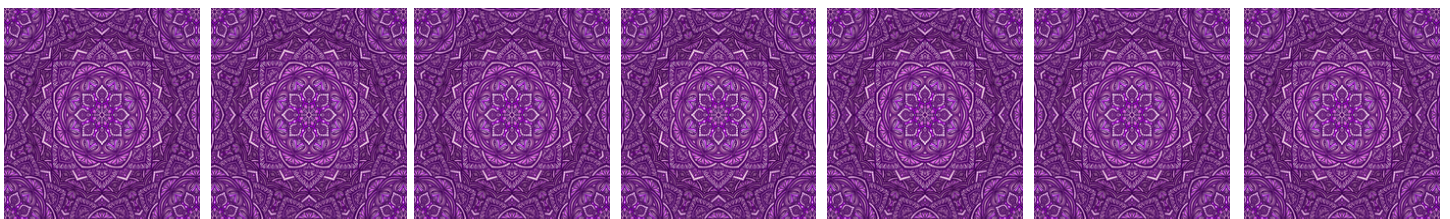
I'm not sure why, but this quieted that voice! Anonymity, like everything else I thought I had figured out, might have some purpose OUTSIDE the limited container that is "me".

What else am I missing? What else needs to be re-examined? The possibilities are wide open... but I have to let go of the idea that "me" can be fixed in space and time. Anonymous? It's letting go of that label I plaster on my chest in a new place, "Hello, My Name Is ..." I am whomever, whatever, wherever my Higher Power directs me. I just need to move out of the way! — Anonymous, Thurs Night CH



Really Improving Communications

In Step 11, we seek to improve our conscious contact with our Higher Power through prayer and meditation. Since coming to OA I have transformed from a self-professed "agnostic" to sure I have felt and heard my Higher Power. I followed the suggestions offered to "act as if" and I started praying and trying to meditate. At first all I prayed for was abstinence but as I learned more about other OAs in the program and heard their struggles, I began to pray for them before myself. I did and still do pray that my HP will guide me in the proper direction for healing and the 11th step prayer often falls out of my mouth as I am apt to do what I think is best on a good day... but now I wait and I actually shut my mouth about it and allow myself to be shown the better outcome. I have tried many types of meditation by this point and I have to say I am still often looking for something that calls me in my meditations but I can just sit and be quite and still and I can listen to the miracles that are all around me and feel the love I feel everyday from my HP. I have improved in so many qualities and am slowly shedding my character defects. I think of all my sarcasm is maybe the most stubborn to leave me. I will end with this... November means more than just giving thanks, Black Friday, and hopefully some fall colors: it symbolizes a year of abstinence for me, it tells me I am free to believe in the Power of a GOD that will support me, and it means I still have new layers of myself to uncover. I am so happy to be a part of this wonderful group and I am so happy that I have returned to you all. You are my kind of people, my family, my home. —Anonymous, Durham



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:

Nov 12: Durham Saturday @ 10am meeting

WE NEED MEETINGS TO VOLUNTEER FOR THESE DATES:

Dec 10: deadline for January newsletter
Jan 9: deadline for February newsletter
Feb 13: deadline for March newsletter
Mar 13: deadline for April newsletter
Apr 10: deadline for May newsletter
May 8: deadline for June newsletter
Jun 12: deadline for July newsletter
Jul 10: deadline for August newsletter
Aug 14: deadline for January newsletter
Sep 11: deadline for January newsletter
Oct 9: deadline for January newsletter



Triangle OA Speaker List

Alice..... 919-271-3292
Anne L919-360-8711 (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

Triangle Intergroup Minutes



Sept. 18, 2021

Draft minutes, subject to Intergroup approval

Attendance:

MaryAnne (Chair, WSO Rep); Anne (SOAR, Newsletter, Acting High-Tech); Colleen (PIPO, Newsletter Trainee, Rep Thurs 7pm Chapel Hill, Acting Secretary); Karen (Treasurer); Heidi (Wednesday night Hillsboro), Kathy Z (Tuesday night Chapel Hill)

Minutes from August approved as submitted.

Treasurer's Report (Karen): No significant changes

STANDING COMMITTEE REPORTS

Secretary (Vacant): Colleen will act as temporary Secretary until end of year – this will provide incoming hopefuls to get an idea of the job requirements.

WSO (Mary Anne): Continues to work on finishing up the WSO FAQs for the bylaws and wants to remind us not to share book print on screenings during zoom/hybrid meetings.

SOAR (Anne): Planning to attend the business meeting in October and will not be at our meeting

High Tech (Vacant): Both Colleen and Anne met with Judi to get a few of the basic functions of the job and Anne was successful in posting the newsletter this month. It is felt that we need to look into updating our website and the process.

Group Outreach (Vacant): Colleen has been working to confirm all the groups still in existence and created a spreadsheet with contact information for the board.

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

- for Vice chair-no nominations
- Secretary- **nominated and elected Colleen to serve through the end of the year**
- SOAR Rep- no nominations
- Webmaster/Hi-tech- **nominated and elected Anne to serve through the end of the year**
- Group Outreach- no nominations

2021-2022 Intergroup Meeting Dates:

November 20

January 15

March 19

May 21

July 16

September 17

December 18

February 19

April 16

June 18

August 20

October 15

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 STILL NEED YOUR HELP!
Please consider serving on our
Intergroup. We all need service
to survive.

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 Steevie 919-918-1014
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 <u>LANDLINE</u>
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 <u>LANDLINE</u>
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 Steevie 919-918-1014
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 Christina L. 252-227-1051

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
Durham		
Mon 7:00pm   #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	UNCONFIRMED MEETING
Raleigh Area (Raleigh, Apex, Cary, Fuquay-Varina, Garner)		
Mon 7:30pm  #50409	Same as Raleigh Sun 4 pm meeting	UNCONFIRMED MEETING
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)		
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)	UNCONFIRMED MEETING



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*</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	