



Triangle OA Recovery News



Publication of Triangle OA Intergroup • P.O. Box 12525 • Durham NC 27709
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Step 12

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs. *Spiritual Principle: Service*
“Most of us know someone who died of this devastating disease. Let’s not waste any more precious time; let’s reach out to the next name on our disease’s victim list. Please consider your fellow OA friends who may be struggling. Take a moment to think of them. Take a minute to pray for them. Take a few minutes to text or email them. Take some time to make a phone call. Take more time to visit or meet with them. Take the time and make the effort to give them a ride to your meeting. This is a “we” Fellowship! Whenever we reach out to help someone else, from the smallest aid to the grandest of gestures, it strengthens our own recovery as well. One of my favorite phrases is “together we get better.” And when we reach out, the person we may be helping the most is ourselves!” *Time for Twelfth Step Within - Lifeline (oalifeline.org)*

Tradition 12

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities. *Spiritual Principle: Spirituality*
“Thus, it is to promote our own recovery that we cultivate the attitude of humility implied in Tradition Twelve. As we continue to grow spiritually, we begin to lose our desire for prestige in OA and in other areas of our lives. It is satisfaction enough to be in recovery—fully functioning and contributing as human beings.” —OA 12&12 p167

Concept 12

The spiritual foundation for OA service ensures that:
(a) No OA committee or service body shall ever become the seat of perilous wealth or power; *Spiritual Principle: Selflessness*
(b) Sufficient operating funds, plus an ample reserve, shall be OA’s prudent financial principle; *Spiritual Principle: Realism*
(c) No OA member shall ever be placed in a position of unqualified authority; *Spiritual Principle: Representation*
(d) All important decisions shall be reached by discussion, by vote, and, whenever possible, by substantial unanimity; *Spiritual Principle: Dialogue*
(e) No service action shall ever be personally punitive or an incitement to public controversy; *Spiritual Principle: Compassion*
(f) No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action. *Spiritual Principle: Respect*

Literature & Writing

Tool of the Month

All our literature provides insight into our problem of eating compulsively, strength to deal with it, and the very real hope that there is a solution for us.” —*Tools of Recovery pamphlet, p.4*
In addition to writing our inventories and the list of people we have harmed, most of us have found that writing has been an indispensable tool for working the steps. Further, putting our thoughts and feelings down on paper, or describing a troubling incident, helps us to better understand our actions and reactions in a way that is not often revealed to us by simply thinking or talking about them.” —*Tools of Recovery pamphlet, p.5*

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I am a compulsive Over Eater, no doubt; and I probably should have just stopped at saying I am Compulsive as well as Obstinate, Self-willed, and a lot more. I wrote all that as a reminder of how thankful I am not only for this program but for each of you. I have always disliked people telling me what to do. Prior to walking through these doors, I thought I knew what was best for my own self. It wasn't until a young girl looked at me and asked what got me to almost 300 pounds; although I didn't verbalize it, I knew I had to admit that I was the one who got my own self to that place. Now this where you come in. Because of you and other members just like you who chose not to keep this good thing to yourself but to practice and spread it to others as Step 12 suggests, I am sitting here today doing something I told my first sponsor I couldn't do: writing. Let me explain, and remember, I did say I was obstinate. After I got into program, my sponsor was at my home one day and suggested I work on the tool of writing. My immediate response was I got nothing to write about; she then suggested that I go into my room and scribble scabble if I couldn't do anything else. So I did just that. I doodled and scribbled and it wasn't long before I surprised my own self. The practice of writing has continued. My niece told me recently that someone needs to hear my story, and I write this for you as I also strive to carry this message of hope and recovery to all who suffer. If you find you struggle with writing as I did, start doodling and scribbling, and just know it works if you work it. *—Harriette, Durham*



I came to OA with many “character defects,” not the least of which was the need to be the best, the most revered, the most accomplished at whatever I chose to do. To this day I attribute this need to my own family telling me I would never be worth anything. I am quite successful by any measure in my career, and I felt I was successful at parenting too. The one thing I thought I could never manage well was my weight. Little did I know there was more to it than that. Coming to OA, I learned that my weight was not all I wasn't successful in managing. I learned my spiritual life and my emotional health were also in need of so much more than I even knew. I wasn't able to be honest with the people I said I loved; I wasn't even able to be honest with myself. I did not even know if I believed in a Higher Power. As I grew through OA, I found a sponsor who has supported me through it all. I learned that I could trust the people in these meetings and was able to be so truthful it hurt enough to cry, right in the meeting, more than once; no one had seen me cry in a VERY LONG TIME. Since then, I have learned that I do have a Higher Power that I can trust and be honest with and willing to follow in quiet listening. I am learning to be honest and truthful with those I love and my friends about my life, the things that mean something to me, and my goals. I have learned to feel my emotions and my feelings – this is not always so much fun and sometimes it's downright awful. But I no longer stuff my feelings or my mouth with food to prevent hurt feelings.

In Concept 12 we learn that no person, committee, or service board can be the ruler or boss of OA, that we all have an equal opportunity to be heard. I learned I will never be the boss of OA but that I have opinions that matter and in order for those opinions to be heard, I have to be willing to speak up. I have to be active in my recovery and willing to be honest and truthful about my needs and my opinions, what I can do and what I am willing to try and to discuss it openly. I am so thankful for OA and the Family I have found here. *—Anonymous, Durham*



Step 12 - Carrying the Message

In the Big Book of AA, Step Twelve is referred to as “*our twelfth suggestion*” (p.89). This might indicate that sponsoring and carrying the message of Recovery is not a ‘must’ but, like so much I’ve discovered in the rooms, something I should willingly take on if I have any hope of, for today, achieving serenity.

In my first OA meeting where I timidly mumbled, “I think I am a Compulsive Overeater...”, I was pretty sure that my ‘problem’ with overeating looked a lot like the inability of hopeless drunks to stay away from drinking once they took the first drink. Sure, the Twelve Steps helped them to keep themselves sober and that was REALLY important... for Them. But it seemed to be a rather extreme solution for me, especially to be digging into all of the painful incidents from my past, which were mostly due to stuff that had been done to ME by OTHERS. Surely nobody could blame me for being upset at being the everyone’s Victim my whole life. I guess I could confess to holding a lot of grudges - that was probably not part of one of The Steps. And what did that have to do with eating too much of the wrong things?

And, of course, I should get a sponsor; one who “had what I wanted.” The trouble with THAT was that the Only people that had that Something I wanted (and who announced that they were sponsors) were always ‘full’! What good was THAT? The ones that were available were just kind of... you know... Not going to work out. I could just TELL. Maybe I could just work on my own until then?

Sadly (or not?) the Perfect Sponsor never appeared, and, happily, I got desperate enough to stutter, “Would you be my sponsor?” to someone who was available and happened to be in the right meeting at the right time.

It wasn’t the match made in heaven that I’d always dreamed of... but I was ready, and, more importantly, willing, and the true miracle of this Fellowship is that God could work through that person and through the others that have followed... and each has given me a beautiful piece of this Thing that is my journey along the path of my life going forward. Beyond my wildest dreams.

And, sure enough, I found myself mumbling, “Hi, I am a compulsive overeater, and an available sponsor...” almost certain that anyone foolish enough to respond would probably run away in horror at my inexperience and uncertainty. It was pretty discouraging for a while; a few false starts and simple incompatibilities with scheduling seemed to doom me to be the first sponsor in OA history that was sponsoree-less... (Drama, much?) Willingness (and a lot of tearful prayer) carried me along. God knew best and was busy ‘working on it’ behind the scenes; I just needed to be patient.

Eventually, kind and patient folks DID ask. And schedules clicked. And, I do mess up. It CAN take time that I’d rather be doing ANYTHING else. But it’s true what you sometimes hear at meetings; that I get so much MORE than I give. If only to be reminded that I, too, was (and still am) a Compulsive Overeater to my very core. Just for now, I am going to choose to follow this vital Suggestion as long as there is another who wants to hold my hand and walk along this path. It works when you work it! –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:

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 September newsletter
Sep 11: deadline for October newsletter
Oct 9: deadline for November 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

OVEREATERS ANONYMOUS TRIANGLE INTERGROUP INVITES YOU TO

Hope for the Holidays
*Getting through the holidays
 Abstinent, sane, and serene!*
 December 4, 2021 2-4:30pm

2-3 pm: Speaker
 3-4 pm: Panel
 4-4:30 pm: Q&A

Zoom info:
<https://us06wzkn.zoom.us/j/84594438302>
 Meeting ID: 845 9443 8302
 (no password; there will be a waiting room)
 Call in: 1-929-205-6099, enter Meeting ID plus #

Attendance is limited to first 100 participants due to the restrictions of our Zoom account. No registration is necessary.



**Thank you to
 the Durham
 Saturday
 Morning Group
 for the writings
 sent to use this
 month! What a
 great service!**

Triangle Intergroup Minutes



Oct. 18, 2021

Please read these minutes in their entirety: we have a lot going on currently that will affect your group!

Draft minutes, subject to Intergroup approval

Attendance:

MaryAnne (Chair, WSO Rep); Colleen (PIPO, Secretary, Newsletter Co-Editor. Rep Thurs 7pm Chapel Hill, Acting Secretary); Karen (Treasurer); Heidi (Wednesday night Hillsboro), Kathy Z (Tuesday night Chapel Hill) Margaret W

*Minutes from August approved with **amendments**:*
Anne is elected to the WM and Colleen was elected Secretary for the remainder of the year. Also should reiterate that we will remain virtual for the foreseeable future in the newsletter.

Treasurer's Report (Karen): There was a review of the financial report, please see the financial report on the next page which we will plan to include quarterly hence forth.

STANDING COMMITTEE REPORTS

Secretary (Colleen): Colleen will act as 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 (Anne): Transition was fairly smooth; have been able to post newsletter, update pinned posts on website, do email admin. I'm in process of updating the website to current software versions.

Group Outreach (Vacant):

*****Newsletter (Anne, Colleen):** we continue to need writers for the upcoming editions.

PI/PO (Colleen): Nothing new to report

12th Step Within (Buffie): No report

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

NEW BUSINESS

HOLIDAY BASED SERENITY DAY

Mary Anne brought up a possibility of planning a holiday serenity day – she will reach out to Buffie and Karen mentioned possibly being able to assist.

Nominations for current open positions were discussed Any nominations (or self-nominations) for Vice chair, SOAR Rep, and/or Group Outreach

*****Next month and December we will be nominating and electing positions, you do not have to be present to be nominated but you do have to be present to be elected**

Materials from closed meetings: MaryAnne has a lot of material from closed meetings- If your group has a need please reach out to her to help us disseminate it to groups in need.

*****Intergroup Participation:***** Discussion involving the participation of other groups and the frequency of Intergroup meetings was discussed at length and it was decided that Mary Anne will send a special invite out to groups: if more than 12 groups send a representative we will vote on the frequency of Intergroup meetings. I have added a table at the end of this newsletter to provide the list of possible positions needing to be filled and the requirements and duties. Please plan to attend this one!

Upcoming Intergroup Meeting Dates:

December 18, 2021: ELECTIONS!!

January 15, 2022

June 18, 2022

February 19, 2022

July 16, 2022

March 19, 2022

August 20, 2022

April 16, 2022

September 17, 2022

May 21, 2022

October 15, 2022

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



Meetings are held virtually.
Call Mary Anne, 919-260-5693, for Zoom info.

Group Contributions 2020-21

2020-21 Triangle IG #09314	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEP	OCT	Yearly Total '21	2020
Group Contributions														
Aberdeen Sat 9:30am #48786													\$ -	\$ 100.00
Apex Thu 7pm #53198				\$ 92.00	\$ 93.00						\$ 106.00		\$ 291.00	\$ 304.00
Carboro Sun 4pm #50296							\$ 300.00						\$ 300.00	\$ 300.00
Carboro Thu 12:30pm #51040		\$ 150.00											\$ 150.00	\$ 374.21
Chapel Hill Thu 7pm #12897													\$ -	\$ -
Chapel Hill Tue 6pm #32098									\$ 35.00	\$ 20.00			\$ 55.00	\$ 348.00
Durham Tu/Th 12:30pm				\$ 148.80							\$ 144.00		\$ 292.80	\$ 28.64
#28531/#50010														
Durham Sat 10am #20756		\$ 165.00				\$ 273.36						\$ 320.40	\$ 758.76	\$ 497.80
Durham Sun 10/10:30am					\$ 180.00		\$ 348.00				\$ 138.00		\$ 666.00	\$ 547.67
#45514/#51290														
Durham Mon 7:30pm #56773													\$ -	\$ 60.00
Durham Wed 7pm #56841													\$ -	\$ -
Fayetteville Sun 6pm #5368													\$ -	\$ -
Fuqua-Varina Wed 1:30pm	\$ 256.02			\$ 118.00				\$ 120.00					\$ 494.02	\$ 50.00
#00102/#56362														
Greenville Mon 7pm #446226													\$ -	\$ -
Greenville Thu 7pm #46318								\$ 335.42					\$ 335.42	\$ 100.50
Greenville Sat 11am #00486													\$ -	\$ -
Havelock Tues 10am #32498													\$ -	\$ -
Hillsborough Wed 8pm #33461										\$ 248.40			\$ 248.40	\$ 401.88
Hillsborough Sat 9am #54988													\$ -	\$ -
Oak Island Thu 10am #54399													\$ -	\$ 39.77
Raleigh Mon 7:30pm #50409												\$ 93.00	\$ 93.00	\$ 150.00
Raleigh Sat 9am #16772			\$ 219.00			\$ 219.96			\$ 121.80			\$ 151.50	\$ 712.26	\$ 1,133.23
Raleigh Sat 10:30 am #54768	\$ 159.00			\$ 68.40									\$ 227.40	\$ 64.31
Raleigh Sun 4pm #18237													\$ -	\$ 115.47
Raleigh Thu 7:30pm #09041									\$ 161.12				\$ 161.12	\$ 87.00
Raleigh Tue 7:30pm # - closed				\$ 72.00		*closing balance		\$ 91.31					\$ 163.31	\$ 60.00
Raleigh Wed 7am #00394				\$ 201.72						\$ 132.19			\$ 333.91	\$ 517.20
Rose Hill Tues 1:30AM #53559													\$ -	\$ -
Swansboro Tues 6pm #56737													\$ -	\$ -
Wilmington Mon 6pm #54421													\$ -	\$ -
Wilmington Sat 9:30am #24872					\$ 213.00	\$ 25.00							\$ 213.00	\$ 462.00
Wilmington Wed 12pm #50278				\$ 95.36					\$ 120.60				\$ 240.96	\$ 162.83
TOTAL	\$ 415.02	\$ 315.00	\$ 219.00	\$ 796.28	\$ 486.00	\$ 518.32	\$ 648.00	\$ 455.42	\$ 409.23	\$ 521.19	\$ 388.00	\$ 564.90	\$ 5,736.36	\$ 5,904.51

Triangle OA Budget 2020-2021

Triangle IG #09314	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEP	OCT	20-21 YTD	20-21 Budget
INCOME														
Group Contributions	\$ 415.02	\$ 315.00	\$ 219.00	\$ 796.28	\$ 486.00	\$ 518.32	\$ 648.00	\$ 455.42	\$ 409.23	\$ 521.19	\$ 388.00	\$ 564.90	\$ 5,736.36	\$ 6,005.51
Retreat Income/donation		\$ 44.00						\$ 19.55	\$ 3.00				\$ 66.55	\$ 1,088.30
Twelfth Step Within													\$ -	\$ -
Intergru 7th Trad	\$ 20.00	\$ 20.00	\$ 20.00	\$ 20.00			\$ 40.00	\$ 20.00	\$ 20.00	\$ 20.00	\$ 20.00	\$ 20.00	\$ 220.00	\$ 350.00
Interest Income	\$ 0.01	\$ 0.02	\$ 0.03	\$ 0.02	\$ 0.03	\$ 0.03	\$ 0.03	\$ 0.03	\$ 0.03	\$ 0.03	\$ 0.03	\$ 0.03	\$ 0.29	\$ -
TOTAL INCOME	\$ 435.03	\$ 379.02	\$ 239.03	\$ 816.30	\$ 486.03	\$ 518.35	\$ 688.03	\$ 495.00	\$ 432.26	\$ 541.22	\$ 408.03	\$ 564.90	\$ 6,023.20	\$ 7,443.81
EXPENSES														
Operating Expenses														
Directly Listing													\$ -	\$ 15.00
Post Office Box										\$ 188.00			\$ 188.00	\$ 148.00
Email/Web Services (repl. Intelliverse)		\$ 18.00	\$ 18.00	\$ 208.00	\$ 18.00	\$ 18.00	\$ 45.95	\$ 183.04	\$ 18.00	\$ 18.00	\$ 18.00	\$ 18.00	\$ 595.99	\$ 646.20
Treasurer's Expenses													\$ -	\$ 50.00
Rent: Monthly IG mtg's													\$ -	\$ 420.00
High Tech (Zoom)				\$ 64.73									\$ 64.73	\$ 150.00
Operating subtotal	\$ -	\$ 18.00	\$ 18.00	\$ 272.73	\$ 18.00	\$ 18.00	\$ 45.95	\$ 183.04	\$ 18.00	\$ 206.00	\$ 18.00	\$ 18.00	\$ 818.72	\$ 1,429.20
Outreach														
Group Outreach (seed money)		\$ (2,000.00)											\$ (2,000.00)	\$ 100.00
Newletter Printing													\$ -	\$ 1,800.00
Newletter Distribution													\$ -	\$ 550.00
PFO													\$ -	\$ 100.00
Transportation Support													\$ -	\$ 50.00
Outreach subtotal	\$ -	\$ (2,000.00)	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ (2,000.00)	\$ 2,400.00
SOAR and WSO														
SOAR Rep Expenses*													\$ -	\$ 3,200.00
WSO Rep Expenses**													\$ -	\$ 900.00
SOAR donation							\$ 570.00						\$ 570.00	\$ -
WSO donation							\$ 1,709.00						\$ 1,709.00	\$ -
SOAR/WSO subtotal	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 2,279.00	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 2,279.00	\$ 4,100.00
TOTAL EXPENSES	\$ -	\$ (1,982.00)	\$ 18.00	\$ 272.73	\$ 18.00	\$ 18.00	\$ 2,324.95	\$ 183.04	\$ 18.00	\$ 206.00	\$ 18.00	\$ 18.00	\$ 1,097.72	\$ 7,929.20
SUMMARY														
Income	\$ 435.03	\$ 379.02	\$ 239.03	\$ 816.30	\$ 486.03	\$ 518.35	\$ 688.03	\$ 495.00	\$ 432.26	\$ 541.22	\$ 408.03	\$ 564.90	\$ 6,023.20	\$ 7,443.81
Expenses	\$ -	\$ (1,982.00)	\$ 18.00	\$ 272.73	\$ 18.00	\$ 18.00	\$ 2,324.95	\$ 183.04	\$ 18.00	\$ 206.00	\$ 18.00	\$ 18.00	\$ 1,097.72	\$ 7,929.20
Surplus (Deficit)	\$ 435.03	\$ 2,361.02	\$ 221.03	\$ 543.57	\$ 468.03	\$ 500.35	\$ (1,636.92)	\$ 326.96	\$ 414.26	\$ 335.22	\$ 390.03	\$ 566.90	\$ 4,925.48	\$ (485.39)
simplified report that shows expenses in the month the check was written or the deposit received by the treasurer. It also does not include outstanding checks and/or														
* Assumes 2 reps x 2 weekend conf \$500 airfare, \$200 hotel, \$100 reg and incl meals														
** Assumes 1 rep x one 3-night conf \$500 airfare, \$300 hotel, \$100 reg and incl meals														


Account Balances 2020-21


2020-21 Triangle IG #10314	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEP	OCT
ACCOUNT BALANCES: End of Month/Current												
Checking Account	\$9,054.73	\$9,648.52	\$9,628.52	\$9,545.79	\$10,988.07	\$10,948.07	\$8,823.12	\$9,754.40	\$10,841.05	\$10,823.05	\$11,388.24	\$ 11,348.24
Savings Balance **	\$1,815.78	\$3,800.02	\$3,800.05	\$3,800.05	\$3,800.11	\$3,800.14	\$3,800.17	\$3,800.20	\$3,800.23	\$3,800.28	\$3,800.29	\$ 3,800.29
Total end-of-month account balances	\$1,067,051	\$13,448.54	\$13,428.57	\$13,345.84	\$14,788.18	\$14,748.21	\$12,423.29	\$13,554.60	\$14,441.28	\$14,423.31	\$15,188.53	\$15,148.53
Outstanding deposits												\$ 584.90
Outstanding checks												
Net of outstanding	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$584.90
Total account balances (with outstanding)	\$1,067,051	\$13,448.54	\$13,428.57	\$13,345.84	\$14,788.18	\$14,748.21	\$12,423.29	\$13,554.60	\$14,441.28	\$14,423.31	\$15,188.53	\$15,733.43
** Savings balance includes Prudent Reserve of \$180,000 and seed money of \$2000.00												

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  #51040	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 kaerue50@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 LANDLINE
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 LANDLINE
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 Monday 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 kaerue50@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 In the Scout Hut [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 kaerue50@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
  Closed meeting—restricted to OA members & others who think they may have a problem with food; newcomers are welcome and encouraged to attend.
-  Newcomer's meeting
 All meetings are 1 hr, unless otherwise specified.
-  Can bring meal to meeting

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
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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
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Fayetteville

Sun 6pm #5368	Fayetteville Manna Church, 630 Executive Place	<u>UNCONFIRMED MEETING</u>
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Raleigh Area (Raleigh, Apex, Cary, Fuquay-Varina, Garner)

Mon 7:30pm  #50409	Same as Raleigh Sun 4 pm meeting	<u>UNCONFIRMED MEETING</u>
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)	<u>UNCONFIRMED MEETING</u>



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	

Requirements, Terms, and Duties of Intergroup Officers

	Chair	Vice Chair	Secretary	Treasurer	WSBC Rep.	SOAR Rep.
Requirements (Bylaws, Article IV, Section 3)	Abstinance:					
	1 year	1 year	6 months	1 year	2 years	1 year
	<ul style="list-style-type: none"> • In OA and working the steps 1 year • Studying traditions and familiar with concepts (no time requirement) • Regular group attendance 6 months • Previous service as an IG rep (no time requirement) 					
Term and Term Limits (Bylaws, Article IV, Section 6)	1 year	1 year	1 year	1 year	2 years	2 years
	After 2 consecutive terms have been served in a position, a person must wait at least 1 year to be eligible for re-election to that position, unless Intergroup takes a group conscience to waive this. A partial term counts as a term for purposes of this limit. Board members may not also serve as Intergroup Reps for an individual meeting.					
General Duties (Bylaws, Article IV, Section 7)	<ul style="list-style-type: none"> • Maintain current abstinance and apply the Twelve Steps and Twelve Traditions in their affairs. • Serve as guardians of the Twelve Steps, Twelve Traditions and Twelve Concepts with respect to the functions of the intergroup. • Perform the duties of the service position in accordance with Intergroup policies and procedures. • Serve as guardians of Intergroup funds. • Provide a forum for the interchange of ideas and information among member groups. • Train the incoming board member at the expiration of term of service. • Notify the Intergroup in writing if a decision to resign before the end of the term is made. • Notify the Intergroup Chair if unable to attend a meeting. • Maintain a document of policy and procedures related to the position. • May attend all standing committee meetings. 					

Specific Duties of Intergroup Officers

	Bylaws (Article IV, Section 7)	P&P
Chair	<ul style="list-style-type: none"> • Preside at all regular and special meetings of this Intergroup. • Be responsible for establishing the agenda for all Intergroup meetings. • May cast the deciding vote to break a tie. • Serve as a WSO delegate and a Regional Representative and may attend the World Service Conference of Overeaters Anonymous and all regional assembly meetings. • Designate a qualified member to serve as alternate WSO Delegate or Regional Representative. 	<ul style="list-style-type: none"> • Have a key to the meeting place and be responsible for ensuring the meeting facility is open. • Work with the secretary to send in an updated Intergroup Registration Form • Vote only to break ties.
Vice Chair	<ul style="list-style-type: none"> • Serve in the absence of the Chair. • Assist the Chair whenever needed. • Maintain the Intergroup Policies and Procedures documents. • Be the co-owner and an authorized signatory on the Intergroup bank accounts 	<ul style="list-style-type: none"> • Keep and distribute all passwords and sensitive information appropriately • Ensure new Intergroup members are trained • Ensure the policy and procedures documents are kept current by the Intergroup members • Hold a key to the meeting facility.

Bylaws (Article IV, Section 7)		P&P
Secretary	<ul style="list-style-type: none"> • See that minutes are kept of all Intergroup and board meetings and that the minutes are made available to each Intergroup member. As a cooperative gesture, the minutes may be available to the Regional Trustee and Chair of Region 8. • Maintain a file of all minutes of past meetings. • Direct correspondence to the appropriate officer or committee chair and maintain a file of outgoing correspondence. • Ensure notices of all meetings of the Intergroup are communicated as described in Article V. • Keep WSO informed of all changes of group information 	<ul style="list-style-type: none"> • Distribute the minutes via the newsletter to the Intergroup • Pass around a signup sheet at Intergroup meetings • Send the webmaster and group outreach any additions or changes in contact information • Send an email to new Intergroup members with information specific to their role and call to ensure they have sent a notice to updates@triangleoa.org • Immediately after a new chair and/or secretary is elected, the Intergroup Registration Change Form needs to be completed and sent to OA World Service.
Treasurer	<ul style="list-style-type: none"> • Maintain a checking and savings account, if necessary, for dispersal of Intergroup funds. • Submit financial reports each month at the Intergroup meetings. • Serve as chair of the Budget Committee (if such a committee exists.) • Prepare and present a year-end report to the Intergroup at the December Intergroup meeting. • Prepare and present an annual budget for the Intergroup at the November Intergroup meeting. • Be a signatory on all committee checking accounts except the Retreat committee. 	<ul style="list-style-type: none"> • Pay bills • Collect mail from the post office box • Make deposits • Reimburse costs • Make financial recommendations
WSBC Rep	<ul style="list-style-type: none"> • Attend the World Service Business Conference • Serve OA and the World Service conference until the following Conference • Report either orally or in writing the actions of the conference to all member groups • Keep the Intergroup and represented groups aware of WSO information • Communicate important information to the area 	<ul style="list-style-type: none"> • Register for WSBC • Plan travel, lodging, food and transportation costs • Participate in the business of the conference • Participate in assigned WSO committee
SOAR Rep	<ul style="list-style-type: none"> • Attend all region assembly meetings • Serve OA and Region 8 for the term designated by the region bylaws. • Report either orally or in writing the actions of the region assembly to all member groups • Keep the Intergroup and represented groups aware of region information • Communicate important information to the area 	<ul style="list-style-type: none"> • Register for Assemblies • Plan travel, lodging, food and transportation costs • Participate in the business of the Region • Participate in assigned Regional committee

Requirements and Duties of Committee Chairs

	Abstinence	Description of Committee
Newsletter Editor	30 days	Creates the Triangle OA Intergroup newsletter, which contains IG meeting reports, information about each of the meetings in the Intergroup, upcoming events, and writings by members on the steps, traditions, and other OA related topics. The newsletter is a vehicle of communication for members and is often distributed to the public.
Newsletter Distributor	30 days	Distributes the Triangle OA Intergroup newsletter. Picks up newsletters either at the printer and brings to IG meeting or picks up at monthly IG meeting if someone else is picking up from printer. Maintains a list of contacts and mailing addresses for each meeting in IG; brings that list to IG meeting so reps present can sign out newsletters, and mails newsletters to any not present.
High Tech/ Webmaster	30 days	Maintains the Triangle OA Intergroup website (triangleoa.org) as a communication tool and storage facility for Intergroup documents and handles anything else related to the internet as a communication vehicle. Coordinates the posting of IG information such as upcoming events, reports, resource material, mailing lists, mail accounts, and newsletters to the website. Coordinates the forwarding of email to the proper people and maintains the email boxes and email distribution lists.
Retreat chair and registrar	6 months	Organizes retreats for OA members to strengthen their recovery with focused fellowship. Retreats also function as fund-raisers for Intergroup to carry the message of recovery to current, past and future members. Duties generally divided between a chair and a registrar.
PIPO	30 days	Provides information to the public, medical professionals, and other groups that work with compulsive eaters by attending health fairs, distributing public service announcements, putting meeting information in external media, hosting sessions for medical professionals, counselors, clergy and other special interest groups interested in a solution to the disease of compulsive eating. Has an outgoing email address for anonymity?
Group Outreach	30 days	Contacts member groups, organizes visits to groups, maintains information about each group, and ensures the Triangle Intergroup serves the member groups. Updates the phone line with face to face meeting info. Contacts all groups and reps at least yearly; monitors the OA website for new groups in our area. Keeps a master list of group information and makes sure the info on the Triangle IG website, the national website, the phone line, in the newsletter, and used by PIPO for outside media is current. Maintains the list of Intergroup reps and coordinates with the Newsletter Distributor to maintain the mailing addresses used for the Newsletter Distribution.
Twelfth Step Within	30 days	Brings the message of recovery to suffering compulsive eaters within the fellowship by hosting special events and supporting member groups hosting special events.
Parliamentarian	30 days	Is knowledgeable about procedures in Roberts Rules of Order and Group Conscience. Attends the Intergroup meetings and guides the chair in running the meeting according to these principles