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Triangle OA

Recovery News



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

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Step 1

We admitted we were powerless over food — that our lives had become unmanageable. *Spiritual Principle: Honesty*

We may never have it all together in OA. We are always powerless over food and this disease. We can never control it, and we can never manage our lives, at least not alone. The best thing we can do for our recovery is to keep being teachable and follow instructions, like a beginner. (This taken from an article found in OALifeline.org Posted on January 8, 2016)

Tradition 1

Our common welfare should come first; personal recovery depends upon OA unity. *Spiritual Principle: Unity*

There will always be some who think that since a particular thing has worked for them, it is the ONLY way. Taking into account the personality that most of us had when we began, this is not too surprising. As long as our unity is based only on the 12 Steps and 12 Traditions, and each of us practice them to the best of our ability, differences and controversies will be handled by our Higher Power" (*Beyond Our Wildest Dreams*, p. 155).

Concept 1

The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship. *Spiritual Principle: Unity*

Tool of the Month

Anonymity

The protection of anonymity offers each of us freedom of expression and safeguards us from gossip. Anonymity assures us that only we, as individual OA members, have the right to make our membership known within our community. Within the Fellowship, anonymity means that whatever we share with another OA member will be held in respect and confidence. What we hear at our meetings should remain there. However, we understand that we must not allow anonymity to limit our effectiveness within the Fellowship. It is not a break of anonymity to use our full names within our group or OA service bodies. Also, it is not a break of anonymity to enlist Twelfth-Step help for group members in trouble, provided we are careful to refrain from discussing any specific personal information.

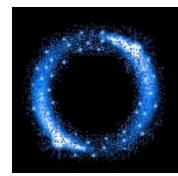
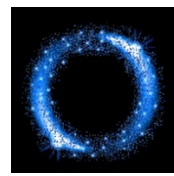
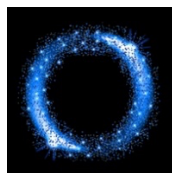
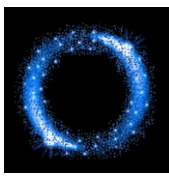
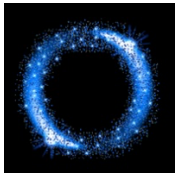
—OA Tools of Recovery pamphlet, p.6

What's Inside

Writing Contributionsp 2-3
Announcements..... p 5
IG Minutes..... p 6
Meeting Lists p 7-8



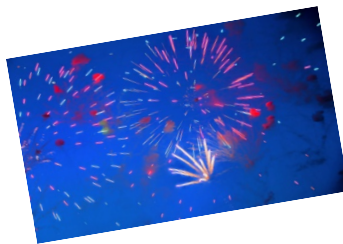
Opinions expressed are those of the writers and do not represent OA as a whole.



Without Step 1, my life is a cycle of chaos, unmanageability, food obsession, and willful clinging to control. After all these years in program, I am only now starting to see the pattern, and how I nurture it by turning to food, overeating, and breaking my abstinence. This merely fuels my disease.

Very simply, by acknowledging I need Step 1, my life flows into a stronger, more productive mobius strip: first, I need to pause and remember food is the key source of the mayhem I spin up for myself. If my default is to use food to avoid my feelings, stopping to remind myself of my powerlessness helps break that default behavior. Then I am open to the gifts of my feelings. Finally, I don't need to be afraid of those feelings, because I have a higher power who is protecting me.

That protection is more effective than any temporary salve food provides. —*Chapel Hill, NC*



Readiness (Step 1)

We have friends who host an annual [unnamed small holiday treat] exchange party every year, where you bring a dozen or so of your favorite ____, eat some there, and take a selection of different ones home. We have never attended it, in part because when I was in the food, I simply could not understand the math: if each person brought a dozen, ate some there (which, in my world meant a dozen or more), how would there be any to take home?? I really did not get it. Of course, I see now that NORMAL eaters would eat only one or two there, leaving plenty to take home. But when I was in the food, that was so inconceivable it never occurred to me.

Once again, we did not attend that party this year, but I've found myself (as happens in December) at several other parties lately, explaining to well-meaning hosts that, no, thank you, those look lovely, but I can't eat that. Inevitably, they say something like "all calories have been magically removed" or "just this once/for the holidays" or even, "where's the fun in that?"

It is times like this that I'm so grateful for the first step, which reminds me that I am, first and foremost, POWERLESS over food. It's not the calories from "just this once," it's that I know I would not, COULD not stop at one or just this once. Normal eaters can. I cannot.

Knowing, accepting, indeed embracing the truth of Step One enables me to not start, to not delude myself that I could "have just one, just this once." And the fun in THAT is my recovery and all the joy that comes from being present for my life instead of thinking about the next binge.

And who knows, perhaps we will attend that annual ____ exchange next year, enjoy the good company and good music, and go home with what we came with and more: my abstinence and the warm glow that comes from truly enjoying friends, not food. —Anne L, Chapel Hill



Admitting Addiction (Step 1)

In Step One, we have to admit we have a problem with food and our lives are unmanageable. Over time, I have come to believe addiction of any kind is a shield we use to defend us from feelings we are uncomfortable with. Whether it's fear, anger, sadness, happiness, feelings of worthlessness or belonging or love. It allows us to hide in our shame and cuts us off from anyone and anything that might allow us to know we do not need it. As we were growing up, we either didn't learn how to deal with these feelings, or we were taught we were unworthy or that we shouldn't feel these feelings. As we grow up and are able to make our way through our lives, those feelings are so foreign to us it causes us to defend ourselves; we do that with addiction. Avoiding those feelings causes us to act in ways that don't benefit us in the long run and our lives become unmanageable in many ways we cannot even see until we can admit we are holding the shield. The bigger problem with these shields of addiction, as I see it, is that it blocks off some pretty wonderful opportunities and feelings as well. In OA I have learned to name those feelings and deal with them. I can do that now without food; I can feel worthy and unashamed. I can be honest about my feelings. I know now that in the end, shields are only used in times of war and I do not have to fight any longer. I can be social, I can make friends, I can love and be loved and I can share my experience, strength, and hope with those around me, and those worth my time will still think me worthy.

Thank you OA and thank you to my OA family. —CB, Durham



Notes on Tradition One

With over a year of time in program, I've found myself both more and more eager to express my opinions about the way my meetings and fellowships are conducted and more and more aware of how irrelevant most of these opinions are to the ultimate good of these fellowships. Between a short stint of in-person meetings back in the spring of 2020 and more than 15 months in digital land, I've had so many experiences in program and seen hundreds of ways that things can go well, go horribly wrong, and all the possibilities in between. As someone with strong opinions on most subjects (chiefly about how often I'm right), I've found my fair share of issues, etiquettes, and group habits about which I feel very strongly one way or the other. And, naturally, on a number of occasions I've thought of making these views known, with a keen eye on how brilliant I thought the changes would be and how much more utopian the meetings I attended would be if my worldviews were adopted in full.

Of course, this is shaky ground for any person to walk on, but especially so for me as an addict who has expended so much energy over the years trying to "fix" what I thought was wrong about my social environments. In undergrad, I would take over discussions in my classes when others wouldn't speak, hoping to direct the conversation and get my peers involved. At home, I would make landscaping adjustments to the backyard without telling anyone, either beforehand or ever. At my current job, I've tried so hard to get my co-worker to agree with my approach to our projects, despite the fact that she has demonstrably more experience on the subject than I do. Needless to say, all of my interventions were really about me reducing the discomfort I'd feel around the slightest bit of conflict, failure, or awkwardness, which, funny enough, are surprisingly common experiences in the human race.

While the problems and aspirations that we face in program are serious and important to all members, they are much bigger than me and any other single member of the group. However charming it might sound in my head, I will never be able to cure the inherent tensions of human interaction and organized group activities. Now that I write that down in a full sentence, it actually sounds quite mad. Debates among group members about approved literature, meeting attendance, security, retreats, health safety, and prayer selection will always cause some contention because we're not all the same people, which is easily my favorite thing about OA. I get to learn new ways of approaching life every day, especially the tricky situations that make me feel so uncomfortable and yearn for oversimplified, me-centered solutions.

When I think about what drew me to OA in the first place, I remember how cordial and easygoing everyone was, how there was no artificial sense of urgency, self-importance, or pretense. No one crusaded for their point of view, arguments rarely escalated, and the bonds between members always remained intact. The cost for this foundation of serenity is just for people like me to not try to control every little aspect of the group, to let other people be other their complex selves and to weigh everyone's opinion (particularly my HP's) equally. It is so relieving to let my ego deflate and remember that common welfare is paramount. Unity is a much softer place to land than my own short-term self-gratification, and thank heavens for that! —*Anonymous*

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:

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

Alice919-271-3292
Anne L919-360-8711 (text)
Atiya919-302-1030
Elizabeth919-929-5936
Heidiheidicoach4you@gmail.com
J.V.919-233-9777
K.C.919-612-2000
Liz919-649-2088
Mary Anne919-260-5693
Neill919-789-9402
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 Minutes



Nov 20, 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:

Mary Anne (Chair, WSBC); Colleen (Secretary, NewsletterI); Karen (Treasurer); Anne (Web Master, SOAR, Newsletter editor); Buffie (Rep Sunday 10:30am Structure House), 12-step within), Heather (Sunday Carrboro), Lynn (Raleigh Tues 6 pm), Jane (Fuquay-Varina Tuesday), Cindy (Raleigh Sat).

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

STANDING COMMITTEE REPORTS

Secretary (Colleen): No new reports

WSO (Mary Anne): They are still working to complete the FAQs and WSO is unsure if they will meet in person this year. Mary Anne also wants to remind everyone that we should not allow sharing of copywritten material on screen while on ZOOM meetings

SOAR (Anne): Anne attended the business conference. Susan B from Piedmont Intergroup was elected to the SOAR8 Chair. Treasurer remains the same for the next 2 years. Anne agreed to be the SOAR8 newsletter editor which is released twice /year. She does not plan to continue to be the Rep.

High Tech (Anne): Anne was able to update the website and plans to redesign the website while she is in this role.

Group Outreach (Vacant):

*****Newsletter (Anne, Colleen):** Colleen is requesting volunteers to write for the upcoming issues – no one has signed up for any of them. Mary Anne requested that we post the donations from the groups at least quarterly. We will plan to post it next in the March 2022 newsletter.

PI/PO (Colleen): Nothing new to report

12th Step Within (Buffie): Reports plans for serenity day on 12/4/21 2-430pm – see the flyer in the newsletter.

NEW BUSINESS

The discussion about the Intergroup meeting frequency was allowed to happen with 9 groups represented and a vote to change the meeting frequency to every other month on the ODD months beginning in January 2022 was passed. We will plan to meet in December this year to complete this year's business.

Anne will put out an email with a Poll asking for possible alternate times for the meeting.

Nominations for current open positions were discussed

Elections for the coming year were discussed

Officers

Chair -

Co-chair - Karen was nominated

Secretary - Anne was nominated

Treasurer -

Committee Chairs

WSBC Rep - Neill was nominated as the 2nd Rep. Mary Anne still has a year on her term.

SOAR8 Rep - Colleen was nominated

Newsletter - Colleen was nominated, Buffie was nominated apprentice

Webmaster - Anne was nominated, Heather was nominated apprentice

PIPO - Anne plans to reach out to Cory

Group Outreach -

12 Step Within - Buffie was nominated

Parliamentarian -

***** December we will be nominating and electing positions, you MUST be present to be elected*****

Materials from closed meetings: Discussion regarding the materials from groups that have closed and there is a significant amount of material and has asked that information about storage rentals be investigated to free up her personal space as there is significant material available. Also please remind your groups that it is available.

*****Intergroup Participation:***** There was also discussion regarding the possibility of the Triangle Intergroup and the Triad Intergroup merging if there was not enough interest from the current local groups in participation.

Please plan to attend!

Upcoming Intergroup Meeting Dates:

December 18, 2021: ELECTIONS!!

January 15, 2022

July 16, 2022

March 19, 2022

September 17, 2022

May 21, 2022

November 19, 2022

All are welcome, indeed **ENCOURAGED**,
to attend Intergroup!
Starting January 2022,
Third Saturday of Odd Numbered Months
10:15 am to noon



Meetings are held virtually.

Call Mary Anne, 919-260-5693, for Zoom info.

Triangle OA Meeting List

Stick me to your fridge. Keep me in your pocket. Give me to a friend. Post me at your gym. Carry the message that there is hope!

Zoom Meetings (by day and time regardless of location)



Newcomer's meeting
All meetings are 1 hr, unless otherwise
specified.







Closed meeting—restricted to OA members & others who think they may have a problem with food;
newcomers are welcome and encouraged to attend.



Zoom contact info in red.

Day, Time, Mtg #	Original City/Location	Format/Contact
Sun 10:30am #45514	Durham, Structure House, 3017 Pickett Road, Room 220. [Call Nan M, 918-466-0100, 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 #51040	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 <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 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	UNCONFIRMED MEETING
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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	