



# Triangle OA Recovery News



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

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## Step 2

Came to believe that a Power greater than ourselves could restore us to sanity.  
*Spiritual Principle: Hope* Quote. —OA 12@12 p.

When the fog begins to lift and we can see the path leading to the edge of the cliff it is time to change course! WE must decide which path to follow. Most of us, having dealt with our disease throughout our lives have a good bit of knowledge about all the diets available and proper nutrition. We ask with all this knowledge why can't we do it? The answer? We do not act rationally around food. We have to face this honestly and admit to needing help that is more powerful than self. This is step 2. Edited from Lifeline Sampler Pg 112.

## Tradition 2

For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern. *Spiritual Principle: Trust*

In OA when we are faced with challenge, we ask our Higher Power for guidance to show us what is best for the group as a whole. Then we discuss the matter carefully, vote on potential outcomes and trust that the decision we reach is our Higher Power's will.

## Concept 2

The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority, and effective conscience of OA as a whole. *Spiritual Principle: Conscience.*

Abstinence and Recovery	Tool of the Month	What's Inside
	<p>Abstinence is the <i>act of refraining</i> from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.</p> <p>Recovery is the <i>removal of the need</i> to engage in compulsive eating behaviors. Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve-Step program.</p> <p>Simply refraining from eating whatever I want, whenever I want, while working towards a healthy body weight (<i>abstinence</i>) is essentially the description of every diet I've ever done. Yet my experience of abstinence felt like much more than that—when I put down the food, that was an action; when the insanity left, <i>that</i> was a miracle! I lumped that feeling into abstinence, but that made it a difficult idea to define, let alone pass on to someone else. What I was missing was the clarity that this two-part definition highlights: <i>recovery</i> is where the miracle lives. Abstinence is surely a result of recovery, but abstinence must be defined individually through self-honesty. Recovery, on the other hand, is universal. —Cory, Triangle IG WSO Rep at the WSBC that passed this two-part definition</p>	<p>Writing Contributions..... p 2-4</p> <p>Announcements..... p 5</p> <p>IG Minutes..... p 6</p> <p>Meeting Lists..... p 7-8</p>



## Step 2: "We came to"

The second step starts with the words "We came to...". I once heard a vision podcast that really stuck with me where the speaker said, "First, we came... Then, we came to...". When I first "came" or rather, entered the fellowship of OA, I was distraught and confused. I can so clearly recall that warm summer day when I walked in to my first meeting half-heartedly and embarrassed. I remember my body quaking from the judgement of this happy group of adults who had nothing better to do on Sunday afternoon than share shameful and terrible stories about their own weaknesses. On a deeper level, I was quaking from the fear of being seen for the monster I felt that I was. And yet, even within this confliction of mind, body and spirit, I recall never having felt so seen/known/understood before.

I remember lightly perusing the tri-folded purple OA pamphlet and promising myself to attend 6 meetings before deciding if the program was right for me. That alone was the biggest commitment I had made in decades and after almost every single one of those first meetings I drove to my favorite stores and binged my brains out.

It was about 1 year later when, after attending meetings weekly without fail, and accepting the shameless truth that I was indeed an addict, that I "came to". I met an incredible sponsor who showed me a loving higher power could exist. I meditated and prayed just a smidge each day. I read literature (sentences at a time), spoke to fellows (via text and email), even if my inner self thought it was all for naught. I prayed for the willingness to believe only. Not to believe but just to be willing. It was not easy nor fast. Higher power doesn't work on my time table. But it was the striving to want to open myself to other truths beyond myself, and not the destination that has granted me 2 years of abstinence. It is the letting go of what I think I know about myself, God, this disease, ideas of success and solutions that has helped me progress mentally, physically and emotionally. This is what Step 2 means to me.

One last thought about Step 2 is the word "we" used in the phrase. While I have experienced my higher power throughout my life in small and large ways, I alone could not recognize it. It was only with my wonderful sponsor and OA fellows that I was able to truly recognize that a higher power was working miracles in my life. The "we" is crucial here because I have struggled outside the rooms of OA with trusting others. My addiction feeds on the idea that "I know best" and that "I alone am the core cause of all my problems and therefore hold all the power to solve them". Three years into program and I have experienced a different truth. One that has shown me that if I open myself (even the tiniest bit by just showing up for meetings), that I really can learn from and trust others. And with that knowledge and the help of my fellows and my loving and gentle higher power, I can honestly say I am living a life beyond my wildest dreams.

-Anonymous, Durham, North Carolina





## Step 2 : A work in progress!

I came to OA with traditional religious belief and still have it. I found that I needed to work Step 2 as much (or maybe more) than those who had no defined Higher Power or weren't sure they could believe in one.

My struggles with my Higher Power, whom I call God, have centered around learning to trust and wait for God's answer. I learned through working this Step multiple times and talking through it honestly with my sponsor that I have trouble believing or trusting that God will act in my life, restore me to sanity. I realized that I sometimes feel abandoned by God when I'm struggling, that God doesn't care or isn't acting for me. Then I realized that I was not waiting to connect or to know God's presence or will. Instead, out of fear and pride, I was pushing ahead, doing things my way. I learned that if I will take even a brief pause, in the rush of events, to ask to know God's will, I can connect or get inspiration or more peace.

I continue to go through times when it's difficult to feel a sense of connection, or even to get calm enough in my head to try to hear God. My brain wants to be busy so often, and that busy-ness blocks my connection. I still keep showing up, and following my sponsor's suggestion, I talk out loud (albeit softly) to God in those times so I at least try to find a little connection. I'm glad when I can focus and enjoy the experience more, but I am also satisfied when I don't. I hope my experience will be more consistent with time, but until then, I know that I'm taking the actions I can take to make this connection possible.

Kathy R.



## Higher Power Uncertainty?

In step two, we are charged to realize that we, on our own, have not been successful in the long run. We are asked to believe that a power greater than ourselves **could** restore us to sanity. If you have not been convinced there is an all knowing, all seeing GOD who can fix anything, guide you to the right direction, or even just to be there when you need support, this may be a challenge!

I have found a few things that have helped me to find my Higher Power.

The first thing I discovered is that I must work to keep an open mind. I have to be willing to actively listen to the opinions of others, even if I don't completely agree with everything they believe... there is probably something we agree on.

I have also begun actively praying and meditating. I don't always know who or what I am praying to, but I have found that if I put it out there I am often blessed with what I seek. I cannot say I have become an expert

at meditation (there is always some distracting noise at my house) but I can say I am finding it helps to just sit quietly at different points in the day, even if it is just to clear my head.

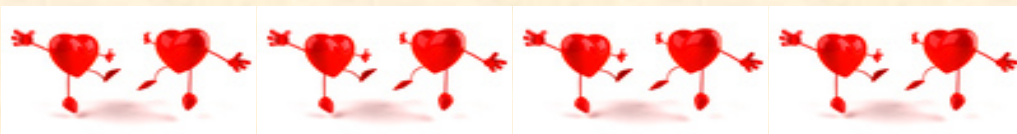
Service has also been a huge part of my spirituality. I have a friend who refers to those people who perform service as "God with skin on". I would never go as far as to say I am equal to any God, but I have been the recipient of some good deeds and I was so happy that they were there when I needed them. I have to believe some power higher than myself sent them my way.

And lastly I keep searching, I attend a beautiful church regularly now and while I am still hesitant to believe in ONE GOD that is 3 entities and is all seeing and all powerful, much of what I hear is starting to make me feel differently.

There are many names for God, the list goes on and on. There have also been God's named in the Greek and Roman times. I am not sure of the gender and physical traits of my Higher Power, but I have come to believe there are powers greater than mine. I have also asked and continue to ask daily for another day of abstinence and to be shown the best next action. I do service when ever possible. I try to be kind. I ask for my character defect to be removed. Mostly I ask for this disease to be removed from anyone still suffering with it and for peace in this world.

Thank you Anonymous Durham.

*Big heartfelt Thank you to the Sunday Structure House meeting that wrote for this newsletter!*



# Announcements

## Newsletter Calendar

Without you, we have no content! Please send your ideas, original writings, artwork, or puzzles to [newsletter@triangleoa.org](mailto: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:**

Feb 13: Tuesday at 6pm Chapel Hill Group  
 Mar 13: Saturday 1100am Durham Group  
 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 L ..... 919-360-8711 (text)  
 Atiya .....919-302-1030  
 Elizabeth .....919-929-5936  
 Heidi ....heidicoach4you@gmail.com  
 J.V. ....919-233-9777  
 K.C. ....919-612-2000  
 Liz .....919-649-2088  
 Mary Anne .....919-260-5693  
 Neill .....919-789-9402  
 Robin .....919-667-7546  
 Sid .....919-270-5200  
 Tammy.....919-274-4052  
 (updated Feb 2021)

## Available now to all 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: Eve (780) 699-9265; Theresa (780) 966-9067

**Daily OA Meditation Meeting (Starts 1/3/22)**

Zoom Code: 829 2633 2181 Zoom Password:

Surrender Daily, 6:30-7:30 am EST OA

Literature: Voices of Recovery, Notebook and Pen Meeting

Contacts: Don - 919-824-3999; Cheryl - 919-946-6116



# Triangle Intergroup Minutes



Dec. 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:

Mary Anne (Chair, WSBC); Colleen (Secretary, Newsletter, PIPO); Karen (Treasurer); Buffie (Rep Sunday 10:30am Structure House, 12-step within), Heather (Sunday Carrboro), Cindy (Raleigh Sat). Neil (WSBC Rep), Kathy Z (rep Tues 6 PM Chapel Hill Group & Monday Carrboro), Stevie Parks Carrboro Methodist Church, Margaret W (wed Wilmington) Heidi H (Wednesday 6pm Hillsborough)

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

## STANDING COMMITTEE REPORTS

**Secretary** (Colleen): No new reports

**WSO** (Mary Anne): the FAQs product and it has been sent to the trustees of the bylaws committee and the member chairs and WSO is planning the meeting for this year and will likely be a hybrid meeting this year.

**SOAR** (Anne): Excused

**High Tech** (Anne): Excused

**Group Outreach (Vacant):**

**\*\*\*Newsletter (Anne, Colleen):** Colleen is requesting volunteers to write for the upcoming issues -

**PI/PO** (Colleen): Nothing new to report

**12th Step Within** (Buffie): the hope for the holidays serenity day went very well. The attendance wasn't as well as the last one and she looks forward to another one in the spring.

**Bylaws/Policies/Procedures:** MaryAnne would still like to finish this work...

## NEW BUSINESS

**Nominations for current open positions were discussed**

**Elections for the coming year were held and below are the results:**

## Officers

Chair - Anne

Co-chair - Karen

Secretary - Colleen

Treasurer - MaryAnne

## Committee Chairs

WSBC Rep. - Neill was elected as the 2<sup>nd</sup> Rep. Mary Anne still has a year on her term.

SOAR8 Rep - Colleen

Newsletter - Colleen editor, Buffie apprentice

Webmaster - Anne, Heather apprentice

PIPO - Remains Vacant

Group Outreach - Remains Vacant

12 Step Within - Buffie

Parliamentarian - Remains Vacant

Bylaws/Policies/Procedures: MaryAnne

**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.

## Upcoming Intergroup Meeting Dates:

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, 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 	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 	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	<b>UNCONFIRMED MEETING</b>
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**Raleigh Area (Raleigh, Apex, Cary, Fuquay-Varina, Garner)**

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



## Phone & Online Meetings

For a full list of phone and online meetings, visit [www.OA.org](http://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	<a href="http://www.oa12step4coes.org">www.oa12step4coes.org</a>	
Daily 3am, 6am, 9am, 12pm, 3pm, 6pm, 9pm, & 12am	<a href="http://www.OArecovery.com">www.OArecovery.com</a>	