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Triangle O.A. Recovery News



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

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Step 3

Made a decision to turn our will and our lives over to the care of God *as we understood Him. Spiritual Principle: Faith*

Once we compulsive eaters truly take the Third Step, we cannot fail to recover. As we live out our decision day by day, our Higher Power guides us through the remaining nine Steps. When we falter, we are reminded of our commitment to live by God's will alone, and we trust that the willingness and ability will come if we only ask for them. When we get off track, our HP will guide us back. We can confidently face any situation life brings because we no longer have to face it alone. We have what we need any time we are willing to let go of self-will and humbly ask for help. —OA 12&12 p.23

Tradition 3

The only requirement for OA membership is a desire to stop eating compulsively. *Spiritual Principle: Identity.*

When we apply Tradition Three, we find the treasure of friendship often where we least expect it, with people we once would have excluded from our lives. Such treasure is all around us, and all we have to do is open our hearts to receive it. OA is where we learn to open our hearts, because it is here that most of us first experience unconditional acceptance, "We have a home, if we want it" is how *Our Invitation to You* expresses Tradition Three. "Welcome to Overeaters Anonymous. Welcome home!" —OA 12&12 p.111

Concept 3

The right of decision, based on trust, makes effective leadership possible. *Spiritual Principle: Trust*

Recovery from compulsive overeating first helps us to learn to trust ourselves and later to trust others. —12 Concepts of OA Service p.4.

All Tools

Tool of the Month

In working Overeaters Anonymous' Twelve- Step program of recovery from compulsive overeating, we have found that a number of tools are available to assist us. We use these tools [...] on a regular basis, to help us achieve and maintain abstinence and recover from our disease" *The Tools of Recovery, p.1* The nine tools are:
A Plan of Eating, Sponsorship, Meetings, Telephone, Writing, Literature, Action Plan, Anonymity, and Service

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Step 3—A One-Time Decision and an Ongoing Process

To me, Step 3 is the heart of the OA program of recovery—a sentiment that seems to have been endorsed by the writers of The Twelve Steps and Twelve Traditions of OA when they wrote, “Once we compulsive overeaters truly take the third step, we cannot fail to recover” (second edition, page 23, last paragraph).

When I was new in program and still struggling with Step 2, the idea of trusting a power that I doubted with my life was the big stumbling block. The Big Book, and people sharing about it, assured me that I did not have to accomplish that surrender at once. It did not say we turned our will and our lives over, but only that we made a decision to do so. Although that calmed me down in the short run, I soon went on to read the Third Step Prayer which began, “I offer my life to Thee--to build with me and to do with me as Thou wilt.”

Once again, my fairly irrelevant first response was to be turned off by the King James edition language. If I were going to talk to the nebulous power I was struggling to believe in, I certainly wasn’t going to do it sounding like William Penn in the Quaker Oats commercials of my youth. Those objections seem petty to me now, though I usually say “you” and “your” rather than “Thee” and “Thou” when I pray it. The real problem was trusting HP with my life, even when I did believe that there was an intelligent force in the universe that loved me and wanted my good. I had some leftover ideas about a Power that was just waiting to judge me and find me unfit or that wanted me to quit what I was doing and go care for lepers or AIDS patients in a less-resourced country.

Today, I believe that if HP had wanted me to care for people with scary diseases, I would have felt drawn to the medical or health care professions. I also usually trust that I am loved and that if I turn over my life over to that Power, I will be living in a way that makes me happier and makes the world a better place. The problem I wrestle with today is letting go of my attachment to wanting everything the way I want it, and when I want it. If I’m logical, I see that I don’t get that even when I am operating on pure force of my own will. In fact, I tend to put up everyone else’s defenses and accomplish less of what I think I want to do and get less of the response I want. Still, on a day when I feel crappy and want just a little bite of something “to take the edge off,” it’s sometimes hard for me to remember that my food is one of those things I’ve decided to turn over and I will be taking back my will if I eat the extra bite. When I disagree with my friends or my spouse, or the bureaucrat that doesn’t seem to understand why I deserve special treatment, it is hard to remember that I am not the only person loved by the Power I turn to, and that my way is NOT always the best way. Even when I am right, it is not always necessary to make everyone else see that I am—unless I’m warning them that the bridge is washed out, as in cartoons and melodramas.

I am imperfect and my daily attempts to surrender fall short many, many times; but making the decision and continuing to try to surrender has brought me a long way down the path of physical, emotional, and spiritual recovery. I remember to be grateful for that most of the time.

--Anonymous, Chapel Hill



Holy Spirit as a Higher Power

"Made a decision to turn our will and our lives over to the care of God as we understood Him"

Somehow I have always thought that the step read "Made a CONSCIOUS decision . . ." And in reading it now I see that that is not the case. However, I guess that it was important to ME to make that decision CONSCIOUSLY, with my full awareness and consent. I am not pushing to add that to the official OA language (although I have chosen to refer to the "God of my understanding" as "Holy Spirit"). I am saying, mostly to myself, that I HAVE made a decision to turn my life over to my Higher Power, in a most conscious manner.

I was raised in a Church that talked often of "turning IT {whatever "IT" might be) to God. It became rote for me, almost a cliché, that other members of my church would joke to each other. But abstinence is no joke. And turning my will, especially about food and eating, over to my Higher Power is something I do with an awareness that I am letting go of that control, and trusting it to the Power which needs to be in charge, for my sake and for my health, and for that of those around me.

"God of My Understanding" is a very liberating statement for me, which allows me to connect with the deepest level of Spirituality that I know.

Kathy Z - Chapel Hill



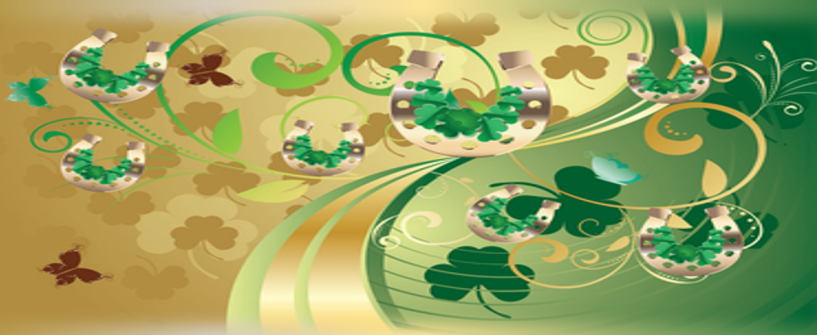
This is Enough

I am scared of my shadow self. I see her in the behavior of others on social media and I scorn them, but I am really scorning myself. My shadow self wants it to be easy, please. My shadow self would like to spend 2 hours going around to different binge haunts of old, and eat a bunch of food in my car away from anyone else, food prepared in such specific ways I know exactly what I will get, and then I feel a major sense of control in an out of control world. My shadow self knows what's best, but she has zero sense of the long term, or comprehension of consequences. When she thinks of the future me, if she thinks of her at all, she curses her and rages at her and dismisses her. My shadow self has all the right God-given instincts one may find in a dead deer on the side of the highway, four legs sticking up in the air stiffly after being hit by a car. She yearns to run into traffic as an instinct of survival, cruelly twisted. The shadow self that I fear has no sight and a thousand eyes to narrow its vision on rationalizations and denials. The best talent she may have is hiding things from herself. She has a tiny innocent child's voice that says to me, "More, please." And, "I would like it to be easy, please." It is better to master my fear of the shadow self, because now that I know she exists, I can let her go. I can tell her, "I've got it from here." The fears I have all flow from her. The less she has the reins of my thoughts, feelings and reactions, the more I can look the world in the eye, look people in the eye, be genuine, authentic, clear-headed; well. Sometimes my new voice can be heard within with a new message: "This is good - this is enough." The new voice emerges with a balance of a fit spirit connected to a higher power that holds my fit ideal mind and body in its protection. How have I grown? I can notice the shadow self now - in me, in my thoughts about others when I see her in them. Shadows reduce as the light strengthens.

-Anonymous, Durham



Thanks to the Tuesday Chapel Hill Group for providing these writing contributions this month!



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:

Feb 13: Tuesday at 6pm Chapel Hill Group
 Mar 13: Saturday 1100am Durham Group
 Apr 10: Hillsborough Wednesday Night
 May 8: Durham T/Th @ 1230
 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: Thursday Chapel Hill 7pm meeting

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 (Started 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



Jan. 15.2022

Draft minutes, subject to Intergroup approval

Attendance:

Anne (Chair, Webmaster), Karen (Vice Chair), Mary Anne (Treasurer, WSO Rep.), Colleen (Secretary, Soar Rep, Newsletter Editor), Neil (WSO Rep.) Heather (Webmaster Apprentice), Heidi (Wednesday 6pm Hillsborough), Cindy (Raleigh Sat). Mel (Tuesday night Chapel Hill), Kathy Z., (Rep Tues 6 PM Chapel Hill Group & Monday Carrboro), Morry (Saturday 1100 Durham) Margaret (Wed Wilmington)

Treasurer's Report (Mary Anne): The report was submitted and accepted. (IG Reps have received that report) Please see the summary of group contributions at the end of the next page.

STANDING COMMITTEE REPORTS

Secretary (Colleen): planning to send the meeting minutes out to the IG reps after each meeting I think this is a good idea it will help them to remember what needs to be reviewed each month

WSO (Mary Anne, Neill)- both are getting ready and registering for the business conference the list of motions is out to take back to the meetings Karen will email this out to the IG reps to take \back to our groups

SOAR (Colleen) meeting virtually this spring and fall Anne certified me w/ SOAR and she is going to continue w/ them on their newsletter. The meeting is the first Fri, Sat, Sun in April

High Tech (Anne, Heather) domain name is expiring in march she will reup for 5 years when the debit card is received she has updated the intergroup mailing list and will create a group

Group Outreach (Vacant):

Newsletter (Colleen): Colleen is requesting volunteers to write for the upcoming issues – Please see the Announcements page to see what months still need to be claimed

PI/PO (Vacant):

12th Step Within (Buffie) wants to do a serenity in March last Saturday

Bylaws/Policies/Procedures: (On hold for now) Mary Anne is planning to work on it and she has submitted some to revise today due to recent changes in our practices

NEW BUSINESS

Revisions to the Bylaws and P&P to Change Meeting Schedule:

Motion 1: Move to amend Article VI (Meetings), Section 1 (Regular Meetings) of Triangle Intergroup bylaws as follows: “The Intergroup shall meet monthly regularly at a frequency, time, and place designated by a majority of the voting members

and documented in the Policies and Procedures manual.” (2/3 vote to pass) **Passed**

Motion 2: Move to add the following text to the Triangle Intergroup P&P: “The Intergroup will meet—virtually, face-to-face-or hybrid as determined by the board with input from the membership—every other month beginning in January 2022. These meetings shall be held from 10:15 am to noon on the third Saturday of the odd numbered months.” (majority to pass)

Passed

Motion 3: Move to amend Article VI (Meeting), Section 2 (Annual Meetings) of Triangle Intergroup bylaws as follows: “An annual meeting shall be held in the month of November ~~December~~ for the election of the Intergroup Board positions whose terms have expired, committee chairs, and the Retreat Registrar. Consideration shall be given to set such time of said meeting to be held at least 120 days prior to the WS Business Conference allowing adequate time for election of the WS Business Conference delegate(s). The treasurer will present the annual year-end report at the November ~~December~~ meeting.” (2/3 vote to pass) **Passed**

Motion 4: Move to add the following text to the Triangle Intergroup P&P: “The Intergroup will nominate officers and committee chairs at the November meeting and elect them at the January meeting. No one may be elected who has not accepted the nomination, in person or in writing (e.g., via email) if they cannot be present at the January meeting. Members will assume their new positions as soon as practical after the meeting, allowing time for an orderly transition.” (majority to pass) **Passed**

Disposition of the Bluetooth speaker and the audio library (both currently in Judi L’s possession) if anyone wants the audio martial please look out for an announcement that it will be available if it doesn’t get taken we will donate it to the scrap exchange
We will hang on to the Bluetooth speaker

Upcoming Intergroup Meeting Dates:

March 19, 2022	July 16, 2022
May 21, 2022	September 17, 2022
	November 19, 2022

Meetings are held virtually.

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

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

Group Contributions in the Fiscal Year to Date

Due to some difficulties in accessing mail from our box in the late fall and during the transition between treasurers after the December election, some checks were deposited significantly after they arrived. For that reason, the column headings report the time frame in which donations were received and the date on which they were deposited. We are setting up a system to be sure that the checks are retrieved and deposited every two weeks for the remainder of the year.

The chart below lists only those groups that have sent donations within this timeframe. If you have sent a donation for your group since October and you do not see it listed in the chart below, please contact the treasurer at treasurer@triangleoa.org. Your donations may also be sent by Zelle to the same email address. If you use that method, free at most banks, the check will be deposited immediately.

	Received Oct '21 through Mid Dec '21 and deposited 12/30/21	Received mid-Dec-Jan 18 and deposited 1/18/22	Received 1/18 — 2/3/22 and deposited 2/5/22	Yearly Total '22	Yearly Total '21
2020-21 Triangle IG #09314					
Group Contributions					
Aberdeen Sat 9:30am #48786		\$ 100.00		\$ 100.00	\$ -
Durham Tu/Th 12:30pm #28531/#50010			\$ 132.00	\$ 132.00	\$ 292.80
Durham Sat 10am #20756	\$ 320.40	\$ 315.24		\$ 635.64	\$ 758.76
Durham Sun 10/10:30am #45514/#51290		\$ 181.20		\$ 181.20	\$ 666.00
Fuqua-Varina Wed 1:30pm #00102/#56362	\$ 54.00		\$ 120.00	\$ 174.00	\$ 494.02
Hillsborough Wed 8pm #33461			\$ 322.20	\$ 322.20	\$ 248.40
Raleigh Mon 7:30pm #50409	\$ 93.00			\$ 93.00	\$ 93.00
Raleigh Sat 9am #16772	\$ 151.50	\$ 218.83		\$ 370.33	\$ 712.26
Raleigh Wed 7am #00394			\$ 288.15	\$ 288.15	\$ 333.91
Wilmington Sat 9:30am #24872	\$ 163.00		\$ 132.00	\$ 295.00	\$ 213.00
Wilmington Wed 12pm #50278			\$ 72.00	\$ 72.00	\$ 240.96
TOTAL	\$ 781.90	\$ 815.27	\$ 1,066.35	\$ 2,663.52	\$ 5,736.36

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 green!

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 #51040	Carrboro [Call meeting contact for Zoom info]	Literature
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 kacru502@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	Pine Valley Baptist church Administration Office Hybrid Meeting 3940 Shipyard Blvd Wilmington NC 28403	Big Book, Steps, Traditions Meg 910-523-0285
Thurs 12:30pm #51040	Same as Carrboro Monday meeting [Call meeting contact for Zoom info]	Literature
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 kacru502@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 #32498	Same as Greenville Monday [Contact Kathy, 207-926-4296 (call, text) or kacru502@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 11am   #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	