



# Triangle OA Recovery News



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## Step 4

Made a searching and fearless moral inventory of ourselves. *Spiritual Principle: Courage*  
We are searching for "causes and conditions." We want to uncover the truth about ourselves. We want to discover the attitudes, thoughts, beliefs, fears, actions, behaviors, and the behavior patterns that have been blocking us, causing us problems and causing our failure. We want to learn the exact nature our "character defects" and what causes us to do the unacceptable things we do - so that once they are removed - we can acquire and live with new attitudes, thoughts, beliefs, actions and behaviors for our highest good, and for the highest good of those with whom we come in contact. -<http://oa-centraljersey.org/>

## Tradition 4

Each group should be autonomous except in matters affecting other groups or OA as a whole. *Spiritual Principle: Autonomy*  
Our groups are free to find what works best for them. They can make their own mistakes and learn from them. Our decisions must be by group conscience. Suppose a group decides to have no format and to eliminate the 12 Steps. Of course, it is free to do so, but it is no longer an OA group and should not identify itself as such. On the other hand, if a group votes to regulate smoking areas or to institute abstinence requirements for officers, it is exercising group autonomy. If a meeting is held in a church or school, it must, of course, conform to rules about smoking, noise, tidiness, etc. But its membership is not to be confined to members of the church or residents of the area. It must be open to all who wish to abstain from compulsive overeating. Nor is its freedom of expression to be limited by nonmembers. Group conscience is always our guide. -*The 12 Steps and 12 Traditions of Overeaters Anonymous* » p.1 » Global Archive Voiced Books Online Free (readfrom.net)

## Concept 4

The right of participation ensures equality of opportunity for all in the decision-making process. *Spiritual Principle: Equality*

### A Plan of Eating

#### Tool of the Month

As a tool, a plan of eating helps us abstain from compulsive eating, guides us in our dietary decisions, and defines what, when, how, where, and why we eat. There are no specific requirements for a plan of eating; OA does not endorse or recommend any specific plan of eating... Each of us develops a personal plan of eating based on an honest appraisal of [our] past experience. Although individual plans of eating are as varied as our members, most OA members agree that some plan—no matter how flexible or structured—is necessary.—*The Tools of Recovery*, p.1-2

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## Step 4: Searching Out Shame

In OA, we rely strongly on AA literature, and we are truly blessed to have it. I am infinitely grateful to AA and its founders and members. I do find, however, one critical difference between alcoholism and food addiction that, once addressed, finally gave me the freedom of back-to-back abstinence that eluded me for decades.

Members of AA can walk away from alcohol. As hard as it must be, they can find new activities and new friends. With the support of their program, fellowship, and higher power, they do not have to engage with their substance again.

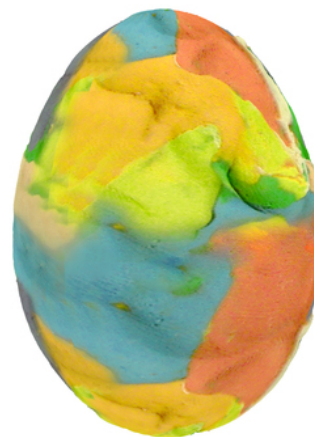
The Step Four inventory in AA literature focuses on fears and resentments and has been enormously helpful, but there is a critical difference for me as an overeater that requires additional probing in my personal Step Four inventory. My food addiction is not to individual foods but to eating itself. I have to go head-to-head with my addiction three times a day. In order to do that abstinently, I have to delve deep. I believe strongly that my food struggle is an emotional struggle. I cannot be in emotional discord for long without it leading to a food struggle. Since I have to engage with my addiction every day, it puts me on very shaky ground to be in a state of emotional "dis-ease."

I recently heard a helpful metaphor: If I wanted to replace the blades in a blender, I'd obviously have to turn the machine off. But would I then put my hand inside it? Of course not, because it might turn on if still plugged in. I'd first be sure to disconnect the power source, or the blades could start spinning and I could get badly hurt. Disconnecting the power source is key. So I had to ask myself, "What is the power source of my compulsion?"

For many OA members, the power source of our compulsions is not just fear and resentment, but shame, which is rooted in the codependency that developed in our dysfunctional childhoods. Shame is my power source. If I don't address it, the power can kick on again with the slightest trigger. Before I healed my shame, for example, a critical comment by a co-worker or supervisor was enough to send me into relapse. Trying to abstain without understanding the power of shame was like trying to stop the blender by only pressing the off button. It invariably kicked on again and cut me with a relapse.

My experience is that I only became able to abstain peacefully and consistently when I began a searching and fearless Fourth Step journey into my shame and codependence. I then began to enjoy the greatest gift of all: comfort in my own skin. This comfort is glorious and precious in itself, and it has protected my abstinence, one day at a time, for over five years.

— Leslie O., Broad Brook, Connecticut USA



## Tradition Four: Beneficial Differences

Autonomy in OA is a really cool thing! I love how each meeting I go to is a bit different. My home group is a literature meeting where we study Conference-approved OA literature each week. I go to a Big Book meeting too. I also attend intergroup meetings whenever I can. Sometimes I listen to a recorded meeting. Each type of meeting is different, but all start with the Serenity Prayer and a reading of one or more of our OA Steps and Traditions.

I find it comforting that the underlying principles of each meeting are the same: We use the same Steps and Traditions; each group wants nothing more than the recovery of its members; and we base our program on spiritual matters rather than diets.

I trust that each meeting I attend submits to the Principles of OA as a whole. We all do our best to represent the OA program consistently, in a way that will not damage OA as a whole, and still meet the needs of the individuals who attend each meeting.

I hope someday to be able to travel and visit OA meetings in other states—maybe even in other countries. I trust that those meetings will protect our precious OA program the same way.

— Edited and reprinted from Common Bond newsletter, Western Michigan Intergroup, March/April 2015





## From Great Fall to Grateful

I would like to tell you how I think the character, Humpty Dumpty, can be like some compulsive overeaters.

Humpty Dumpty had been told not to get on that wall. It was slippery and dangerous.

“No one can tell me what to do. I will keep climbing that wall; I will not stop. I’m in control. I’m Superman,” he told himself.

Like Humpty, Alice, a compulsive overeater, used to be in OA.

She left because she didn’t want to be told what to do. “I will keep eating the way I want. I don’t want or need help. I am in control. I’ll hide my food. I’m Superwoman.” While Humpty precariously balanced on the top of the wall, people called up to him and offered him help down.

“I don’t need your help,” he said. “I’m fine.” Humpty Dumpty was in denial and incapable of being honest. During his time on the wall, Humpty Dumpty had a pocket full of sugar from which he constantly ate. From Humpty’s first bite, he was hooked; he couldn’t stop. The more sugar he ate, the more he wanted to eat. Poor Humpty, he didn’t know about the Twelve Steps. He didn’t know about meetings. He didn’t know about sponsors. He was caught in the sugar addiction like a fly in a spiderweb.

Alice was caught in the never-ending cycle of compulsive food addiction. “I’m fine” is what she told concerned family and friends. Any fears she had, she denied or kept to herself. Day after day, month after month, she repeated, “I don’t need help; I’m fine. I can stop eating anytime I want. I. Just. Don’t. Want. To.”

Then Humpty slipped. He lost his balance and tumbled all the way down to the rocks—*rock bottom*. He was completely shattered and splattered everywhere. There was much confusion and concern, yet all the king’s men, doctors, specialists, and magicians couldn’t put Humpty together again.

Tragedy also happened when Alice hit rock bottom. She hated herself and her body. She could not stop eating and bingeing. All the doctors, money, diet pills, bulimia, exercising—nothing worked.

“I am at the end,” she thought. “There is nothing left for me. I feel like a completely worthless failure. I am ready to give up. What’s the use?”

The doorbell rang. It was Alice’s sponsor stopping by to see how she was doing, for Alice had missed the meeting. In her desperation, Alice decided to be honest. Alice hugged her sponsor and started to cry as she told her sponsor everything. Her sponsor listened carefully, and then said, “I know how you feel. I felt miserable and worthless before and still do on occasion. We have an addiction, and it is not here today and gone tomorrow; it is always with us. But what I also know is that Overeaters Anonymous works, and it is a ‘we’ program. We cannot beat this one on our own. Always remember, ‘There is One who has all power—



that One is God,' (*Alcoholics Anonymous*, 4th ed., p. 59). The age of miracles is not over. There is hope. It is not too late."

Together, they went to an OA meeting. Alice was afraid of rejection, of being criticized, and of others being aloof; but instead, she was welcomed and hugged. Overwhelmed by the acceptance and love, she was so glad she returned. Alice went back to attending meetings, staying in touch with her sponsor, and working the Steps.

Unlike Humpty Dumpty, whose life ended when he fell and shattered, Alice's life was restored. She now has wholeness of body, mind, and spirit. All she had to do was be honest, ask for help, and work the program for a life that is now beyond her wildest dreams.

— Anonymous



## 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*

# 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:**

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)

### 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**

# 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 #12897	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 <b>LANDLINE</b>
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 <b>LANDLINE</b>
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 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 #12897	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



 Newcomer's meeting

 Can bring meal to meeting



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

*All meetings are 1 hr, unless otherwise specified.*

**Chapel Hill Area (Chapel Hill, Carrboro, Hillsborough)**

Wed 6pm   #33461	Hillsborough Methodist Church, 130 West Tryon Street (enter from Wake Street) In Ministry Center	Big Book, Steps, Discuss. Jennifer D 919-259-2843
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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 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)	<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>	