



# Triangle OA Recovery News



Publication of Triangle OA Intergroup • P.O. Box 12525 • Durham NC 27709  
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## Step 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. Spiritual Principle: Integrity  
It is important to choose a trustworthy and understanding person with whom to complete Step Five. ... We are not looking for someone to tell us how to solve our problems. What we need is a loving witness, someone who can keep our confidences and listen without judging us or seeking to fix us. —OA 12&12 p.41-42

## Tradition 5

Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers. Spiritual Principle: Purpose  
Experience has shown we cannot keep the precious gifts of our own recovery unless we give recovery away by sharing OA's message. When we ... share how we've found the solution to our eating problems through practicing the Principles, we discover that we carry the message to those who still suffer, and to ourselves as well. Not matter how much recovery we have, we still need to hear the OA message. Every time we offer our experience, strength, and hope to the still-suffering compulsive eater, we give back what we have been given and thus continue the flow of healing power that fosters our own recovery. —OA 12&12 p.120

## Concept 5

Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered. Spiritual Principle: Consideration  
This Concept, which calls for consideration of others and courteous regard for a wide range of viewpoints, builds strength, unity, and cooperation. —12 Concepts of OA Service p.6

A Plan of Eating	Tool of the Month	What's Inside
	<p>An action plan is the process of identifying and implementing attainable actions, both daily and long-term, that are necessary to support our individual abstinence and emotional, spiritual and physical recovery.</p> <p>This tool may vary widely among members and may need to be adjusted as we progress in our recovery. A newcomer's action plan might focus on planning, shopping for and preparing food. Some members may need a regular fitness routine; time for meditation and relaxation; strategies for balancing work, family and friends, and our program. Others may need help to organize their homes; deal with their finances; and address medical, dental or mental health issues.</p> <p>Along with working the Steps on a daily basis, an action plan may incorporate use of other OA tools to bring structure, balance and manageability into our lives.— <i>The Tools of Recovery</i>, p.5-6</p>	<p><b>Writing Contributions ...</b> p 2-4  <b>Announcements .....</b> p 5  <b>IG Minutes .....</b> p 6  <b>Meeting Lists .....</b> p 7-8</p>



### Sharing our Findings

Admitted to God, to ourselves and to another human being the exact nature of our wrongs. In step 4, I identified the exact nature of my wrongs. As long as I do not share with one other human being, I keep those in the dark and my healing does not begin. Sharing with another helps me fully own up to the weaknesses that I like to deny I have. The wrongs I did stemmed out from my weaknesses.

Admitting it brings the wrongs into the light and I can begin to heal. I can begin to let go of childish habits (well into my sixties)

My weaknesses may still be with me, but I am learning to adapt my behavior to create positive outcomes. Slowly perhaps; but every day offers a new chance to practice integrity.

Owning my behavior helps me feel I have the power to change rather than languish in self condemnation.

As I see changes I receive hope.

CR Raleigh



## Let us choose life!

"We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past." (p. 75, Alcoholics Anonymous)

And there it is, Step 5, in its simplest form. There's no attempt to hide the price, even though it's steep. We are to set aside pride and drag out all the things we've worked so hard to hide from other people. I think about the messes I've tried to clean up on my own. The embarrassments I never want to relive. The rotting memories I'm trying to ignore, in a vain attempt to make them go away. Here's a recent story of how this works for me.

August 19, 2021. I admitted to myself that I'd been hoarding a carefully curated list of resentments towards my husband. In one case, I'd been alternately nursing and ignoring something that happened over 35 years ago. I heard a fellow share about the joy that had been unleashed when she admitted to another human being the exact nature of her wrongs towards her mother. I called her and committed to write the long-overdue inventory.

November 19, 2021. I called her again. Again, I affirmed my intention to do the inventory, and to call her back.

February 10, 2022. I called her again. But this time when we hung up, I wrote inventory. "Look for the realizations!" she said. I was to watch for examples of where I had done the exact same thing in a different context. I was to ask God to show me the truth. In minutes, I poured out on paper my searching and fearless moral inventory.

February 11, 2022. I called her again, this time to ask her to witness the twists of my character and the dark crannies of my past. I shared my realizations, my selfishness, my dishonesty, and my fear.

Immediately. Within minutes of sharing my inventory, I felt a release unlike anything I've experienced up until now. All that old stuff simply fell away. The problem was removed. In its place, I had a deep conviction that my marriage had been lifted to a place that feels closer to God. All the energy I had spent keeping those old resentments under wraps could now be invested in noticing more things to love about my husband.

Now. And on it goes. I get joy and freedom to the extent that I admit my wrongs, tell another human being, and ask God to take away the behaviors that lead me away from God. "We are engaged upon a life-and-death errand." (p 75, AA) Let us choose life!

Robin L  
Hillsborough, NC



## Spirituality

On page 563 of what is called the Big Book of Alcoholics Anonymous, we read the long form of the 5th Tradition as follows: Each AA group ought to be a spiritual entity having but one primary purpose—that of carrying its message to the alcoholic who still suffers.

Here we are reminded not only of the fundamental purpose of each group, but also the definition of each group as a spiritual entity. Becoming abstinent and following the twelve steps and twelve traditions in all our affairs is intimately connected to having a spiritual transformation, a complete psychic change. We are not a diet and calories club. We are not a support group for individuals to overcome problems with food. We are a spiritual entity, so that when someone follows the guidelines and principles laid out by the founders of our organization, one is blessed with a spiritual experience, whether it be sudden or more gradual, one of an educational variety. Having come to terms with the fact that I am powerless over food and that I need a power greater than myself to overcome my compulsive overeating, I made a decision to turn my will and my life over to the care of God. As I do this more fully each day, by following the 12 steps and 12 traditions, I surrender to God more and more of my life. Throughout the book we are told of promises of miraculous transformations in thinking and behaving which will unfold for us. We will know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. Our whole attitude and outlook upon life will change. We will suddenly realize that God is doing for us what we could not do for ourselves. As long as I stay in fit spiritual condition, I will remain in a position of neutrality around food—safe and protected. My thinking will be more and more on the plane of inspiration. Great events will come to pass. So many blessings flow to those of us who truly follow this path! I will be spiritually transformed, leaving behind self-centeredness, dishonesty and shame and will want to help others experience their own spiritual transformation. Little did I know what this group was when I first opened the door to a meeting room, looking to find help losing weight! So much more than a weight loss group; truly a spiritual entity.

Anonymous  
Chapel Hill, NC





**STEP FIVE: Admitted to God, to ourselves and to another human being the exact nature of our wrongs.**

Honesty. Compassion. Forgiveness. Unconditional acceptance. Being heard. Trust. Relief. Freedom.

This step was and is the path that has led me to accept myself as a perfectly imperfect human being, to see myself as HP would have me be and to trust another human being. Along the way, to the extent that I could be honest, e.g., conscious, with myself, HP and another human being, I have experienced freedom from secrets, shame, fears and a long-standing sense that I am damaged goods.

I learned that I have contributed to my sense of worthlessness by fear-based isolation from others and lack of a spiritual connection with an all-loving HP; that I was imprisoned within a jail of my own construction. The extent to which I hid from myself and was not present to myself and others — in the present moments of my life — limited my experience of trust. I hid behind the food and other substances, behind busy-ness, obligations and commitments at work and in relationships.

The *process* of sharing my fifth steps with another human being has required my presence, has given me understanding, compassion and acceptance by another. My guide helped me open that jail cell door, shined a light on a safe path to the outdoors, to a place where I could be okay as is, did not need to fear what I could uncover and see, and could take one step after another with others and the ever-present HP that I discovered had been there all along.

Polly B.  
Hillsborough, NC



## Integrity

I recently did a 4th step inventory, which I have yet to share with my sponsor, but I am already seeing the benefits. I find I am making different choices and intentionally acting out my instinctually selfish thoughts, I am reminded that I may not be able to control my first reaction but I can reframe my second thought and my first action.

Although I have not yet shared the details of this inventory with my sponsor, I have discussed it with another human being. Doing step work does not magically to change me. Change is a process which means that I will make mistakes and have opportunities for course correction. In thinking about someone I have some authority over I found myself blaming her for not knowing to do something. I then accepted that how it happened did not matter. I am ultimately responsible and I need to own it and answer for it. As I am in it the change process feels bumpy and muddles at times, yet it lays the ground work for sooth sailing at other times.

Integrity (the spiritual principle) is not the absence of mistakes, it is the willingness to see them and own them.

Grateful to be here one day at a time.

Atiya M



Please join us in thanking the Hillsborough  
Wednesday Night for all of their  
wonderful submissions this month.

# Triangle Intergroup Minutes

*March 19, 2022 Draft minutes, subject to Intergroup approval*

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## Attendance:

Anne (Chair, Webmaster), Karen (Vice Chair), Colleen (Secretary, Soar Rep, Newsletter Editor), Neil (WSO Rep.) Heather (Webmaster Apprentice), Heidi (Wednesday 6pm Hillsborough), Cindy (Raleigh Sat), Kathy Z., (Rep Tues 6 PM Chapel Hill Group & Monday Carrboro), Margaret (Wed Wilmington), Zack (visitor)

**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 meeting minutes.

## STANDING COMMITTEE REPORTS

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

**WSO** (Neill)- screen sharing of OA literature via zoom was revisited and approved.

**SOAR** (Colleen) will attend the assembly and conference in April, Anne is going to continue w/ them on their newsletter.

**High Tech** (Anne, Heather) created a committee to look into upgrading our website, making it more user friendly and functional

Committee includes: Anne, Zach, Karen V and Heather

**Group Outreach** (Vacant):

**Newsletter** (Colleen): Colleen is requesting volunteers to write for the upcoming issues Karen offered to help me with recruitment and reminders..

**PI/PO** (Vacant):

**12th Step Within** (Buffie) no report

**Bylaws/Policies/Procedures:** (On hold for now)

## NEW BUSINESS

**Vacant positions (PIPO, Group Outreach, Parliamentarian)** Zach was nominated and accepted as our Group Outreach Colleen will send him the updated list of group contacts

**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*

Available balance as of 3/9/22	\$14,071.37		
	January Total	February Total	March (as of 3/9)
Beginning checking balance	\$ 12,154.14	\$ 12,951.41	\$ 14,095.37
Balance as of Meeting Report	\$ 12,770.21		\$ 14,071.37
Total Income from group Contributions	\$ 181.20	\$ 1,306.35	none so far
Durham Sun 10/10:30am #45514/#51290	\$ 181.20		
Carrboro Sun 4pm #50296		\$ 240.00	
Durham Tu/Th 12:30pm #28531/#50010		\$ 132.00	
Fuqua-Varina Wed 1:30pm #00102/ #56362		\$ 120.00	
Hillsborough Wed 8pm #33461		\$ 322.20	
Raleigh Wed 7am #00394		\$ 288.15	
Wilmington Sat 9:30am #24872		\$ 132.00	
Wilmington Wed 12pm #50278	0	\$ 72.00	
Total Expenses	0	\$ 162.39	\$ 22.64
Email account with Google (monthly)		\$ 22.64	\$ 22.64
Domain Name (annual)		\$ 139.75	
Ending checking balance	\$ 12,951.41	\$ 14,095.37	
Beginning savings balance*	\$3,800.38	\$ 3,800.41	\$ 3,800.44
Interest earned	\$ 0.03	\$ 0.03	\$ 0.03
Ending savings balance	\$3,800.41	\$3,800.44	\$3,800.47
Ending total	\$ 16,751.82	\$ 17,895.81	\$ 17,871.84
* prudent reserve +seed money			

#### Upcoming Intergroup Meeting Dates:

May 21, 2022  
September 17, 2022

July 16, 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



# 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:**

May 8: Durham T/Th @ 1230  
 Jun 12: Sunday Carrboro  
 Jul 10: Saturday Raleigh  
 Aug 14: Wilmington Wednesday meeting  
 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

The poster features a light pink background with a green border. It is decorated with stylized floral illustrations in orange, red, and teal. The title 'Spring Awakening' is written in a large, dark brown, cursive font at the top. Below it, the event details are listed in a bold, dark brown, sans-serif font. At the bottom, the logo for Overeaters Anonymous is centered, featuring a stylized 'O' and the text 'OVEREATERS ANONYMOUS' and 'Miami-Dade and the Keys Intergroup'.

# Spring Awakening

**A SPEAKER, DISCUSSION AND  
INTERACTIVE WORKSHOP ON  
STEPS 6,7,8,9**

**DATE: SATURDAY, APRIL 23, 2022**

**TIME: 1:30-4PM EST**

**ZOOM INFO:**

**ID: 305 196 0121 PASSCODE: 305305**

**DIAL IN: +1 929 205 6099 US (NEW YORK)**



**Miami-Dade and the Keys Intergroup**

# 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 W, 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  #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	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  #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



 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 A Vision for You Meeting	712-432-5210	876148#
Daily 11:30 am Big Book/11th step meditation	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 Closed* meeting. Also on Zoom, Mtg ID 679 373 7699, Password 409092	646-558-8656	409092#
OA HOW, Sun 6 pm Closed*, 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	<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>	