



Triangle OA Recovery News



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

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Step 6

Were entirely ready to have God remove all these defects of character. Spiritual Principle: Willingness "In Step Six, I use love, insight, and vision to release my current identity and self-image and open myself to further growth and recovery. I remember my ideals and dreams, and I pay attention to them. The Sixth Step is not about being controlled or coerced toward perfection, as my disease would have me believe. Rather, I prepare to become lighter: more fully me, more fully aware and living in my heart's desire. I envision a new self, with the intention of letting my Higher Power and my experiences bring me closer to who I really am. While this is, at times, a gradual and contemplative process, I am also in the Sixth Step any time I approach my life with openness to what the moment may show me." —Voices of Recovery, August 3

Tradition 6

An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose. Spiritual Principle: Solidarity "As individual OA members, keeping tradition six could take many forms. We can refrain from mentioning outside organizations, including religious and spiritual ones, by name. We can avoid mentioning the titles of books or materials from non-OA-approved sources (including other fellowships and spiritual organizations as well as for-profit publishers). We can avoid sharing that digresses at length about the principles, practices, or influence of outside groups. If we, ourselves, have created such materials or are in the business of supplying them, we can leave our business affairs outside." —<https://seacoastoa.org>

Concept 6

The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous. Spiritual Principle: Responsibility

Tool of the Month: Service

Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible. (OA Responsibility Pledge)

Carrying the message to the compulsive overeater who still suffers is the basic purpose of our Fellowship; therefore, it is the most fundamental form of service. Any form of service—no matter how small—that helps reach a fellow sufferer adds to the quality of our own recovery.— *Tools of Recovery*, p.7

When I first joined OA, I shied away from service opportunities. I told myself several things: "I'm too new," "I don't know enough about program to perform that particular service," "It will take too much time from my work or family," and, best of all, "In the past, I have given too much of myself and my time to other organizations. Since I don't know how to give in a healthy way, I'm going to be very cautious now.

In order for me to reap the benefits of service, I had to get over the hurdles I set up to sabotage my own attempts at recovery. I had to blindly volunteer to perform service even though I did not feel experienced enough or recovered enough or healthy enough to set appropriate limits around my service. Even though I thought I was making it easier for myself by not doing service, I was actually making it harder on myself by denying myself the tool that so effectively enhances my recovery.— *Voices of Recovery*, p. 90

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



Is this really necessary?

I have been in and out of the rooms for twenty or thirty years. I heard and I listened. I did service and I made phone calls and I recognized that OA was a place where I could meet and understand the journeys of people a lot like me, people who shared my compulsion. But I didn't get abstinent until relatively recently, late last year. I should specify abstinent of white sugar and white flour. I was deluded, misguided and unclear on two questions. They were, "Is it necessary?" and "Is it possible?" I let too many things get in the way of my clarity towards abstinence. Some of these things were my schedule, my stress management, other people's opinions and habit. I still haven't completed an extensive third round of a fourth step. So I do not know what all my defects of character are that I will pray and work for Higher Power to remove from my life and person. I cannot tell you what all of those are because perhaps I am not yet there. I had to become ready to receive the better future that H.P. had in store for me. I was the only one who could make the long series of decisions I had to make to experience the freedom and health and beauty of abstinence. Now that I am abstinent, I feel better, I am more myself, I can move around and work better and I am ready to receive the love and community that H.P. has prepared for me.



For me, Step 6 combines acceptance and willingness. Can I face and accept my defects of character and my lifelong patterns that no longer serve me well? Steps 4 and 5 help me face, understand and admit to the defects that I still cling to after many years in OA. Step 6 requires that I willingly and humbly become ready to turn these defects and behaviors over to my HP. One of these defects is using food to numb me out when I feel restless, irritable and discontent. I am learning to turn to my hp, ask for the willingness to accept and sit with those feelings, instead of reaching for food. I seem to think that I should never be emotionally uncomfortable but that is an old fantasy, an old escape from emotions I didn't know how to handle. Now I can stay with my discomfort, and ask for my HP's will in moving ahead.

Anonymous



Step 6

Having experienced abstinence in the past as well as some recovery; what has worked for me in the past was to be working with another OA fellow or sponsor. I haven't had a sponsor or willing to do that work in a few years. I have recently started to ask my God for the willingness to reach out and ask someone for the help. Until recently I didn't know why it was so difficult to ask for help but I had an incident happen where I was in a great deal of pain and needed to go to the hospital. I was able to ask a friend to take me. The pain brought me to my knees and made it possible to become humbled enough to ask for help. I have always been willing to help others but asking for help for myself has always been more difficult. Recently, I am learning that I need the help of others as much as they need me.

Anonymous



So for years I have tried to get my weight where I want it. I have tried every diet under the sun. Losing weight is pretty easy for me... however being motivated to follow through is not so easy. I need to get really sick of myself before I really hunker down, make a plan, and shop for my formal farewell to my favorite food tour. I am always so depressed the first day but thankfully that will pass. I am always encouraged by the rapid weight loss of the first few days. Then sometime into the second week or so, the white knuckling begins. Eventually, there will be some special event that I will eat at and that's it... It's over.

I believe OA is my answer to this insanity. My house isn't terrible but there are piles here and there... Things that need to be dealt with but I put them off and I put them off more. Usually planning to do a big clean week event which seldom happens. Now and then my husband want to host a game night so I get it done. I hit all the piles, clearing most, hiding some. Suddenly my house feels so good, I can think, all the messy clutter is gone and I can focus again,

This is OA to me, dealing with the messy clutter in my heart and in my head. The regrets, past embarrassments, anger and sorrow that I replay over and over. I am ready to get them out of the ways I can focus on becoming healthy and happy with the me I seek to be.

Sara M.

The beauty “of course” helps me become ready for those changes I am needing as I work Step 6: *Were entirely ready to have God remove all these defects of character.* My defects don’t come from nowhere. They are born from a need to stop life’s pain. I go about this stoppage in some awful ways: I dull the pain by eating off my plan, distracting myself with activity, meddling in other people’s matters, and by saying mean things. Of course, I want the pain to stop. Who wouldn’t? The 12 Step Program offers me a real remedy to stop the pain.

Case in point. Last night I hurt my husband with harsh words. He has affections for another person. I am jealous. I say something to hurt him instead of managing my own pain. I could have taken note of my pain and given it to my HP, but I didn’t. Instead, I lashed out him.

My pain is rooted in the notion that he loves her more than he loves me. Olympic-level living (which the Program teaches me) is to live for myself and to be of maximum use to my HP. Ready for this? It’s not my business how my husband feels about me. His feelings are NOT markers of my worthiness in this world. In fact, I have inherent worth simply because I am here on this planet. For me to connect my self-worth to him or to anyone is to miss the miracle of the Program—I am worthy and perfectly loved already. If I choose not to continue in my marriage, that should be because I no longer want to be with him, not because he no longer wants to be with me. But how do I know if I want to be with him? I am so clouded by resentment and fear.

The work of Steps 4 & 5 is to drill down to the bedrock of my feelings. What is the source of these fears? These resentments? Basically, that I am not being affirmed. I am not okay for the person I am. To forget that I am truly prized and loved by my HP is the ultimate “sin.” That is the mistake I make over and over and over again. Every time I forget that I fall victim to pride and entitlement, certainly on the subject of my husband’s affections. He should love me and fawn over me—after all, he is my husband. But that is not the point of marriage. Marriage is to teach us both how to love...each other, we can hope.

Now it may well-be that I am ready to release myself from my marriage, but this is not because of “what he is doing—or has done—to me” but rather because I am no longer able to love him, which is a completely different question. To answer if I can love him is to go deep to my HP and ask: Do I have the selflessness required of true love? Of course, I do not. Certainly not without the aid of my HP. I am not Superman. The marriage vow included: I will do these things, “so help me, God.” Am I relying on God? Can God carry me through? Or is it time to move on? I also know I will likely wind up trying to learn this lesson with yet another soul.

Of course, this is all very hard work. Of course, I want to sail through life. Of course, I want to be loved. Through the 12-Steps I am offered a way through life to do my soul’s work, to grow and to change. I am not in charge of these changes. But I am in charge of asking for help from a divinely loving Higher Power.

That is the essence of Step 6.

Durham T/Th 12:30pm Anonymous



I am NOT alone



I have shared this story often in meetings, so if you have heard it please bear with me The committee in my head often tells me that no one else in the whole wide world has done or though the things that I have. Thankfully, you have tried to teach me that the committee lies to me, every time, and I shouldn't go up into my head by myself, some of you have even tried to convince me to simply raise the rent and kick that stinking committee out.

None of that has yet happened but I still have hope. I also forgot to tell you I bounce all around the mulberry bush as the old people used to say when I speak or write so let me get back to "I am NOT alone!" This realization first happened as I sat listening to a share many years ago. The young lady was speaking on coming onto this fellowship and eventually admitting to herself that she was compulsive about more than food, she had to admit that she was compulsive about buying napkin rings of all things. As I sat there I wanted to say "that's so crazy" until later I couldn't close the drawer at home and after a friend questions why. We counted the items and I realized I owned not one or two but 99 pair of hose (true story). My committee tried to make me believe no one else had such an obsession but me until I recalled that young lady so many years ago. It was the I know I was able to admit to myself indeed I am not alone
Harriette Durham



Step 6: What does being entirely ready mean? It doesn't mean I have to like it, it means I am willing. Bill W said to do Gods will is the correct use of will power. For me, this readiness can be motivated by looking at what will happen if I don't take this step. My defects will interfere with my relationship with God and others. They block me from doing gods will and result in having to make more amends and neither are desirable. My purpose in life is to be of maximum service to God and others. To do this I must be willing to have my defects removed in Gods time.

Traditions 6: Once when I was at a meeting in another state, someone who sold make-up came into an OA meeting and spread out her wares on a table. I told her "it was against the traditions". She of course didn't like that I pointed this out but she did remove the items from the room. If she hadn't a newcomer may have felt obligated to buy something, much like you might feel obligated to buy something at a Tupperware party. It would be so confusing. It makes me feel safe that I don't have to worry that my phone number on the We Care Telephone list will not be used to solicit sales for anything. I am glad we don't have to be concerned that outside enterprises will divert us from our primary purpose. Anonymous Durham



"Were entirely ready to have God remove all these defects of character"

No, I am not "entirely ready" as it was said in step 6, because the tool I rely on is "Control" I am beginning to recognize my controlling efforts and I am beginning to ask my Higher Power's help in letting go. I feel it is important I thank my Higher Power each recognition I make and each time I can let go of the control however small. Gratitude is my building block to giving control to my Higher Power today. MA Durham

Please join us in thanking the Durham Tuesday/Thursday 1230 meeting & the Durham Saturday morning Groups for all of their wonderful submissions this month.

Announcements

No Intergroup Meeting in April

Upcoming Intergroup Meeting Dates:	
July 16, 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! Third Saturday of Odd Numbered Months 10:15 am to noon	

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 newsletter deadlines:

WE NEED MEETINGS TO VOLUNTEER FOR OPEN MONTHS!

Jun 12: Carrboro Sunday [July newsletter]
Jul 10: Raleigh Saturday [August newsletter]
Aug 14: Wilmington Wednesday [Sept newsletter]
Sep 11: **NEED A VOLUNTEER** [October newsletter]
Oct 9: Chapel Hill Thursday [November newsletter]
Nov 13: **NEED A VOLUNTEER** [December 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 (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 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)
Unless it says **HYBRID**, check with meeting contact before going in person!

 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 [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 	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 kacru50@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 [Call Mary Anne, 919-260-5693, for Zoom info]	Big Book Kathy Z 919-542-2166
Tues 6pm #57002	Raleigh, Abundant Life Church, 4400 Old Poole Road Come in front entrance. The classroom is on the left, off the hallway. [Call meeting contact for Zoom info]	Big Book Liz V. 919-649-2088
Wed Noon  #50278	Pine Valley Baptist church Administration Office 3940 Shipyard Blvd Wilmington NC 28403 HYBRID MEETING [Call meeting contact for Zoom info]	Big Book, Steps, Traditions Meg 910-523-0285
Wed 6pm  #33461	Hillsborough Methodist Church, 130 West Tryon Street (enter from Wake Street) In Ministry Center HYBRID MEETING [Call meeting contact for Zoom info]	Big Book, Steps, Discuss. Jennifer D 919-259-2843
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 kacru50@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 HYBRID MEETING [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 kacru50@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.

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
Fayetteville		
Sun 6pm #5368	Fayetteville Manna Church, 630 Executive Place	<u>UNCONFIRMED MEETING</u>
Raleigh Area (Raleigh, Apex, Cary, Fuquay-Varina, Garner)		
Mon 7:30pm  #50409	Same as Raleigh Sun 4 pm meeting	<u>UNCONFIRMED MEETING</u>
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*</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	