



Triangle OA Recovery News



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Step 7

Humbly asked Him to remove our shortcomings. *Spiritual Principle: Humility*
 Humility is a challenge for many of us. In the past, we may have focused on *feeling* humble; we would try ways to make ourselves *feel* humble. We might change to a different facial expression, body language, and words to try to make ourselves *feel* the *feeling* of humility. Maybe, we tried this to control others, so that they would see us as humble. We gain new insight when reading Step Seven: *Humility is not a feeling* at all! It is an *action*. This is a program of action. To ask is a concrete action demonstrating humility. To be truly open to the answer, whether it is yes, no, or maybe, is to trust and have faith. To receive a “yes” to our asking and fully appreciate it is a gift of gratitude. To receive a “no” and receive it without anger is a gift of acceptance. To receive a “maybe” to our asking and to be able to wait is a gift of patience. To ask is to admit we need help, and we can’t do it alone. To ask is to be vulnerable as we bare our souls and express what we need. To ask puts us in relationship with our Higher Power and fellows. This is a spiritual program and a “we” program. Together we can do what we could never do alone. <http://www.oalifeline.org>

Tradition 7

Every OA group ought to be fully self-supporting, declining outside contributions. *Spiritual Principle: Responsibility*
 In studying and working the 7th Tradition we find one of the most important gifts of recovery from the disease of compulsive eating. Learning to do our part has taught us how to behave responsibly in all aspects of our lives. Many of us hadn’t known that doing a service or making a donation could be the pathway to living each day feeling happy, joyous, and free. Whether we are opening a meeting room, serving on the board of our local intergroup, or making a financial contribution, our Seventh Tradition has helped us heal on the inside. This active participation enables our Higher Power to guide us toward the next indicated right action, one day at a time. Some of the benefits we receive through this service might include: A greater commitment to recovery; Feeling “a part of” rather than “apart from”; Enjoying an inner serenity for having taken positive action; Knowing we are actively giving back what we have so generously been given; Accepting that our lives depend upon our OA recovery. <http://www.oalifeline.org>

Concept 7

The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B. *Spiritual Principle: Balance*

Tool of the Month

What’s Inside

Sponsorship

Sponsors are OA members who are living the Twelve Steps and Twelve Traditions to the best of their ability. They are willing to share their recovery with other members of the Fellowship and are committed to abstinence.

We ask a sponsor to help us through our program of recovery on all three levels: physical, emotional, and spiritual. By working with other members of OA and sharing their experience, strength, and hope, sponsors continually renew and reaffirm their own recovery. Sponsors share their program up to the level of their own experience.

Ours is a program of attraction; find a sponsor who has what you want and ask that person how he or she is achieving it.—OA *Tools of Recovery* pamphlet, p.2

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HP: Hope and Positivity

I recently read a quote in a book of reflections that created a vivid image in my head: "Cherry picking bad memories and rolling them around in my head all day, it's hard to remember I've been blessed with forgiveness." (Ruth Williams)

And oh, was that me before program, especially when I was afraid or sad or hurt and not able to eat: I'd pick out a bad memory and roll it around, this way and that, letting it rattle around in my head, rattle me, wallowing in it until the self-righteous anger burned through whatever fear or sorrow or pain I was really feeling. Anger was like an old friend, taking away the pain.

But I've learned in OA that I have a choice: to focus on the negative or the positive, on a grievance or forgiveness, on the past or the present. The past may be 20 years ago or 20 minutes, but either way, dwelling in it, cherry picking those bad memories and rolling them around in my head all day, is a choice, and one that prevents me from being close to my HP, to my loved ones, to my life. I can choose positivity, choose the present, choose forgiveness and hope. If I need help banishing those bad memories, I can ask my HP to ground me in the hope and positivity of right now! -Anne L, Chapel Hill



Step 7.. "Humbly asked Him to remove our shortcomings."

"Humbly" because I am powerless over changing my behaviors alone. With humility and self-forgiveness, I ask my Higher Power to do so. I let go of the need to punish myself.

Whatever difficulties I have in recovery, I need to remember that I'm not an inherently flawed person. Whatever behaviors have been learned can be unlearned.

"Our" shortcomings tells me that I'm human and not alone. It is a "we" program.

Lastly, I pray to trust the decision of my Higher Power who knows best which of my shortcomings need to be removed and when.

I believe that I can learn to trust God's way and pace as I go about my business of everyday living.

Anne G., Chapel Hill



Adventures in the Seventh Step

In my most recent run through Step 7 that I finished a few months back, I decided to focus only on a handful of defects that were having an outsized effect on my health and sanity at the time. I'd bet that I'm not alone in this, but I often get really overwhelmed by having to write down reams of traits and underlying causes of willfulness. At least for me, when I look down the barrel of half a notebook's worth of work, I feel the urge to just slog through it and avoid any of the deeper work that is actually the point of the step. So for this go around, I picked a small handful of bad habits that were causing me a wallop of discomfort and insanity and set about addressing them each a little more thoroughly than I typically would.

One of the biggest defects that came up for me was the way I view the world in extremes; situations and problems will either be solved right away or be entirely hopeless. Particularly for me, the latter has been the most dangerous. I often use the idea of letting go of an outcome as an excuse to just be depressing and assume the worst is always going to happen. When I think like this, I don't have to act with any hope, I don't have to test my beliefs; I can just sit in my perceptions and wait for the worst to come. I can mask inaction as peace and fear of action as surrender, with the consequence that I eternally confuse the two in my head.

I do this a lot, in particular around my health and my ability to find meaningful work in the future. I tell myself that healing will never occur and that I'll have to give up so many things that are important to me. I go into doctor's visits with a feeling of numbness and distance, believing that nothing will come of the visit. While I believe that program has helped me to see how little I can control my doctors' actions, test results, medication side effects and health outcomes, this does not mean that a default setting of doom and gloom is a mature way to walk through life. I enjoy the feeling of release and calm that comes when I push away expectations of how quickly a problem will get better or how much money various procedures may cost; however, I think that this feeling results mostly from turning my will and frustration over to a higher power, not resigning myself to a purgatory of stasis and inaction.

Another character defect that I sought to tackle was my uncanny, if not uncommon, inability to ask for help in many areas in which I was clearly failing on my own. I have been in many situations over the past nine months of living on my own in Raleigh where I showed a comical inability to even pick up the telephone and tell someone when an issue was going quite obviously and seriously wrong. So many days, I've looked into the face of my higher power and reams of caring friends in my school program, fellows, therapists and many, many doctors and said some version of "I'm fine," when the opposite was obvious to anyone with eyes. I've bitten into the fruit of numbness and ambivalence with such frequency that it can't help but show up in every interaction I have, a clear sign of how unmanageable my life gets when I'm strapped into my own willpower. In September, I got into such a state of depression and resignation that I forced myself to set up a weekly phone call with fellows, just to guard against the worst of the downswings. Even still, I found it so hard to paint an even mildly accurate picture of what I was experiencing when people asked and only succeeded in isolating myself further.

Working step seven on this defect has involved a lot of praying for willingness and committing to my sponsor to reach out when I need to. No matter how many times I'm shown genuine care and trust by a fellow, I can still wriggle my way out of talking to them if I don't set up systems to keep myself accountable. Making commitments to my sponsor has proved to be one of the most effective tools that I use and I review my daily commitment occasionally to see if I can add any important new ones. Part of the change I have found in this area comes from a humility that only really deepens by connecting to my higher power. When I am acting willfully on my own, I can convince myself of all sorts of crazy things;

that my chronic pains will never improve; that all of my friends and fellows will forget about me; that people will judge the way I eat in restaurants, etc. But when I take the time to intentionally connect with my higher power and other fellows in their spiritual practices, I find it much easier to let go of these habits and not hang on to choices that make me feel useless as a person.

Another piece of wisdom that a fellow passed on recently was the importance of keeping my program work both challenging and relevant. I try to put this into action when working this step by focusing on the habits and patterns that are actually getting me stuck in the present, as opposed to just a laundry list of generic problems and traits. This makes it much easier to get invested in the work and really dig into questions that are more relevant to my day-to-day living. Adding the focus on keeping things challenging ensures I'm not wasting my time just going over the same general, vague ideas over and over without really honing in on what pushes my buttons and keeps me stuck today. It definitely requires a lot more prayer and faith to take on this stuff regularly, but it brings me a great sense of purpose and relief to know that I am facing my more fearful traits. No matter how I believe I should approach step seven or any step, I know that I have to do it with the help of others and the support of my sponsor. Otherwise, it will devolve into a place of pity and melancholy where I am either defensive or masochistic to a fault. Nothing particularly healthy can grow in the midst of that spiritual unwellness. Today I know that I can rest assured that my higher power can take care of the process and I don't need to force myself to say anything. As Bill W. said, all I have to do is "go through my day being the sort of person [I'd] like to be and [I] will find [I've] worked all of the steps." I only need to make sure that I'm not barring the door to my own liberty by denying my griefs, faults and wants to my friends and higher power. I always find that candor carries the day, if only I will let it. - Zach P.



It has been many years since I completed a formal Step Seven. In fact, I am in Step Four currently, and as I consider my moral inventory, I see the shortcomings that I still hang onto in a new light. Having not completed Steps Four through Six yet, I am holding those shortcomings as if they were objects—a heavy glass ashtray or stained coffee mug—I'm contemplating for donation to a thrift store. I'm turning them over in my hands, questioning their value, evaluating whether I'm ready to relegate them off my mantle, out of my cupboard, out of my home.

These are the character defaults I'm not ready to dispose of. Not quite yet because I'm not at Step Six. But I am closer today than I have been in years to humbly ask God to rid me of these no-longer-useful antiques.

As I go through this exercise, however, I am amazed at the defects that have fallen away naturally. As if I packed them for the Goodwill absentmindedly. My higher power just lifted them from me miraculously when I wasn't looking.

The magic of this program is that even when I don't do the steps perfectly, even when my abstinence falters, I'm still protected. When I keep coming back, my higher power somehow looks out for me, continuing to deliver on the promises and progressing me forward.

Today, as I consider what Step Seven means to me, it's more than just "I humbly ask God to remove my defects;" it's thanking God for removing defaults that no longer serve me. It's recognizing God is watching out for me, even when I'm not asking. - Carrboro, NC



I recently completed a fifth step. As I was reviewing my resentments I saw a thread that linked them all. I resented people (including myself) for wildly different events. But all those things had the same events - each individual was unable to see the reality of their behavior. I was particularly resentful at people who were convinced they were "good" when their behavior was obviously harmful to others. I resented myself for not standing up to this behavior, and discovered that I had been unable to see how my behavior had harmed myself as well as others. It was eye-opening.

So now I'm approaching step seven with a new piece of information about myself. I like blaming other people. Blaming other people means I don't have to speak up and advocate for myself. It means I never have to take responsibility for my action or inaction. It also means I get stuck in a rotation of resentment that never shifts because it's *their fault*. I have put so much mileage on this behavior that I am frightened what life will look like without it. But I don't want to keep it anymore.

I used to be so careful not to hurt anyone because I dreaded making a ninth step amends. This led to an un-lived life of analysis paralysis and perfectionism. Now I have a chance to recover from this. I am intrigued by the idea of a life where I might stand up for myself, even if it involves a later amends for not quite getting it right at first. I am intrigued by the idea of a life where I make decisions; a life of "action rather than reaction". I have my Higher Power to guide me, and my fellows to support me and pick me up when I stumble. Step seven is another door to new freedoms. I pray for the willingness to walk through it today, knowing that I will never do so alone.

Please join us in thanking the Sunday Carrboro meeting for all of their wonderful submissions this month.

Triangle Intergroup Minutes

May 22, 2022 Draft minutes, subject to Intergroup approval

Attendance:

Anne (Chair, Webmaster), Karen (Vice Chair), Mary Anne (Treasurer, WSO), Colleen (Secretary, Soar Rep, Newsletter Editor), Neill (WSO Rep), Cindy (Raleigh Sat), Kathy Z., (Rep Tues 6 PM Chapel Hill & Monday Carrboro), Margaret (Wed Wilmington), Zach (Carrboro, Group Outreach), Liz V (Tuesday 6pm Raleigh), Mel (Thurs 7pm Chapel Hill)

Buffie has resigned her position with InterGroup and she will be missed.

Point of correction: Regarding the screen-sharing of OA Literature – WSBC’s approval to share OA literature is specific to literature, pamphlets, and prayers you can find for free on the WEB. It does not include copywritten material like their text books, workbooks or other Book type material in such a way that the material can be reproduced. This was the final decision at WSO this past month.

Treasurer’s Report (Mary Anne):

Zelle deposit (treasurer@triangleoa.org) is now working and we have received three 7th tradition deposits using it.

	March Total	April Total	May Total	
Beginning checking balance	\$ 14,095.37	\$ 14,280.87	\$ 14,208.43	
Balance as of Meeting Report	\$ 14,071.37	---	\$ 14,195.39	
Total Income from group Contributions	\$ 159.50	\$ 219.40	\$ 353.57	
All three Greenville meetings combined	\$ 109.50			
6am meditation meeting #800242-80248	\$ 50.00		\$ 75.00	
Apex Thu 7pm #53198		\$ 65.00		
Raleigh Sat 9am #16772		\$ 154.40		
Durham Sat 10am #20756			\$ 49.00	
Fuqua-Varina Wed 1:30pm #00102/#56362			\$ 100.00	
Wilmington Sat 9:30am #24872			\$ 57.57	
Wilmington Wed 12pm #50278			\$ 72.00	
Intergroup 7th tradition	\$ 50.00		\$ 160.00	
Total Income	\$ 209.50	\$ 219.40	\$ 513.57	
Total Expenses	\$ 24.00	\$ 291.84	\$ 420.04	
Email account with Google (monthly)	\$ 24.00	\$ 24.00	\$ 24.00	
bank service charge		\$ 0.50		
WSBC Expenses (registration & printing)		\$ 267.34	\$ 231.00	
Website hosting annual payment			\$ 165.04	
Ending checking balance	\$ 14,280.87	\$ 14,208.43		
Beginning savings balance*	\$ 3,800.44	\$ 3,800.47	\$ 3,800.50	
Interest earned	\$ 0.03	\$ 0.03	\$ 0.03	
Ending savings balance	\$ 3,800.47	\$ 3,800.50	3800.53	
Ending total	\$ 17,871.84	\$ 18,008.93		

STANDING COMMITTEE REPORTS

Secretary (Colleen): No new report

WSO (Neil/ Mary Anne)- Reports from WSBC this past month will be made available on the triangle.org website.

SOAR (Colleen) Reports from SOAR8 conference this past month will be made available on the triangle.org website. Anne is going to continue work with the SOAR 8 team on their newsletter.

High Tech (Anne, Heather) the committee has met and put a lot of thought and consideration into our website and this will be discussed further in new business.

Group Outreach (Zach): He has reached out and confirmed contact people and that the groups are actually still meeting.

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

NEW BUSINESS

Hi-tech committee has met and worked diligently to identify options for people/companies that would be appropriate for our intergroup and have presented three options. A few issues were discussed and in the end the group voted to approve movement forward with the plan and allotted \$1500.00 for the initial set up and \$100.00/mo. for upkeep. There were many suggestions for add-ons or additional options such as links to a Facebook page, Instagram and Tic-Tok

Serenity day idea Mary Anne brought up the idea for a serenity day based on the spiritual principles of the steps traditions and concepts.

Vacant positions (PIPO, Parliamentarian) If anyone would like to join our intergroup please reach out visitors are always welcome to observe and perhaps you will find a passion for service too.

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!
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; 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:

Jul 10: Saturday 9am Raleigh
Aug 14: Wilmington Wednesday meeting
Sep 11: Raleigh Tues 6pm
Oct 9: Thursday Chapel Hill 7pm meeting

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 Speaker List

Alice919-271-3292
Anne L 919-360-8711 (text)
Atiya919-302-1030
Elizabeth919-929-5936
Heidi.....heidicoach4you@gmail.com
J.V.919-233-9777
K.C.919-612-2000
Liz919-649-2088
Mary Anne919-260-5693
Neill.....919-789-9402
Robin919-667-7546
Sid919-270-5200
Tammy.....919-274-4052

(updated Feb 2021)

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 	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 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, ZOOM ONLY! [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

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
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	UNCONFIRMED MEETING
Raleigh Area (Raleigh, Apex, Cary, Fuquay-Varina, Garner)		
Mon 7:30pm #50409	Same as Raleigh Sun 4 pm meeting	UNCONFIRMED MEETING
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 Tammy M. 919-274-4052
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)	UNCONFIRMED MEETING



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	