



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

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## Step 8

Made a list of all persons we had harmed and became willing to make amends to them all. *Spiritual Principle: Self Discipline*

Why do we need to become willing to make amends? Why don't we simply make the list and get to it? Simply put, because we need honesty, open-mindedness, and only willingness will get us there. First off, making amends isn't a fun-times activity. It's serious, and it requires some serious pride-swallowing. At that simplest of levels, we need to check in our willingness.

Any amends that can be made directly should be, and our minds will rebel at the idea of facing those hurt face to face. We need HP's help to help us get willing. Some amends should never be made directly, and we need HP's help to understand which. Some amends shouldn't be amends at all. Our disease is still alive inside us, and it uses our ego against us. Just as it may tell us, "Oh, don't worry, you don't need to make amends for that little thing," it may also tell us that something we did rises to the definition of *harm*, even though it isn't. This is a form of self-centered thinking. So we need HP's help to show us what to do, or who to ask about it so we gain clarity. We've already done damage to others, and we must take great care that in repairing that damage we don't create more wreckage, even with the best intentions. Willingness is also massively important to our recoveries. There's much to be done so that we can be changed. HP will do the changing as we do the footwork that prepares us for it. So we must be willing to go to any length. We are rewarded with a happy life, the joy we haven't felt in so, so long, and freedom from food obsession. Willingness is worth it [Step 8 | Seacoast OA](#)

## Tradition 8

Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers. *Spiritual Principle: Fellowship*

Tradition 8 ain't sexy. It seems like a throw-in. "Hey, guys, by the way, don't hire anyone to carry the message or run the joint." But Tradition 8 is vitally important to OA for reasons that become clear when we think about how controversies play out in the fellowship.

One such controversy that pops up from time to time is who is allowed to share during an OA meeting. Some meetings may create restrictions on sharing based on presumptions about a member's quality of recovery. These restrictions may violate OA's Traditions and bylaws, and that's where things get testy—and where Tradition 8 saves us. In OA, the power rests with the many. Our service structure looks like an upside-down triangle, with meetings at the top, intergroups serving them, the regions serving the intergroups, and the World Service serving the regions. That said, those who take on increasing responsibility in our service structure are asked to deal with controversies like the example above. A member complains to the Intergroup about the situation. The Intergroup appeals to its Region trustee for guidance, and that trustee may well consult with World Service for expertise on interpreting whether the situation demands action. And when it does demand action, things get dicey. The Region trustee may tell the local Intergroup that this represents a violation of Traditions. The Intergroup can then inform the meeting that its practices are not sanctioned by OA. To be considered part of OA, a meeting must agree to abide by OA's Traditions and bylaws, and if it is out of compliance, it's reckoning time. We are ALL still just another bozo on the bus. We pray for the right answers, we seek common ground in the OA principles represented by the Steps and Traditions, and we leave aside petty questions of pride, position, and power. (*continues on next page*)

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In fact, non-professionalism allows us to take a more kindly view in our example situation. If we carry anger over the World, Region, or Intergroup-level service person asking us to consider changing our meeting format, we can ask ourselves whether we honestly believe they are trying to harm us or our meeting. Could they instead be trying to safeguard OA's Traditions? Is it possible that we have a difference of opinion over which Tradition supersedes another? Are we all working toward the same goal of helping others? When we ask ourselves *Who are they to tell us what to do?!*, could the answer be that they are OA members just like us? Is it possible that they have ulterior motives? Of course. Pride gets in everyone's way. But when it comes to OA, what's there to be gained by exercising power over an anarchic organization? If those in the service structure were professionals, we'd be questioning their motivations constantly. We'd wonder what power game they were playing. We'd ask ourselves if they put OA principles after personal gain. When we asked ourselves *Who are they to...?!*, our answer would be *someone from outside who doesn't really get OA*. But because OA service is done by us, without compensation, we can perhaps take a more charitable view of the matter and consider the other party's perspective with an easier mind. [Tradition 8 | Seacoast OA](#)

The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office. *Spiritual Principle: Delegation*

## Tool of the Month: Meetings

Meetings are gatherings of two or more compulsive eaters who come together to share their personal experience, and the strength and hope OA has given them. Meetings give us an opportunity to identify our common problem, confirm our common solution, and share the gifts we receive through this program. OA offers face-to-face, online and telephone meetings, all of which can help us break through the isolation of food addiction. OA *Tools of Recovery* pamphlet, p.3

*Apex Community Park, March 18, 2022:* One gift of living in recovery for me is truly seeing the world around me. When I was in the disease, my focus was so narrow. I was fearful and angry. The disease was the place where I hid—from my feelings and the world. Today, I no longer need to hide. When fear or anger come, I have a Higher Power, a sponsor, and fellows I can turn to. I trust the deep knowing that I am not alone. I use the tools and this program to do the hard work of becoming. The work leads me into a life in which I am present, happy, joyous, and free.

For me, these turtles, soaking up the sun and leaning on each other, each one unique, is a powerful reminder of what it means to live in recovery. I am not alone anymore...I live in community with others who "get it." And as it says in For Today (September 18), "The courage to reach past my fear is within me, but in this Fellowship, I do not have to make the trip alone."—*Anonymous, Raleigh*



## Step 8

When I was new in recovery and doing the steps for the first time, I was naïve.

I asked my sponsor how I could ever make amends to people who had hurt me badly.

I was told to make 3 lists:

1. Willing to make amends now
2. Might be willing to make amends in the future
3. Will never be willing to make amends

So, I made the 3 lists. There were many nameless, faceless people I'd hurt along the way. Those amends were living amends to people in my life today and in the future. People on the future list were people with whom I came into contact at that present time. This included coworkers and managers. People on the never list included my deceased mother and my ex-husband.

What happened next was even harder.

In order to truly make amends and change my behavior, I must forgive all of these people for the harms they did to me. How would I ever be willing to forgive them?

Well, the answers are simple but not easy.

1. Writing about my resentments toward the person is a first process. Why am I angry? How did they harm me? How did I harm them? Was it a retaliation? Writing brings me close to my feelings. When I write I gain perspective and feel better. It might take a notebook, and that's okay.
2. Pray daily for these people who harmed me, asking God to give them every good thing I would like for myself. Pray for them, even if I didn't mean it. After I do this for some time, I actually mean it. This results in me gaining perspective and feeling better.

Guess what? Those people who were on the future list became "now" and I have made many living amends. The people on the "never" list moved over to the "maybe" and finally to the work of amends today.

—Anonymous, Raleigh

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**Please join us in thanking the  
Saturday 9am Raleigh meeting  
for all of their wonderful  
submissions this month.**



[More contributions on the next page!]

## My Every Day Amends

Every day I make amends to my son. I say,” I love you very, very much. You make me very proud of you for the things that you have done. No matter what you are always, always, always my very best son in the whole wide world.”

In my mid 20’s, I had a psychotic break. I was admitted to a mental hospital where I was diagnosed with bipolar and schizophrenia. Doctors were trying this drug, then this one, then some together. The doctors were trying for me, but it was to no avail. My marriage was going downhill, and my 8 year old son, who has autism, was spending more and more time with Grandma.

One day after a terrible fight with my husband, he left. It was just me and my son in the house. I did something terrible. I tried to commit suicide. I locked the bathroom door so my son would not find my body. I took bottles of pills. I thought I might have the answer. This left my son unattended. I heard no one came to the house for hours. I was told my son was hungry and pounding of the door calling for me. I was charged with child neglect and had to go to court for the charges. The charges were dropped, but I lost custody of my son. The most important person in the world for me.

Custody went mercifully to my mom.

There are about 5 years I don’t remember much. I was in and out of hospitals. Sometimes they let me out in time for my son’s birthday. I would be out a few days, then back in. The voices I heard would tell me to hurt myself, cut myself, hate myself.

I finally got a therapist and psychiatrist that worked in the same office. Between both of them, a whole lot of hard work on my part, and a few years, I was mostly sane.

My son could tell you the exact date, but I was finally ok enough to move in with my son and my mom. I did issues about my son that I caused. He has abandonment issues. I have to leave the bathroom door cracked if I’m taking a bath or shower. Otherwise, he just waits nervously outside the door for me to come out. He gets very scared if I’m having a bad day, and feels he must cheer me up. Grandma is his anchor. He does not trust me in that way. He has anxiety that I will not pick him up from work.

We cook together. Good thing because he hates Grandma’s cooking. On the down side he’s gained about 50 pounds with mom’s delicious food. I take him to and from work.

On the days he doesn’t work, we have lunch and a movie.

We shop together. I make up grand birthdays on a shoe string budget. I try anything that puts us spending time together. Admittedly, I do enjoy a lot of my amends.

He sees a therapist and a psychiatrist. These are terrible harms I have caused my son. He is still trying to work through what I have done. It has been 17 years. This is the hardest thing I have ever written. —*Sahra A. Wilmington*





# 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 November and later

Aug 14: Wilmington Wednesday meeting

Sep 11: Raleigh Tues 6pm

Oct 9: Thursday Chapel Hill 7pm meeting

**COMING SOON:** Intergroup has hired a web designer to revamp our web site at [triangleoa.org](http://triangleoa.org). The process will take about 3 months, and then the switchover will happen all at once, so no frustrating “under construction” pages, we promise! We’ll be using a WordPress theme that the designer created specifically for OA Intergroups, and it is both beautiful and more functional than our current site, and should be easier to maintain and keep up to date. You can see a list of links to the intergroups that use this theme here: <https://www.oacfi.org/oa-hope-wordpress-theme/> if you’d like a preview.

As part of this redesign, we will, once the new website is live, be eliminating the meeting list from the newsletter and maintaining it solely on the web site: this will help ensure that it’s up to date since we will only need to make updates in one place.

If you have thoughts about what you particularly would like to see on our website, please email me at [webmaster@triangleoa.org](mailto:webmaster@triangleoa.org) in the next few weeks; the first month of the process will be settling on content and after that, more on testing and tweaking. —Website Team (Anne L, webmaster; Heather O; Zach P; and Karen V)

### Unity with Diversity

Mary Anne S, one of our World Service delegates, serves on the WSO Unity with Diversity committee. If you are part of a marginalized or underrepresented group in OA (e.g., persons of color, LGBTQ+, men, young people, people with different abilities), we need your insights and input to this important work. If you have experience with ways groups have made you feel particularly welcomed and safe OR with ways groups have made you feel not welcomed or not safe, and would be will to share your story, please text Mary Anne at 919-260-5693 to arrange a time to talk. You will remain anonymous when she takes stories back to the committee.

#### 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)

# 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 <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, <b>Zoom Only!</b> [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	Closed meeting—restricted to OA members & others who think they may have a problem with food; newcomers are welcome and encouraged to attend.
Newcomer's meeting	All meetings are 1 hr, unless otherwise specified.
Can bring meal to meeting	

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

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

Mon 7:00pm #56773	Durham, Mt Bethel Presbyterian Church, 3541 Rose of Sharon Rd 10 min meditation centered on an OA principle, then OA literature study	11th Step meditation Garry 202-374-0403
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**Fayetteville**

Sun 6pm #5368	Fayetteville Manna Church, 630 Executive Place	<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 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)	<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>	