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# Triangle OA

## Recovery News

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### Step Seven

***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 Seven

***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 Seven

***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 Quote —12 Concepts of OA Service p.

### Literature & Writing

#### Tool of the Month

All our literature provides insight into our problem of eating compulsively, strength to deal with it, and the very real hope that there is a solution for us.” —*Tools of Recovery pamphlet, p.4*

In addition to writing our inventories and the list of people we have harmed, most of us have found that writing has been an indispensable tool for working the steps. Further, putting our thoughts and feelings down on paper, or describing a troubling incident, helps us to better understand our actions and reactions in a way that is not often revealed to us by simply thinking or talking about them.” —*Tools of Recovery pamphlet, p.5*

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For more information about OA, please visit Triangle OA’s website or [www.OA.org](http://www.OA.org).

### **The Seventh Step Prayer**

**My Creator, I am now willing that You should have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. Grant me strength as I go out from here to do Your bidding.**

**Amen**

## ***WRITING CONTRIBUTIONS***

### **Humbly asked him to remove our shortcomings**

In step four I started to become aware of those shortcomings, those character defects, which prevented the full flow of communication and blessings between me and God, which were evidence of the spiritual malady that I wanted to be lifted. In giving step five to a trusted recipient, I became aware of the patterns that held me down and harmed others. So in step six, I was truly willing for them to be gone. In step seven, I was naturally and humbly able to ask God to remove them. Like my food obsession and allergy, I was powerless to remove them myself, and so in this step I needed to seek help from a higher power. This is all with the trust and faith that they will be replaced with something better. I find that I need to keep working on this in my prayers that they are removed because they are no longer useful to me; they cause myself and others harm. If I don't continually do the work by means of steps 10 through 12 to try and maintain a fit spiritual condition, I will surely fall back into the disease of compulsive overeating, which had me in its grip for so many decades. My anger, my impatience, my dishonesty, my tendency to control others, my gossiping—all of these things and many others are barriers to the maintenance of my fit spiritual condition and will surely bring me back to where I very much do not want to be. But self-reliance will not get me there. It is reliance on God, which will remove these things which are blocking me from Him. Humbly means that I recognize self-will is not the answer; I need to many times each day say "Let Thy Will be done". It is the grace of God which can do for me what I cannot do for myself. Humbly, I pray to be relieved of self-centeredness, to get out of focus on myself towards helping others, and lifting my eyes to God. Surely, since God has removed the cravings and food compulsion replacing them with neutrality around food, He can also remove those shortcomings which are blocking me from Him. Once I deeply want to change, all I need to do is sincerely ask and help will come. But I find it is a continual day by day practice. The disease is progressive, so my focus on spiritual fitness must also be progressive.

—Anonymous



Step 7 reminds me of a lot of things I have learned in working the steps. I sat in the rooms for many years never “getting it.” I knew I was home and OA was definitely where I needed to be but recovery was brief and my yo-yo life continued but perhaps just not as dramatically. Thankfully, I was introduced to using the Big Book of Alcoholics Anonymous and working the program according to the directions in the book. This has changed my life! I have learned that the food is not actually the problem. Yes, I need to put down my addictive foods entirely, but it’s how I deal with fear, anger, resentments and other disturbances that get “caught up in my head” that lead me to the food and keep me from a connection with my Higher Power, God, and that is the real problem.

The directions in the Book teach me how to quickly deal with **all** my problems. I no longer search the aisles of the self-help section of the book store! By doing the steps swiftly as outlined in the book I learned about myself and how indeed how controlling I was and how I let fear run my life. No, I would have never considered myself a control freak nor an anxious or fearful person. But alas! How much I have learned! So now on a daily - sometimes even hourly - basis, I can pause to ask my God’s help in continuing to remove these flaws and disturbances that keep me from being the person God wants me to be. These disturbances, if I do not face them and shed light on them, will lead me back to the insanity of the food and the disease.

With the help of the Book, my brothers and sisters in OA, I have a deeper connection with God. I see God in all things, all the time! I live in a new peace and freedom one day at a time that has now added up to six years of recovery!

~ Jennifer D. Hillsborough Weds p.m.

P.S. I love Canva as a creative outlet. Please enjoy these offerings

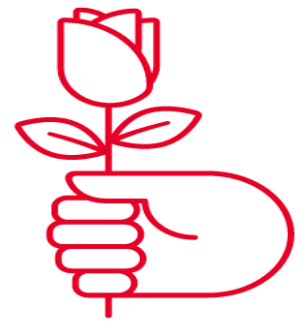
The 12 Steps  
for Life  
by Jen

My creator, please show me each day the way to...

Patience  
Tolerance  
Kindliness

Love

p. 83 Big Book of AA



When ready, ...

“When ready, we say something like this: “My Creator, I am now willing that you should have all of me, good and bad...”

Although I regularly say the 7th step prayer, I often forget the essential precondition: readiness. Am I truly ready for God to remold me? Won't that hurt, being remade into a new vessel?

Probably. I'm not at all likely to participate and cooperate in the work of reshaping me if the pain of changing feels more intense than the pain of staying the same. But in an intense study of my defects with another fellow, I am seeing the effect of my shortcomings on my closest relationships, primarily my marriage. It doesn't feel good to see the pain I have caused, and I don't want to cause more harm.

What to do? Trying harder will help, but like the book reminds us, I cannot wish them away any more than alcohol or food. I have to become ready. I can look at how my defects show up in my decisions. I can notice

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when my own preferences become more important than being of service. I can monitor my use of time--do I fritter it away on my own plans and designs?

The work of getting ready is essential. Let me see the truth, dear God. Let me see the wreckage and then, please God, save me from causing more.

“...I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.”

*(Robin L, OA Hillsborough)*

### **Turning the Corner**

The days now begin to shorten. I will put on a brave face to bluff myself into believing this is a good thing. I'm sure it is. I mean, I wouldn't want to live at the equator. There, snakes sliver and wounds never heal and I could never put laundry on the line. But more critically, there is no variance of night and day. All is equal. It's atmospheric socialism without interruption--EVER--while the rest of us, northern or southern hemispherians witness the perpetual, seasonal race between night and day. I prefer to place my money on day, but then I always lose, starting today. It's variation, the spice of life. So I will be grateful not only for change but the realization that with change comes fresh opportunity, to begin again. For me, that means abstinence from compulsive eating. So, I say aloud to God, my sponsor and others—today I begin afresh. I can't do this food thing of my own power. Just as I can't control the sun in its decision to stick around, I cannot control the food. HIGHER POWER, I ask for YOUR power, YOUR strength, YOUR will. In every season, night and day, I am YOURS.

--Durham T/TH 12:30pm



**Thank you to Hillsborough Wednesday  
night  
Meeting and all other contributors of this  
edition.**

# Announcements

*The Triangle Intergroup of OA has a NEW Look*

*The new website is LIVE! Come visit us and celebrate our recovery and the offering of love from within @ Triangleoa.org!*

*Thank you to the wonderful people that worked to bring this finished product to us all.*

## EVENTS

**SAT JUL 8**

**The Freedom of Abstinence (Zoom)**

July 8 @ 1:00 pm

**SAT JUL 15**

**Intergroup Meeting (Zoom)**

July 15 @ 10:15 am

**SAT SEP 16**

**Intergroup Meeting (Zoom)**

September 16 @ 10:15 am

**SAT SEP 23**

**Falling into Step (Zoom)**

September 23 @ 1:00 pm

**FRI OCT 20**

**Conscious Connections  
Meditation Retreat**

October 20 @ 4:00 pm

Avila Retreat Center

# **SAVE THE DATE OCT 27-29, 2023**

## **“Welcome Home, Y’all”**

New Freedom Intergroup of OA (out of Jacksonville, FL) is hosting the SOAR 8 Fall Recovery Convention and Business Assembly. It will be face-to-face on Tybee Island, GA the weekend of **October 27-29, 2023**. More details about the meals and the registration flyer will be released soon.



**We will be staying** on the beach, within a 10-minute walk of Tybee Island Beach and Tybee Island Marine Science Center. This beach hotel is 0.4 mi (0.7 km) from Tybee Island Fishing Pier and Pavilion and 0.6 mi (0.9 km) from Back River Beach. Tybee Island is 20 minutes from downtown Savannah.

**Hotel Tybee**  
**1401 Strand Ave**  
**Tybee Island, GA, 31328, USA**  
**Call for reservations: 1-912-786-7777**

If you even **THINK** you will be attending, make your hotel reservations now! (You **must** make your own reservations before 9/26//2023.) The Hotel requires a credit card to hold your reservation. Use code **“SOAR2023”** for special rates. Any reservations made after that date will be charged at their current room rate.

**RATES: \$155 /Night Two Queen (Inland view) + \$15 /day parking + \$5 /night GA hotel fee + 14% taxes per night, (Total = \$199.50 /night.)** This rate is valid for up to **four** people in the room. (If you get three roommates, each person would pay only ~\$50 per night, or \$100 for the weekend.) Rates are available for three days before and after the event. Rooms have refrigerators (but no microwaves). (Must place \$50 deposit per room for incidentals during the stay.) Each room will receive four drink tickets, three beach chairs and beach towels.

**Cancellations:** All guests will be charged one night's stay upon booking. Deposits are refunded or credited only if notice is received **7 (seven) days prior to arrival date (before October 19<sup>th</sup>)** and a cancellation number must be obtained by guest.

Hotel check-in is at 4:00 PM, Friday; check-out is 11:00 AM Sunday.

There is **NO** free parking on the island. Day trippers will need to pay a rate of \$20/day to use the hotel parking area.



## Newsletter DEADLINES HAVE CHANGED!

Going forward, the newsletter will be published early in the month related to its content (so issue 1, content on Step/Tradition/Concept 1, will be published in early January, not 3rd week of December as in the past). Submission deadlines will always be the 15th of the previous month (see list below). Remember, without you, we have no content! Please send your ideas, original writings, artwork, or puzzles to [newsletter@triangleoa.org](mailto:newsletter@triangleoa.org).

The theme is always the step, tradition, or concept of the month (so, Step/Tradition/Concept 1 in Jan, and so on etc.) and associated spiritual principles, but you can always share whatever is on your heart regardless of the theme!

### Upcoming dates:

Jul 15: deadline for August newsletter - Sunday Structure House  
Aug 15: deadline for September newsletter  
Sep 15: deadline for October newsletter  
Oct 15: deadline for November newsletter  
Nov 15: deadline for 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
Tammy.....	919-274-4052

(updated Feb 2021)