

TRIANGLE OA RECOVERY NEWS



Step 9 Prayer

Higher Power

I pray for the right attitude to make my amends.
Being ever mindful not to harm others in the process.

I ask for your guidance in making indirect amends.

Most important, I will continue to make amends by staying abstinent, helping others, and growing in spiritual progress.



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Vice Chair: Karen V.

Treasurer: Mary Anne S. (treasurer@triangleoa.org)

Secretary: Dana B.

WSBC Delegates: Neill M. & Cheryl Y.

SOAR Reps: Karen V. and [vacant]

Webmaster: Heather O. (webmaster@triangleoa.org)

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STEP 9

Made direct amends to such people wherever possible, except when to do so would injure them or others. Spiritual Principle: Love
Quote. —OA 12&12 p.

As there were no writing contributions, I hope you will enjoy this Lifeline story:

What is the purpose of Step Nine?" (p. 65). I completed my first Step Nine amends the first year I joined OA, but I never fully answered all the questions in the workbook. So, this time I began to look carefully at what the completion of Step Nine has meant and still means to me as I practice the Principles of the Twelve Steps in all my affairs.

Step Nine meant I could take action to finally make amends, apologize, and change my behavior toward those whom I had harmed or wronged in the past.

In Steps Four and Five, I looked very carefully at the wrongs I did to others and admitted those wrongs to myself, God, and my sponsor.

In the religious tradition of my youth, I learned that God only forgives wrongs, or sins, committed against him and that sins committed against my fellows could only be forgiven by the people whom I had wronged. However, *The Twelve Steps and Twelve Traditions of Overeaters Anonymous* tells me that these people "don't owe us forgiveness, and we don't need it to complete step nine and recover from compulsive eating" (p. 77). It only matters that I make an honest effort to apologize for my wrongs and then amend, or change, my behavior toward others. Only then can my conscience be cleared of old guilt.

When I walked into the rooms, weighing 313 pounds (142 kg), I had no idea why I ate like I did. Then I learned in the rooms that I ate to hide from fears, guilt, and resentments. By truly apologizing and

making amends to those I had harmed, I found I no longer needed to hide from shame and guilt by using food.

I believe now that if I make honest and thorough amends, God will forgive me for my wrongs. I will be washed clean and be ready to face life without old guilt haunting me and without the need for me to eat compulsively.

Did it work for me? Well, here I am, nearly five and a half years later, maintaining a weight loss of 145–150 pounds (66–68 kg) for more than three years. My life has completely changed, not only with respect to food, but in all areas. The promises in the Big Book have come true for me (*Alcoholics Anonymous*, 4th ed., pp. 83–85). But I know they will continue to do so only if I continue working the Steps on a daily basis, one day at a time.

—Sander



TRADITION 9

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve. *Spiritual Principle: Structure*
Quote. — OA 12&12

As there were no writing contributions, I hope you will enjoy this Lifeline story:

Our group has no government, no permanent officeholders, no small committee that runs everything, and no authorities. Instead, we encourage rotation of service for all offices.

Our longest-term members are not even informal leaders. Instead, they are only members among members. (Sometimes long timers' perspectives make them more sensitive to Tradition breaks than newer members, but we are all encouraged to speak up when necessary for the good of the group, since many of us know groups that have closed because a Tradition or two was ignored.)

Our biggest donors do not have any special influence. Instead, everyone is equal, no matter how rich or poor. Mostly we don't even know how much people donate, and if we happen to find out, we ignore it.

Our members who have influential careers leave their outside status behind when they come into the rooms. People do not announce their jobs to us. Again, even if we find out, such outside issues do not make any difference to us.

Our members who have lost the most weight or who have maintained abstinence the longest don't tell other people how to work their programs. Instead, they only say what worked for them.

Our members who sponsor have no greater status than anyone else. There is no status in our group. Instead, we encourage everyone to sponsor when they are ready.

Our group's money does not give us any power. We don't keep it. Instead, we give it away. Whatever money we have saved after covering expenses like rent and literature, we donate to OA's service bodies: our intergroup, our region, and the World Service Office. If we donate more or less than other groups, it doesn't make our group any more or less important.

So there you have it—Tradition Nine is indeed alive and well in our OA group.

— *Edited and reprinted from OA Today newsletter, St. Louis Bi-State Area Intergroup, September 2015*



CONCEPT 9

Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

Spiritual Principle: Ability

Quote —12 Concepts of OA Service p.

As there were no writing contributions, I hope you will enjoy this Lifeline story:

I learned about service when I first came into OA long ago, working the Steps and using the Tools.

I learned it was good for my recovery to get out of my head and do things for others—that one recovering compulsive eater reaching out to another is the foundation of OA. I learned that no CEO presides over us. Rather, OA's service structure is upside-down: groups are at the top and the Board of Trustees and Executive Committee are at the bottom. But I wasn't sure where I fit in. The lower part of that structure was made of members who had something I didn't. And I wasn't sure what this had to do with abstinence. Now that I am studying the *Twelve Concepts of OA Service*, I see the service structure in a new light. I see it as a three-dimensional pyramid made of many individual bricks. Every brick is a member, and not one of them is more important than any other. Over time, we member bricks change positions in the pyramid. Sometimes, we are near the top, doing service in our groups or as sponsors; other times, we are near the bottom, giving service as representatives, delegates, or trustees. Still, each brick is the same size as any other.

This makes sense! Any member can be elected as a representative, delegate, or trustee, as long as certain requirements are met, and all these trusted servants are still regular members at OA meetings.

Can this image, the 3-D pyramid, help me stay abstinent? I suffer from the character defect of "I'm-not-as-good-as-ism," and when my disease picks up on my insecurity, it knows how to tempt me with food. The image of identical bricks simply switching places in the pyramid reinforces, for me, the principle of humility. I'm reminded that I'm neither better nor worse; I'm just taking my turn.

So, what holds the pyramid up? I believe it's the principle of responsibility. When I take on a job and do it, and all the other bricks do their jobs, then the pyramid stays together as a unit. I can't make someone become responsible, but maybe once we all see how important each one of us is, we'll all want to become more involved.

Why doesn't the upside-down pyramid topple over? Concept One reminds us that "God is the ultimate authority . . ." (*Twelve Concepts*, p. 3). My HP is greater than gravity! When I bring God into everything I do, he does miraculous things.

—Anonymous



TOOL OF THE MONTH: Abstinence and Recovery

Abstinence is the *act of refraining* from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

Recovery is the *removal of the need* to engage in compulsive eating behaviors. Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve-Step program.

Simply refraining from eating whatever I want, whenever I want, while working towards a healthy body weight (*abstinence*) is essentially the description of every diet I've ever done. Yet my experience of abstinence felt like much more than that—when I put down the food, that was an action; when the insanity left, *that* was a miracle! I lumped that feeling into abstinence, but that made it a difficult idea to define, let alone pass on to someone else. What I was missing was the clarity that this two-part definition highlights: *recovery* is where the miracle lives. Abstinence is surely a result of recovery, but abstinence must be defined individually through self-honesty. Recovery, on the other hand, is universal. — Cory, Triangle IG WSO Rep at the WSBC that passed this two-part definition.

Announcements

The Tuesday, 6pm Raleigh voted to change the time of its meeting and widen the focus. The meeting will now be :

Raleigh, 7pm, Zoom

Contact: Liz Vines, 919.649.2088

Focus: Big Book/Step Study

Newsletter DEADLINES

The newsletter is published early in the month related to its content (so issue 1, content on Step/Tradition/Concept 1, is published in early January. Submission deadlines are 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.

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:

Sep 15: deadline for October newsletter - Tuesday Raleigh 6 pm

Oct 15: deadline for November newsletter - Chapel Hill Thursday 7pm

Nov 15: deadline for December newsletter

Triangle OA Speaker List

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(updated Feb 2021)