

# TRIANGLE OA RECOVERY NEWS

## STEP 1 PRAYER

DEAR LORD,

I ADMIT THAT I AM POWERLESS OVER MY FOOD  
ADDICTION.

I ADMIT THAT MY LIFE IS UNMANAGEABLE WHEN I  
TRY TO CONTROL IT.

HELP ME THIS DAY TO UNDERSTAND THE TRUE  
MEANING OF POWERLESSNESS.

REMOVE FROM ME ALL DENIAL OF MY ADDICTION.

ALTERNATE PRAYER

TODAY, I ASK FOR HELP WITH MY FOOD ADDICTION.  
DENIAL HAS KEPT ME FROM SEEING HOW

POWERLESS I AM & HOW MY LIFE IS UNMANAGEABLE.

I NEED TO LEARN & REMEMBER THAT I HAVE AN  
INCURABLE ILLNESS & THAT ABSTINENCE IS THE ONLY  
WAY TO DEAL WITH IT.

[OA STEPS \(1-12\) MEDITATION AND PRAYERS • OASV](#)



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## **STEP 1**

We admitted we were powerless over food — that our lives had become unmanageable.

*Spiritual Principle: Honesty* Quote. — OA 12&12 p.

## **1ST STEP WRITING CONTRIBUTIONS**

Step One We admitted we were powerless over food- that our lives had become unmanageable.

Chapter 5 of the Big Book of A.A. entitled, “How it works,” states, “Our stories disclose in a general way what we were like, what happened and what we are like now.” I was powerless over food and my sleep, my stamina and my emotions. I would oversleep when aiming to make class or work on time. I would overeat and then sleep for long periods of time, day or night. My emotions were volatile, I needed to sleep at odd times. I would fall asleep in class and, on rare dread occurrences, at work, I would oversleep when aiming to make class or work or time. I would overeat and then sleep for long periods of time, day or night. The greater the emotional stress (and my home was the scene of a lot of emotional stress) the more erratic my emotions and eating.

There are people I know (and there are many more out there, I understand) who would benefit from Overeaters Anonymous. But it is not an easy row to sow. Some can opt into it by simply going to oa.org and making a meeting. To coin a phrase, “take what you like, and leave the rest.”

So, we try to pretty it up. We are the star in our own testimonial. But step one is not pretty, it is not slick, it can be a relief or a bitter pill to swallow. The three mayoral meaningful words in the step, as I see it, are, “admitted,” “powerless,” and “unmanageable.” My life was those three things and needed the power of my Higher Power and myself and those three words and many more between H. P. and me.

Now that H.P. has stepped into my life and been given notice to take over and drive me forward to a better future, I am much more comfortable, happy and powerful.



## Honesty...and More

I practice the principles to the best of my ability and keep becoming by continuing to do the daily work of this spiritual program. The first key to living in recovery for me is rigorous **honesty**. In the disease I lived a lie. I hid from others and myself. I lived in isolation and denial about my food, food behaviors, and feelings...until I could not take it anymore. Then, I violently purged the food or brutally expelled the feelings on the often-unsuspecting bystander, who was shocked at how venomous I had "suddenly" become. The poisons of fear, anger, and self-deception were slowly killing me...dragging me deeper and deeper into despair.

In the rooms of OA, found **hope**. I also found fellows who loved me unconditionally and, as I did the work, the ability to **love** myself and others as the beautiful and fragile human beings we are. I found **faith** in, and **willingness** to surrender to, a power greater than myself. I trust that power imperfectly today because my mind is still a scary place...the hiding place of the critic. But when she pops from my subconscious into my conscious mind, I can turn to the steps and tools of this program. I can move forward with **courage** through anything in the present without turning to food, self-harm, or harming others. I live with **integrity**, meeting my commitments to others, God, and myself. This requires **self-discipline** in many ways, and I am imperfect. After a lifetime of self-abuse, self-care is not always my go-to; but it is the place where my HP consistently leads me. God also leads me to **service** in healthy ways both with and for others...with boundaries that lead me to true service, not attempts to prove my worthiness or feelings of "look what I did for you" martyrdom. Instead of the humiliation of being less than, or the ego of being more than, I find **humility**...accepting others and myself as we are - imperfect and yet beloved humans, being and doing the best we can. With prayer, meditation, and stillness, I can live in conscious contact with God. Cultivating this connection leads to **spiritual awareness** and lets me see God in action in my life and in the world. My belief is that with **perseverance** in living by these principles to the best

of my ability, a life beyond my wildest dreams will continue unfolding - one day at a time.

- Anonymous



Admitting I was powerless over food put an end to a deep-rooted suffering that I had been struggling with for decades. Before I entered the rooms of OA, I was in a vicious daily cycle of overeating and over exercising for hours at a time to balance out the intake. At night I'd practically pass out, drunk from a high-calorie dinner and dessert, only to wake in the middle of the night with a conscience on fire with anxiety and shame. Awake for hours, I would vow to "do better" tomorrow, amp up my workouts, and further punish myself for my terrible habits.

It was one thing for me to suffer personally, but once I had children, I became aware of how I subjected my loved ones to my addiction. When I could not control a situation, I acted out with food. Certain foods made me disconnected and morose -- and worse -- irritable and unkind. Being a parent meant I couldn't dedicate as much time to exercise, but I continued to overeat, crash out from a sugar high and berate myself in the middle of the night.

When I entered the rooms, I was immediately overcome with relief and hope. I knew I had stumbled into the solution to my suffering. I finally faced that I was no match for those alcoholic foods. They were like a beast against whom I would never win. By helping me surrender those foods, my higher power had lifted me from the fight. I realized I didn't have to get into the ring.

The blessings I have realized because I kept coming back to OA are many. I no longer participate in punishing workouts, but instead exercise for the sheer enjoyment of movement. I eat foods that make me feel healthy and vibrant, rather than drunk and then rundown. The best change is that I am present for my family, and in particular, my children. We have a strong relationship because I am honest about my addiction, practice the twelve-steps and follow the principles of the program in my interactions with them.

Taking that first step to accept my powerlessness was a miracle that has led me to such a full and joyful life.

-Chapel Hill, NC



Hello recovery; hello feelings!

They say that abstinence allows you to feel your feelings, and what a gift that can be if you recognize they are temporary and can face them with courage and curiosity. I was not abstinent when my mother entered hospice this past summer. I found myself dabbling in foods I had no business eating, working too much, or walking for hours on end, listening to murder podcasts to avoid the feelings of sadness and grief.

My OA habits helped keep me sane. Sending my food plan, connecting with my sponsor, journaling, acknowledging my gratitude and attending meetings. When I took these actions, I was centered, was able to face the sorrow of anticipating my mother's passing and allowed myself to enjoy my last few months with her.

Since my mother passed away, I have been struggling through the holidays to regain my abstinence. I know it will be restored with my higher power's help. I know because I have experienced the miracle. I also know that I must do the work. Take the actions. Pray for willingness.

I pray for the willingness to put down the food and instead identify the feelings. I pray for the courage to feel the hurt of losing my mother. I pray for the curiosity to remember her, to empathize with her struggles and thank her for her gifts.

-Chapel Hill, NC



The practice of Step 1 in my life means getting honest. Not just the first time I admitted that I was powerless over food, but Step 1 asks me to live in a way that acknowledges my powerlessness and unmanageability when I think I can do it on my own. When I admit first to myself daily that I am powerless it's sobering, and it leaves room for me to grow and learn. It means really getting honest with myself: I have a disease and I can't control it and sharing what I learn about myself with my sponsor and my Higher Power that I call God.

Honesty is a practice of surrendering; admitting that I am powerless over food and my life is unmanageable. I let go of the idea that I can control this and make it better on my own. Doing it on my own got me thin but it didn't help me feel content or like I could rest, slow down, or take a day off exercise. When I stay stuck in the battle to try and be a certain weight it is all consuming and makes my life impossible.

What feels better is to take an honest appraisal, do my part and leave the rest. So I ask myself, "What is my part?". I can't do it on my own, but I'm not helpless and I do have responsibility to practice letting go, which can sometimes be an action. The first thing is admitting I am powerless over my obsessions and compulsions related to food, exercise, and food behaviors. I also work with a sponsor, work with a professional to develop a food plan, commit to and practice movement that doesn't harm my body or focus on burning calories, and I become *teachable*. Being honest reminds me I don't know the answers so I can listen to others and trust their guidance. Living in step 1 means admitting I am powerless, and I am a beginner. What does a beginner do? Learns by watching other people, reads instructions, takes directions and correction, and tries again when things get out of control with food, exercise, food behaviors and other aspects of life. So, for today, I'll start with admitting I'm powerless over food and my life is unmanageable. I'll recognize what still needs work and I'll do my part to live in recovery.

Thank you!

Rebecca A. (my "home" meeting is 9am Saturday)



### **TRADITION 1**

Our common welfare should come first; personal recovery depends upon OA unity. *Spiritual Principle: Unity*

Quote. — OA 12&12 p.

### **1<sup>ST</sup> TRADITION WRITING CONTRIBUTIONS.**

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



I'm getting better at accepting people as they are, in and out of OA. This is tied to my understanding that there is a Higher Power, and more importantly, that I'm not a Higher Power. I'm just a creature among my Higher Power's multitude of creatures. Higher Power is in charge of who we all are and whether and how we grow, which lets me off the hook of judging or evaluating anyone else or trying to insert myself into their growth journey by trying to change them or get them to see the world the way I see it. It's really a revolutionary way of relating to other humans for me, recognizing that I am not in charge of anyone other than myself. Trying to be a Higher Power was exhausting because I'm obviously not equipped for it, and I'm much happier now that I've given up on that impossible task.

Relatedly, I've noticed that I'm less likely to mind when someone says something I disagree with, again either in meetings or in other interactions. I don't take it so personally. I'm not talking about anything deeply offensive or troubling, just another perspective that's different than mine. I can see that's just what that person thinks, and we don't all need to come to consensus on everything. We can be together without being completely in synch on a given subject. Now, when I think differently from someone who is speaking, I don't feel the same urge to try to bring them to my point of view. I'm not their mother or teacher. I'm just a fellow creature. This is a much more peaceful existence. I'm learning what it means to 'live and let live,' which is essential to unity with diversity. A big part of this is realizing that other people are very different from you, and you don't have to try to either make them more like you or try to become more like them.

We can each just be who we are, together. Our Higher Power is in charge, not us.

Elizabeth L – Chapel Hill



Isolation: Related to Tradition One

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I lived much of my life isolation. I didn't learn how to relate to people because I was a child in a toxic home where it was overtly stated repeatedly that I was unwanted. I tried everything a child tries to be loved and wanted; to get healthy attention from my parents. My mother was a good old-fashioned cook and baker. I learned to comfort myself with her cooking from an early age. I also learned to control my mother with my willingness or refusal to eat what was presented to me. As I grew older, I tried to control my world and when I could not do so, I became bitterly resentful. I didn't say I grew up – only that I grew older. I found OA first in 1987 but I was not ready to face myself and all my baggage. It took until 2004 for me to become willing. But I had my For Today book all those years. It's a hard cover with a yellow ribbon. I still have it on my bookshelf today. That volume helped me remember that there was hope. Today I have meaningful relationships with my OA fellows and cordial, productive work relationships. I came out of isolation as I faced the truth about myself and worked the steps and traditions. I've continued to work the steps and traditions repeatedly over the last 19 years. In OA, I've been growing up. I still have room to grow, and more is constantly revealed to me. OA is a gift, and I am grateful.

~Kim, Raleigh Saturday 9AM



## **CONCEPT 1**

The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship. *Spiritual Principle: Unity*  
Quote —12 *Concepts of OA Service p.*

**AS THERE WERE NO SUBMISSIONS FOR CONCEPT 1 PLEASE ENJOY THIS WRITING  
FROM LIFELINE OA**

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A number of years ago, my intergroup passed a motion supporting our belief that while meeting formats may differ, there is but one Overeaters Anonymous. Over the last few months, we had discussed as a group the “language of unity.” We agreed that what we call ourselves and each other can serve to unite or divide us.

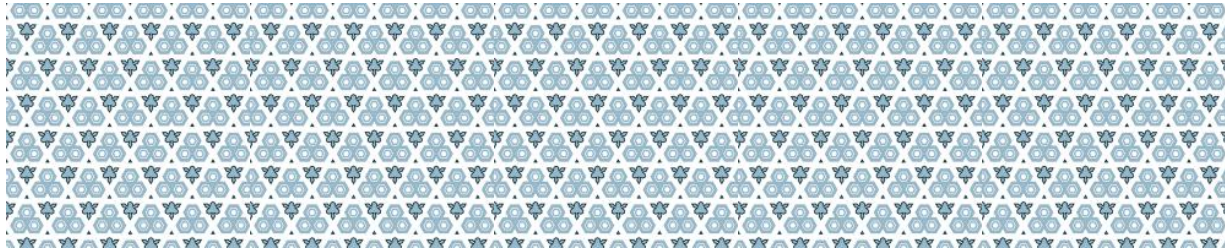
One of OA’s strongest assets is that there is not just one way or one right way to work the program. What works for one person may not work for another. As a result, there is a need for (and room for) many different meeting formats under the OA umbrella. We are all part of OA, joined by the desire to stop eating compulsively and to carry the message of recovery to the still-suffering compulsive overeater. Meeting formats and the ways people work their programs may change. The Steps, Tools, Traditions, and Concepts of OA, however, do not change.

Our intergroup wants to make sure it sends the message clearly—we are all part of Overeaters Anonymous, and none of us is modifying OA. Sending this message is especially important in our publications and communications. We may attend meetings with different formats, agreed upon by respective group consciences. We do not, however, belong to different types of OA. OA’s framework is broad enough for us all. Therefore, in our language we do not want to give the impression that any of us modify OA. It is with this intent that we passed the following motion at our intergroup meeting:

“There are not different kinds of OA. There are, however, different meeting formats such as HOW meetings, Step meetings, Big Book study meetings, Traditions meetings and literature discussion meetings. In intergroup publications and communications, OA will always be referred to as OA. If distinctions are wanted or needed, they should refer to meeting descriptors or meeting formats.”

This motion was passed in order to provide guidelines for differentiation of groups within our Fellowship. The goal is to provide a framework, so we do not

imply that by using terms such as “traditional OA” or “regular OA,” we modify OA. — *Becky*



### **TOOL OF THE MONTH: A PLAN OF EATING**

As a tool, a plan of eating helps us abstain from compulsive eating, guides us in our dietary decisions, and defines what, when, how, where, and why we eat. There are no specific requirements for a plan of eating; OA does not endorse or recommend any specific plan of eating... Each of us develops a personal plan of eating based on an honest appraisal of [our] past experience. Although individual plans of eating are as varied as our members, most OA members agree that some plan—no matter how flexible or structured—is necessary. —*The Tools of Recovery*, p.1–2

Eating plans may change over time as you gain more experience or your body changes. You may think a particular food is not a trigger and later find that it is. Or you may find that you need to lose weight but, are not doing so with your current plan of eating. If you have been in the program for a while, you may find that you need either less food or more exercise to maintain a constant weight. —*A Plan of Eating*, p.10

### **Announcements**

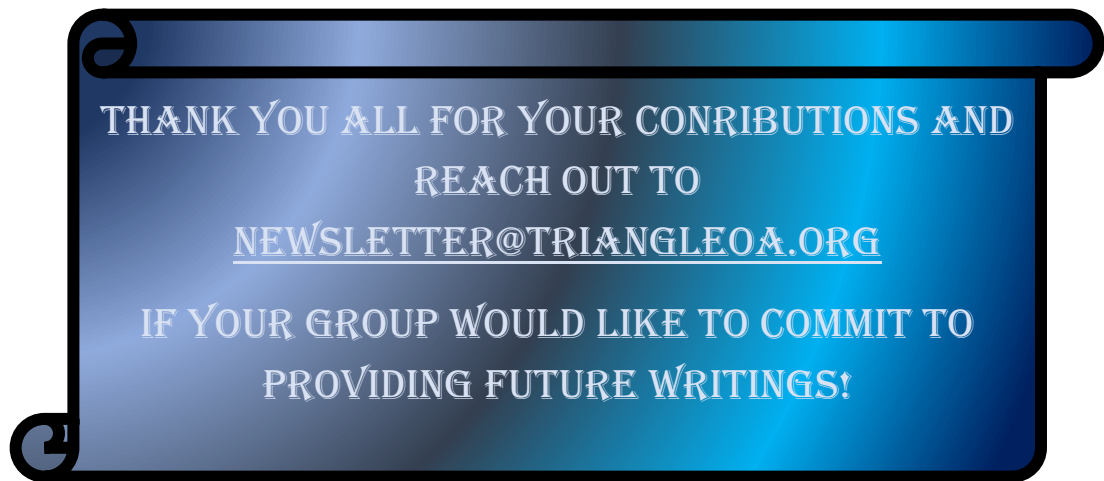
Region 8 (SOAR) has a new address! Please address all contributions and other mail to:

SOAR8  
PO Box 151  
DeQuincy, LA 70633

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Thank you!

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](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:**

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January 15: deadline for February newsletter

February 15: deadline for March newsletter

March 15: deadline for April newsletter

April 15: deadline for May newsletter

May 15: deadline for June newsletter

June 15: deadline for July newsletter

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