

# TRIANGLE OA RECOVERY NEWS

## Step 3 Prayer

*“God, I offer myself to thee-to build with me and to do with me as Thou wilt.*

*Relieve me of the bondage of self, that I may better do Thy will.*

*Take away my difficulties, that victory over them*

*may bear witness to those I would help*

*of Thy Power, Thy Love, and Thy Way of life.*

*May I do Thy will always.”*

Big Book page 63



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### Intergroup Trusted Servants for 2024:

Chair: Anne L. ([chair@triangleoa.org](mailto:chair@triangleoa.org))

Vice Chair: Karen V.

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

Secretary: Dana B.

WSBC Delegates: Neill M. & Cheryl Y.

SOAR Reps: Karen V. and [vacant]

Webmaster: Heather O. ([webmaster@triangleoa.org](mailto:webmaster@triangleoa.org))

Newsletter: Colleen B. ([newsletter@triangleoa.org](mailto:newsletter@triangleoa.org))

Group Outreach: Zach P. ([outreach@triangleoa.org](mailto:outreach@triangleoa.org))

Public Info/Professional Outreach: Liz V.

12th Step Within: Mel F., Diane C. ([12stepwithin@triangleoa.org](mailto:12stepwithin@triangleoa.org))

### STEP 3-

Made a decision to turn our will and our lives over to the care of God *as we understood Him*.

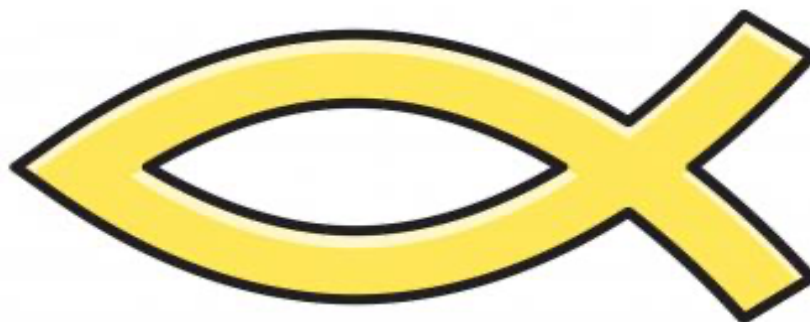
Spiritual Principle: Faith

Quote. — OA 12&12 p.

### 3<sup>rd</sup> STEP WRITING CONTRIBUTIONS

*"as we understood Him."* How was I to work this out since I had no real understanding of Him/It. Was it a him? Him implies an authoritative male; with my upbringing that was such an undesirable idea of GOD, if there was even a GOD. I had a great deal of trouble with this idea of someone or something I should be answerable to. I had no idea what I would do if OA didn't work for me, so how was I to come to terms with step 3. I started reading the bible. I don't want to get into a whole sermon here, but I was so taken when right there in Genesis was the answer. Genesis 3:22 says "And the LORD God said, "The man has now become like one of us, knowing good and evil." ONE OF US? Is this confirmation that there is indeed more than one god? After speaking to my pastor, who I must say is always tolerant of my crazy questions, I decided there is a GOD who may have subservient gods and who may be in charge of various parts of life. They all have way more power than I. I became okay with this idea and started out this way,

I am still not sure I am always praying to THE HIGHEST POWER but I am seeking the help of a higher power. Sometimes The higher power who answers has a pretty funny sense of humor like hiding something in a place it has no business being. Sometimes it seems like the gods have to enlist GOD to really help me with saving a life or ensuring I have the support I need whilst GOD does whatever needs done. This is how I understand him /them now . It will change over time I know this because it has already changed several times as I grow in my spiritual and mental/emotional health and understanding I gain the ability to learn more. My Higher Power doesn't demand me to be unquestioning only that I be open to the answers as they are revealed.



## **TRADITION 3**

The only requirement for OA membership is a desire to stop eating compulsively. *Spiritual Principle: Identity*  
Quote. — OA 12&12 p.

## **3<sup>RD</sup> TRADITION WRITING**

**What have I learned about developing loving, supportive relationships—even with people I sometimes disagree with?**

Even in my meetings, I tend to be with people much like myself; but our principle of unity with diversity and working on the WSBC committee on Unity with Diversity had helped to heighten my awareness of the importance of making everyone feel welcome, to the best of my ability. That, in turn, has helped me to accept myself. Working as a sponsor, sometimes with limited success, to listen to and support others without criticism while sharing my own experience—whether similar or different—has helped me to hear other people's lived experience and know that we share certain basic needs and desires, but we have also been in very different places. This helps me in my daily life outside of program to try to hear the lived experience of others with whom I come in contact.

It has also been helpful when I find that I have the same traits that sponsorees say are driving them crazy when practiced by their spouses or when they confess behaviors that drive me crazy when exhibited by my spouse. As we learn to treasure our sponsorees and other members just as they are, it becomes easier to accept our friends, family members and ourselves. We are all flawed and we are all worthy of love, acceptance, and spiritual growth.

Business meetings in OA are so different from meetings in other areas of life because even when we disagree, we are challenged to think of what is best for the group and to acknowledge that our way is not the only way or even, necessarily the best way. Because we addicts are very sure of the rightness of our own opinions, this represents very important growth in our recovery.

There are still some political positions that I find extremely hard to accept and challenging to love the people who espouse them. However, I pray to remember that they are doing the best they can to understand difficult world events and find

answers. I pray to remember that my HP loves them and wants both them and me to be "happy, joyous and free."



### CONCEPT 3

The right of decision, based on trust, makes effective leadership possible. *Spiritual Principle: Trust*

Quote —12 Concepts of OA Service p.

### AS THERE WERE NO SUBMISSIONS FOR CONCEPT 3 PLEASE ENJOY THIS WRITING FROM LIFELINE OA

When I walked into my first intergroup meeting in 2003, my presence increased the size of the entire intergroup by 33 percent. Only three members in the entire area fellowship were attempting to serve all of the meetings and a few hundred OA members! Only three! They traveled up to 40 miles (64 km) one way to attend intergroup meetings.

Naturally, there were more things that needed to be done than those three members could handle: the website was down, and the newsletter had not been published in almost a year!

The four of us got to work. With no experience, I became the vice chair and newsletter editor—I learned on the fly. The website was relaunched, and we invited individual Overeaters Anonymous members to join. In just three months, fifteen members started

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

attending intergroup regularly, and we were able to restore vital services, which have been in operation ever since.

Intergroup has connected me to members who are dedicated to long-term abstinence and recovery and who inspire me to remain abstinent. I have learned skills in commitment, website design, writing, mediation, organization, building consensus, leadership, open-mindedness, networking, respect, and service. I use these skills regularly and they also enhance both my personal and professional lives.

The benefits of service beyond the group level are vast and many. Go to your intergroup and see!

— *Edited and reprinted from The OA Steppingstone newsletter, Baltimore Area Intergroup, March–April 2019*





## TOOL OF THE MONTH: SERVICE

*Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.*  
(OA Responsibility Pledge)

Carrying the message to the compulsive overeater who still suffers is the basic purpose of our Fellowship; therefore, it is the most fundamental form of service. Any form of service—no matter how small—that helps reach a fellow sufferer adds to the quality of our own recovery. — *Tools of Recovery*, p.7

When I first joined OA, I shied away from service opportunities. I told myself several things: “I’m too new,” “I don’t know enough about program to perform that particular service,” “It will take too much time from my work or family,” and, best of all, “In the past, I have given too much of myself and my time to other organizations. Since I don’t know how to give in a healthy way, I’m going to be very cautious now.

In order for me to reap the benefits of service, I had to get over the hurdles I set up to sabotage my own attempts at recovery. I had to blindly volunteer to perform service even though I did not feel experienced enough or recovered enough or healthy enough to set appropriate limits around my service. Even though I thought I was making it easier for myself by not doing service, I was actually making it harder on myself by denying myself the tool that so effectively enhances my recovery. — *Voices of Recovery*, p. 90

## Announcements



Triangle OA has 5 serenity day "get togethers" in 2024! We invite you to save these dates and hope you will plan to attend!

- March 2 (1-3 PM on Zoom) Focus: Sponsorship
- May 18 (**in person**) Focus: Meditation (location: [Raleigh labyrinth and garden!](#))
- July 13 (1-3 PM on Zoom) Focus: Service
- September 21 (1-3 PM on Zoom) Focus: Steps 1, 2 & 3
- November 16 (1-3 PM on Zoom) Focus: The Principles

Additional information will be available on [triangleoa.org/events](http://triangleoa.org/events) as we get closer to each event!

Also, our committee is always looking for people willing to do service at these events! If you would like to be of service as a reader, Zoom host, in-person greeter, or share your experience, strength and hope as a speaker, please email [12thstepwithin@triangleoa.org](mailto:12thstepwithin@triangleoa.org). Thanks for considering!

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**Sadly, there was a decision to dissolve the Fuquay-Varina Tuesday afternoon Zoom meeting at 1:30 p.m.**

**THANK YOU ALL FOR YOUR CONTRIBUTIONS AND  
REACH OUT TO  
[NEWSLETTER@TRIANGLEOA.ORG](mailto:NEWSLETTER@TRIANGLEOA.ORG)  
IF YOUR GROUP WOULD LIKE TO COMMIT TO  
PROVIDING FUTURE WRITINGS!**

### 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:**

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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