

TRIANGLE OA RECOVERY NEWS

Step 5 Prayer

"God, I thank You from the bottom of my heart that I may know you better."

Big Book page 75

God,

My inventory has shown me who I am, yet I ask for Your help
in admitting my wrongs to another person & to You.

Assure me, & be with me, in this Step,
for without this Step I cannot progress in my recovery.

With Your help, I can do this & I will do it.

[OA Steps \(1-12\) Meditation and Prayers • OASV](#)



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STEP 5-

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
Spiritual Principle: Integrity Quote. —*OA 12&12 p.*

Step 5 writing submissions-

Step 5: Admitted to God, ourselves and another human being the exact nature of our wrongs.

Step 5 involves three specific conversations: one with God, one with myself, and one with someone else. To miss any of these is to miss getting the gifts intended by taking this step. The reason for all three is to open me to fresh understanding, which God knows (pun intended) I need. It's too easy to hang out in my own head with no other company than my own, which makes the disease voice louder and more convincing. And especially after taking inventory, the disease could have a hay day with me, pointing to all my flaws and shortcomings, which compel me to go right on eating.

If Step 4 is to account for where I've gone off the rails, then Step 5 gives me the chance to align myself more readily with myself, others and God.

When I do Step 5 I take the three actions one at a time. When I am ready—which is on my knees, pen in hand—I start by reading aloud my Step 4, first, for myself, ready to add more. I may realize, for example, my resentment of a former lover stems from my feeling of entitlement—after all I did—only to be rejected and exchanged for another “better” person. Which is to say, what I'm really feeling is rejection. Which is also to uncover a deeper more critical truth: I make the measure of myself what someone else thinks of me or does to me. This is the GREAT LIE the disease wants me to believe: that my value rests in a person. The TRUTH? My worth and value are already established by my Higher Power. God, my God, loves me, sees me, hears me, values and wants me. In fact, God wanted one just like me. That's why I'm here. I look at my hand as evidence—I am here. Obviously here. Tangibly here. I wouldn't be here unless God wanted to make one just like me.

So if my worth is already established, why do I keep looking for love and affirmation in all the wrong places? The “world” and the disease conspire to keep me in bondage, to fill its own purpose. I am so vulnerable to these lies, which is why I have added to my abstinence plan refraining from television, magazines, movies, news, peoples and places that reinforce the lies.

My Step Five continues. With a more complete understanding of the source of my resentment(s)—my own complicity in believing the lies—I next take my Step 4 writing to my Sponsor. We review my work together, me poised with a different-color pen to record my Sponsor's insights and wisdom.

Finally, and perhaps most critically, I complete Step 5 by getting back on my knees, with yet another-color pen and read aloud my revised and even-more thorough Step 4. As I go, I listen for God—be it a voice in my head, an outside sign (train whistles for me affirm God's presence), or any Higher Power signal. I record these. Astonishingly, I don't receive condemnation. Instead, love and understanding flood in. My preponderance to gossip and slander is made more clear to me as my deep desire to feel like I belong (I gain entry to a group/or raise my status by offering choice bits of news). Which is to say, I am desperate to feel wanted. Which is to see (again) I keep looking to others for affirmation and worth. Once again I see me exchanging the truth (I'm already wanted) for the lie (I

need to be someone special to qualify for love). God reveals to me again (and again), that I am already special, already loved. I am okay, with AND without the love and admiration of others.

I now see “the exact nature of my wrongs” isn’t so much resenting someone or gossiping. These are the outgrowth of my *true* wrong, which is to look for love in all the wrong places, to believe the lie even in sight of the truth. What I need is to take a true Step 3: TRUST God with my whole life. Having sorted this out I can become ready for God to heal me, and help me to change this long-standing, grooved and destructive pattern. In other words, I can get ready to take Step 6.

--Robin A. Durham T/Th 12:30pm



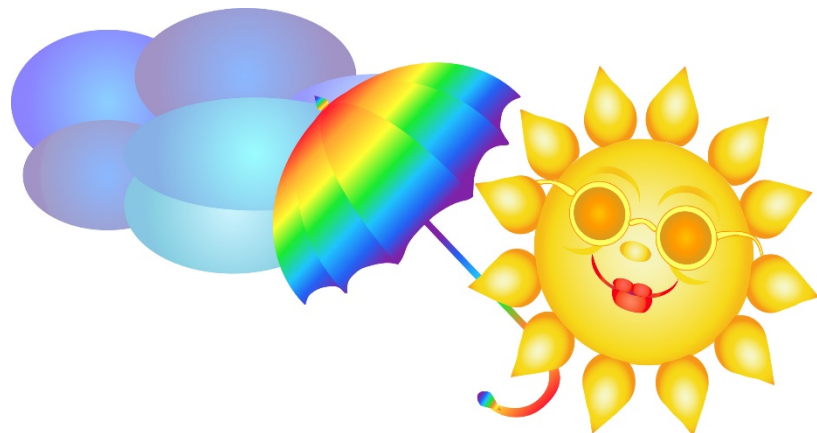
The process of recovering in OA is one that unfolds daily. It's like a video game of speed and chase in souped up cars. I've been in this program long enough to develop the idea that I might have gotten all that I can from it. When my car goes racing up a tree as I go for one of my binge old binge foods, I know I have to pay attention and ask God to take the wheel. More often I find myself nibbling or grazing while going through the kitchen on an errand of another sort. It's as if being in the kitchen, the refrigerator becomes a giant magnet to which I'm pulled. My race car is veering from its lane without the audio safety features my car offers.

Steps 4 and 5 offer me a rest stops where I get the wheels changed, look at a coach to be sure my eyes and my head still work and can take a bio-break to release whatever I need to let go of. By sharing with my team: God, a trusted person and taking time to own up to what my driving record's accurately been, I can finish this part of the journey with integrity and purpose, open to new vistas.

When I go to meetings, I stock up on wisdom to fuel my spirit and courage to do what I can for my own recovery. I may offer my unique report on where I've gone off the track and where the potholes are that I've found so far.

from EstherGrace

Sent from my spinning wheel



I am writing another 4th Step inventory. When it is finished, I will give it away as a 5th Step to my sponsor. I don't know how many 4th and 5th Steps I have completed in OA, and it doesn't matter.

Thanks to my loving Higher Power and the 12 Steps, I am healing emotionally, physically, and spiritually. However, I have not been totally relieved of my disease of compulsive eating. Also, my defects of character can return or I can discover new ones. As the Big Book states on p. 85, "we are not cured...". "What we really have is a daily reprieve contingent on the maintenance of our spiritual condition."

The Big Book also suggests that we "continue to watch for selfishness, dishonesty, resentment, and fear"(p. 84), for these shortcomings will return. I will never be a perfect person. However, I have the 4th and 5th Steps to continue to clear away the barriers to my healing and growth.

Neill M.



The exact nature of our wrongs. What were my wrongs? I had a very hard time figuring out my wrongs because I was in a victim mentality when I came into the rooms. Today after much step work, I can see my part. I can hone in on the exact nature of my wrongs. I look for patterns in my behavior. To begin with, I looked at the Seven Deadly Sins and could begin to categorize things I'd been doing within them. I was afraid to admit to another person – afraid of being shamed and ridiculed. I had certainly had enough of that already. Today I find it helpful to talk about things I've done – the patterns I've used that caused me trouble. Sometimes I feel relieved. Other times I feel and need to sit with discomfort as I make peace with what I've shared. Ultimately, I feel shame and guilt slip away. I see how I need to change and I find courage to face myself and others as I move on with the steps.



TRADITION 5

Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers. *Spiritual Principle: Purpose Quote.* — OA 12&12 p.

As there were no submissions for Tradition 5 Please enjoy this writing from LIFELINE OA

Tradition Five is clearly stated. It's the follow-up question that's important: how are we supposed to do that?

Here are some suggestions:

- Attend meetings regularly and participate by sharing and helping out when you can.
- Read OA literature and the AA Big Book regularly.
- Obtain a sponsor or sharing partner as soon as possible.
- Identify your trigger foods and develop a plan of eating that includes foods you're supposed to eat in the right portions.
- Abstain from those trigger foods. This means keep away from your trigger foods, one day at a time.
- Pray often during the day and on a regular basis while developing a personal relationship with your Higher Power.
- Work the Twelve Steps in order and with the help of your sponsor as quickly as you can.
- Reinforce awareness of Steps One, Two, and Three regularly.
- Be aware of your gifts from your HP and express gratitude regularly.
- Make several outreach calls weekly, sharing your progress and showing concern for other members.
- When you and your sponsor agree, share your progress with a newcomer seeking help by offering to sponsor someone.
- Continue to apply the [Steps](#), [Traditions](#), and [Principles](#) of the program to your life and relationships, discussing your progress with your sponsor regularly.
- Realize and accept the fact that your body's allergy to your trigger foods will be with you for your lifetime, but the obsession of the mind will be quieted if you "keep in fit spiritual condition" (*Alcoholics Anonymous*, 4th ed., p. 85).

The word "regularly" recurs throughout this list of suggestions. It appears that new habits are necessary to foster recovery and grow in it! The bottom line is that we "don't simply carry the message, we are the message" (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, pp. 86–87). Enjoy the promises of each Step and smile as you get better.

— Edited and reprinted from *The Butterflyer newsletter, Chicago Western Intergroup, July 2017*



*The opinions expressed are those of OA members and not of Overeaters Anonymous as a whole.
For more information about OA, please visit Triangle OA's website or www.OA.org.*

concept 5

Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered. *Spiritual Principle: Consideration Quote —12 Concepts of OA Service p.*

Concept 5 written submissions

The 5s - Step 5, Tradition 5 and Concept 5

Step 5 - Admitted to God, to ourselves and to another human being the exact nature of our wrongs

Tradition 5 - Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.

Concept 5 - Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered

When I consider all three of these, the common thread is connecting and ending our isolation. This is key, since our is a disease of isolation.

Step 5 is the first step that asks us to trust someone outside of ourselves. If we look at the order - ".. to God, to ourselves and another human being," we first reach out to the God who we met in Steps 2 and 3. That God who is bringing us back from the ledge that our addiction brought us to! Once we have made those connections, then we can along with our Higher Power muster the courage to reach out to someone else. I have learned that if it has a name, someone else has does it. We can see by sharing that we make mistakes, we aren't mistakes. What freedom.

Tradition 5 reminds us that we are here for the those who still suffer, whether they be newcomers or long-time members.

As Covid subsided, I have to admit, I was reluctant at times to even think about in person Meetings, but when I think if it in these terms, it became clear. We needed to go back and be there!

Concept 5 can be the trickiest since it calls us to be inclusive, to listen to ALL opinions, especially those that are in the minority. It keeps us from drifting into "group think," where the ideas of the loudest voices ideas get pushed along. It takes practice and to really listen. Recently at an Intergroup Meeting, my mind was changed when I heard another's opinion.

Jude K. Upstate NY

"The tender mercy of God has given us one another." Catherine McAuley



TOOL OF THE MONTH:

Meetings (oct 21, aug 22 may 23)

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



ANNOUNCEMENTS :



12th Step Within Committee invites you to join us for some serenity, experience, strength and hope!

Walking the Pathway of Connection to My Higher Power



Workshop details...
Saturday, May 18, 2024
1:30 PM – 4:00 PM EST

Millbrook Baptist Church
Labyrinth & Prayer Garden
1519 E. Millbrook Rd
Raleigh, NC 27609

Suggested 7th Tradition donation of \$5.

If it's raining, we will meet in the fellowship hall.

Activities include:

- Speaker sharing their experience, strength, and hope
- Movement meditation
- Labyrinth meditation
- Garden meditation
- Art meditation

Things to bring:

- Water bottle
- Sunscreen
- Comfy clothes
- Journal
- Folding chair/blanket

For questions, please email: 12stepwithin@triangleoa.org

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

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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:

May 15: deadline for June newsletter

June 15: deadline for July newsletter

July 15: deadline for August newsletter

August 15: deadline for September newsletter

September 15: deadline for October newsletter

October 15: deadline for November newsletter

November 15: deadline for December newsletter