

# TRIANGLE OA RECOVERY NEWS

## *Step 7 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.”*

**Big Book page 76**

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*I am now willing that you should have all of me, good & bad.*

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*Grant me strength, as I go out from here to do Your bidding.*

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



## STEP 7-

Humbly asked Him to remove our shortcomings. *Spiritual Principle: Humility*  
Quote. — OA 12&12 p.

### As there were no submissions for Step 7 Please enjoy this writing from LIFELINE OA

I've been reading and studying Steps Six and Seven in the past weeks. I've become particularly watchful and aware of my major character defects, and I truly believe I should take these Steps daily in order to keep working toward what Higher Power wants for me.

Recently, I was in the company of a colleague whom I admire and like; however, I felt envious of her. Here's why: She has been on a diet for several months and has lost significant weight. She looked great and was still working the diet to reach her goal. She received a lot of attention, and all of a sudden, I felt envious and (for some reason) "less than." I had witnessed her physical recovery before, and was thinking, "I wonder if she'll gain it all back again." I felt shame for feeling this way, but I was able to talk about it with a fellow OA member.



I am happy for her success, and I will pray that she stays healthy and well. She has always treated me kindly and professionally. I had no reason to feel envy toward her, but my character defects do not discriminate; they pop up freely and with no advance warning. So I will continue to pray for knowledge of right actions to take and let HP "do his thing" with this one, in his time, not mine.

I pray each day to be willing to have defects removed. I list the defects I feel are strongest every morning when I write. I know, however, that HP picks the ones to address and puts people and situations in my path to help me practice new

behaviors. Character defects will not go away until I learn and practice new ways to act. The more my actions fall into line with my intentions and my prayers, the closer I am to doing HP's will for me.



I am constantly becoming more useful to HP and my fellows, which is the essence of Step Seven. I am humbly asking HP to remove my shortcomings, and it happens when my actions allow it to take place.

— Edited and reprinted from The Transformation newsletter, Central Ohio Intergroup, July 2010

### TRADITION 7

Every OA group ought to be fully self-supporting, declining outside contributions. *Spiritual Principle: Responsibility*  
Quote. — OA 12&12 p.

*As there were no submissions for Tradition 7 Please enjoy this writing from LIFELINE OA*

I schlepped into my first OA meeting late and in dirty clothes, fearful of the people around me. I left early too. But I kept coming back, and eventually I found sanity, a benevolent higher power, and abstinence. I've recently become interested in exploring the Traditions at a deeper level. This is what Tradition Seven means to me.



I strive to give more than I take. I come to meetings to support the still-suffering through whatever forms their eating disorders take. I come to offer experience and hope, strength and compassion. And I reach out for support when I need it. Members in my meeting need to hear about the healing that is possible. I don't dwell on the events of the week, wallow in self-pity, or detail the latest argument with a family member unless it underscores

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

recovery. I bring the message to my meetings and the mess to my sponsor or another OA friend.

Being self-supporting means that I perform service at the meeting level and beyond when I have the time and resources. Somebody has to do it, so why not me? I learned that service providers will sometimes be criticized, but criticism doesn't kill. I learned to step back from service when I took on too much and discovered that people still loved me. I took on tasks to learn them, not because I was already an expert, and taking these risks taught me faith, trust, and new skills.

Something as simple as decorating tables or carpooling with other members is a meaningful contribution. Volunteering at special events enriches my recovery: At a marathon lunch, I learned to design beautiful food trays from a member who catered professionally. At our region assembly, I was introduced to Robert's Rules of Order, which now enables me to lead business meetings at work and at intergroup. And when I was a regional delegate, I learned to dance the Y.M.C.A. (and had a blast!) when I stayed for a convention.

The Seventh Tradition encourages me to be financially responsible for myself and to OA. I don't expect my meetings to give me free literature or pay the rent without my help. I don't expect a free ride. Whatever my circumstances, I can give something: time, talent, or money.

To be self-supporting means so much—it means making our own decisions with the help of our Higher Power and being grown up. So share what you know, share your hope and recovery, and support this life-enriching Fellowship.

— *Cindy W., Wickenburg, Arizona USA*



## Concept 7

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.

### As there were no submissions for Concept 7 Please enjoy this writing from LIFELINE OA

My recent service as Virtual Services Trustee has taught me about:

- balance between service to others and self-care,
- the importance of what is good for OA as a whole instead of what I prefer personally,
- accepting help and direction and not taking it as criticism,
- how much there is to know and how little I do know,
- grounding my ideas in OA literature and guidelines and not flying by the seat of my pants,
- the importance of the [Twelve Traditions](#) and [Twelve Concepts of OA Service](#) to the wellbeing of OA,
- the importance of rotation of service to keep Overeaters Anonymous fresh, vibrant, and responsive to the needs of its members, and most importantly,
- the value of diversity and listening with an open mind and heart to all points of view, especially when they are different than my own.

This service has shown me the love that virtual meeting members have for Overeaters Anonymous and their passion for carrying the message. I have been amazed by the level of service virtual members give to their home meetings and their willingness to help each other. The virtual fellowship is the real deal. Members on phone meetings, app-based meetings, online meetings, and loop meetings get to know and support one another just the same as in face-to-face meetings. It is a privilege to have gotten to know many of these pioneers.

Working with the other trustees has helped me grow emotionally and spiritually and has built many friendships that will last a lifetime. Their love, support, and dedication to what is best for OA as a whole has helped me grow into a person whom I like.

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One of my absolute favorite things about attending Board of Trustee meetings is being part of the daily early morning OA meetings. Just imagine being in an OA meeting where all the members are abstinent, and many have decades of recovery and wisdom to share—awesome!

Many thanks to you all for allowing me to serve as your Virtual Services Trustee for five years. I hope to see many of you as I continue on my recovery path discovering what my Higher Power has planned for the next phase of my life. Blessings in service to OA.

— Stephanie



## **TOOL OF THE MONTH:**

### **Literature & Writing**

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*



## ANNOUNCEMENTS :

### 12th Step Within

Our next Serenity Day will be Saturday, July 13th from 1-3 PM on Zoom. We hope you will join us for some serenity, experience, strength and hope about the tool of service. The Zoom meeting ID is 813 4970 0196 (there is no passcode, just sign into the room and you will be admitted by security hosts. Activities include: speakers; movement; fun; and question/answer and sharing time.

**OVEREATERS ANONYMOUS TRIANGLE INTERGROUP**

The 12<sup>th</sup> Step Within Committee invites you to join us for some serenity, experience, strength and hope!

**"Every time I give service without counting the hours I give or looking for a reward, I am filled with freedom, friendship, joy, and abstinent recovery."**  
- Voices of Recovery, Oct. 10th

**TIME FOR SERVICE**

**FRIENDSHIP**

**JOY - JOY - JOY - JOY**

**ABSTINENT RECOVERY**

#### Workshop details...

**Saturday, July 13, 2024**  
**1:00 PM – 3:00 PM EST**

Other time zones: 12-2 CST; 11-1 MST; 10-12 PST

#### Zoom details:

**Meeting ID: 813 4970 0196**

Enter meeting ID: Meeting hosts will admit fellows!

Suggested 7<sup>th</sup> Tradition donation of \$5.

#### Activities include:

- Three speakers sharing experience, strength, and hope
- Movement
- Fun activity
- Question/answer and sharing time
- We invite you to bring a journal.

For questions, please email: [12stepwithin@triangleoa.org](mailto: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.

## 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:

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

Triangle OA Recovery News is a publication of  
Triangle OA Intergroup • P.O. Box 12525 • Durham NC 27709  
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### Intergroup Trusted Servants for 2023:

**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))