

# Recovery News



January 2026 edition

## We're Back!

This issue represents the return of the Triangle Intergroup Newsletter after a year or more. At present, it is only available online from the [trianglelea.org](http://trianglelea.org) website. We welcome any suggestions and constructive criticism as we feel our way back. We hope you will read it, share it, and write for it over the coming months. Please send your suggestions to [newsletter@trianglelea.org](mailto:newsletter@trianglelea.org).

—the Editors

	Text	Spiritual Principle	Reflection
<b>Step 1</b>	We admitted we were powerless over food — that our lives had become unmanageable.	Honesty	“When we look with complete honesty at our lives, we see that where eating is concerned we have acted in an extremely irrational and self-destructive manner. <i>12 Steps and 12 Traditions</i> , 2 <sup>nd</sup> edition, page 9
<b>Tradition 1</b>	Our common welfare should come first; personal recovery depends upon OA unity.	Unity	“If we as individuals did not value the common welfare of the fellowship above our own personal viewpoints, OA would soon split into argumentative factions and would lose the strength that comes from the union of many.” <i>12 Steps and 12 Traditions</i> , 2 <sup>nd</sup> edition, page 92
<b>Concept 1</b>	The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.	Unity	“The OA Twelve and Twelve tells us, ‘in order to reach an informed group conscience, we affirm each group member’s right to take part in the discussions ... to make sure that the decision reached by the group takes into account all pertinent information (p 100).’” <i>The Twelve Concepts of OA Service</i> , p 2–3

## Danger Zone

After the holidays I am especially vulnerable to the food: “Where is mine? What about me? I want some. Everyone else gets some. Look how hard I work. I deserve what I want.” I manage to get through many meals abstinently, smiling graciously as well-meaning hosts parade plates of treats in front of me. “No thank you,” I say, and if possible keep my eyes anywhere but on the food. If someone asks, I add, “It doesn’t agree with me.”

The after-effect is wanting a reward. Into my mind pops food—my best idea! My brain lights up in anticipation. But thank goodness OA has taught me to pause, to pause and to pray. Some scientists say just 15 seconds is enough to re-set the mind; however, I have a pernicious, persistent disease that keeps arriving on the scene saying, “You should have some food.” Here I need to throw all I have at this insidious voice. Yes, pause. Yes, pray. And if that isn’t sufficient to break the spell, take up the tools—make a call, get on a meeting, research and write what’s really going on. The real story is likely just that—a story—mostly made of myth, within which is a modicum of truth: someone was thoughtless, something didn’t go well, I am actually hungry. The disease uses this, expands and exploits the truth and me. It wants me down. It wants me desperate. For a moment I will shut my eyes; I will breathe. God, I surrender and ask you to spar with the disease. I picture you slaying the disease. I am the winner of this duel as God wins the war. Thank you, God. I cannot do this myself.

Robin A,  
Saturday 11 AM Durham Scout Hut

## That Nagging Voice



Oh boy! That little nagging voice got into my head yesterday. Why now? Life has been going pretty well; the year is almost over; I got through some tough stuff. OK, I guess I could have done better but I also have really messed up over less challenging times. What can I do, going forward, as that voice can get louder and louder? Experience has shown me I need to remember because I am so forgetful this way; actions and habits, be honest about when I need help and ask for it, I can trust my Higher Power to show me the path—where the next right step is. I know I want to know more and be assured that I will get there quickly and easily, but that may not be possible and is out of my control. Be still little voice. You make it more difficult to focus on where I am going.

Anonymous

## I Have to Write?

Well, here we are again, the 5th Saturday of the month and it’s a writing meeting. Initially, I felt, “Oh no, why this of all things and I ain’t even got nothing to write about?” This conjured up feelings and memories from my time with my sponsor when I first walked through the doors of OA; we were at my house and she asked me to write. Even then my response was as it was today, “I ain’t got nothing to write about.” Her response was that she didn’t care if I doodled or scribble scabbled and that’s exactly what I began to do, but the words eventually started flowing, just as they are now. I know my life and my thoughts can often be unmanageable and this reminds me of a little ditty I once read, “An entire sea of water can’t sink a ship unless it gets inside the ship.” The negativity of the world can’t get me down unless I allow it to get

inside me. So, for today I'm choosing to focus not on unmanageability but positivity.

—Anonymous

### Step one: Powerless

Power-less. I have less power than I think I do. Only God can control everything, all the time, with everyone. A lot of my fears in Step 4 are due to my overreach.

*Dunamis*, supernatural power in the Greek language, is a miraculous strength and ability, from which we get the word, dynamite.



Taking on the responsibility without the ability was blowing up my life. But this new power is not loud or destructive. It is not showy. It is restrained, gentle, and for the

benefit of others. I use it to bless not to

impress. Mostly I use it to stress, less. When I am weak, He is strong. Of course, He is always strong. But when I mistakenly think I am strong I do not access His power. My self- sufficiency, self-seeking, self-serving, in essence my character defects, detach me from the source of real power so I am ineffective. I am depleted.

Peter was walking on the water and looked at the storms and became distracted. I judged him for that for decades. But he said, "Lord save me." He acknowledged powerlessness and he was delivered. Today I admit again I am powerless over food, and over the compulsive thoughts and core beliefs that drive me to eat. Without God, the steps, and all of you, my life is unmanageable.

Cynthia Durham

Many thanks to the Durham Saturday Morning (Scout Hut) meeting for their contributions to this first, returning newsletter.



### Want to write for the newsletter?

Coeditor Kathy V. will be reaching out for groups, asking them to volunteer to write for a given month; but anybody can submit articles to the newsletter at any time. Articles should be sent to [newsletter@triangleoa.org](mailto:newsletter@triangleoa.org). Check the table below for suggested topics and due dates:

Month	Due Date	Suggested Topics
<b>February</b>	Feb. 14 ❤️	Step, Tradition, or Concept 2; Hope; Trust; Conscience
<b>March</b>	March 14	Step, Tradition, or Concept 3; Faith, Identity, Trust
<b>April</b>	April 11	Step, Tradition, or Concept 4; Courage, Autonomy, Equality
<b>May</b>	May 9	Step, Tradition, or Concept 5; Integrity, Purpose, Consideration
<b>June</b>	June 13	Step, Tradition, or Concept 6; Willingness, Solidarity, Responsibility