

Recovery News



February 2026 edition

“Emotional growth often begins the moment we walk in the OA door. Given the eroded self-regard of many compulsive overeaters, it is a deeply affecting experience to find unconditional acceptance in the OA meeting rooms.”

—*For Today*, February 14, p 45.

| | Text | Spiritual Principle | Reflection |
|-------------|--|---------------------|--|
| Step 2 | Came to believe that a Power greater than ourselves could restore us to sanity. | Hope | “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” –OA 12&12, 2 nd ed, p 9 |
| Tradition 2 | For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern. | Trust | The Second Tradition of Overeaters Anonymous may seem thoroughly impractical, but it works.” –OA 12&12, 2 nd ed, p 99 |
| Concept 2 | The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole. | Conscience | “Collectively, delegates [to the World Service Business Conference] form the group conscience of Overeaters Anonymous as a whole.” <i>The Twelve Concepts of OA Service</i> p 4 |

The opinions expressed in these articles are those of the individual OA members and do not represent OA as a whole.

Step 2- Came to believe a power greater than ourselves could restore us to sanity.



I have the distinct pleasure, joy, and duty to inform you that a power greater than myself has restored me to a

level of sanity. However, I am still a messy human being on a messy planet.

There are certain things that happen in a young person's life, with or without the second step, that often have to happen in order to cross the threshold of the second step.

There is the first step of powerlessness. There is also the admission that I am not the sole force at work when making such minuscule decisions as what to have for lunch. There are a lot of other influences at work, such as big, corporate grocery stores, family dynamics, housing concerns, and medical issues, to name just a few.

We must let go of "if only I had worked out; if only I had bought less at the grocery store; if only I could not do this overeating thing again." We have to let go of all that, including the counsel and admonition of our mothers, fathers, and older siblings. We have to put all that in the hands of God.

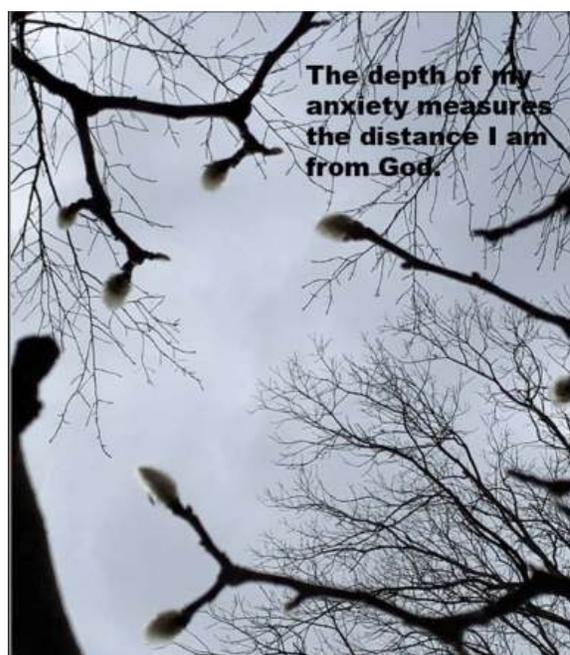
We have to want to get better. We have to believe it is both possible and necessary to get better.

Cold, hard, logical atheism won't get a person there. An open mind can, through the belief that there is a higher power somewhere, even

if it is just a chair, a person, a chant, a recitation, or a group of people. We have to believe somehow in a guiding love, light, breath, or spirit.

Thank you for being part of this journey with me.

— Molly R, Sunday Carrboro 5 PM



(Original photo (12/13/2020, Cary, NC) + wisdom heard in a meeting.)

Tradition Two: There is a Loving Force

There is a loving force that presents itself at every OA meeting I attend, be it a meditation, body image, literature, discussion, or focus group, such as AB meetings for people like me who struggle with anorexia and/or bulimia. No one is an authority, and that is accepted as well as expected. This

loving force recognizes the importance of unity in the messages shared by individuals and respects the sincerity of each person.



I am grateful for meetings that address my specific struggles with bulimia and anorexia, as I have nowhere else to turn for help. I am also grateful for the other kinds of meetings that

broaden my perspective and enhance my journey through recovery. Without the diversity of the members in other groups, I would not have this dimension of the fellowship under my belt. This loving force comes through the trusted servants who do service at each meeting. This loving force speaks to me quietly when I listen.

—Margaret C in VA
OA Sunday 5:00 PM meeting
Carrboro NC

God Is My GPS

Tradition 2 ends with this statement: “Our leaders are but trusted servants; they do not govern.” Each time I read that sentence, I am struck anew by the wisdom of the authors of the 12 steps and 12 traditions. This statement reminds me that I am merely a conduit, a trusted servant who serves at the will of a power greater than myself. That higher power is the one who governs, not me.

I often hear people saying they aren’t driving the bus; HP is. For me, I am driving, but God is my GPS. If I follow God’s directions, I’ll get where I’m going. If I’m not paying attention and miss a turn, I need to realize it promptly and let God recalculate my route to get me back on track. And if I decide I know a better route and willfully ignore God’s directions, I’m

more likely to get lost, to be late, or not reach my destination at all.

I’ve been in leadership positions both in OA and in other organizations before I came to OA. In those pre-OA, pre-GPS days, it was far too easy to see myself in control, to relish what I perceived as the power of whatever position I held. But it also made me uncomfortable with the power and the seductiveness of the power, as well as being responsible for the outcome of my use of power. It was only when I got into OA and read Tradition 2 that I began to understand that the antidote to that discomfort, to the siren song of perceived power or control, was a shift in perspective, to see myself as a servant, one who takes the time to listen to instruction and then follows it, leaving the outcome in God’s hands.

Sometimes I get hung up on the idea that being a servant is somehow humiliating. It isn’t, but it is humbling, a different thing altogether. I’ve heard humility described as being teachable; in other words, listening to, following, and learning from instructions from one with greater wisdom than I. That’s just what I’m doing when I take the wheel of life but follow the directions of my GPS, my higher power. I am so grateful to OA for teaching (and constantly re-teaching) me that lesson!



— Anne L, Carrboro Sunday 5PM

Hope

“[Hope] is the saving grace of our illness, a life-sustaining force that motivates us to keep going.” (*For Today*, January 3, p3)

When I came back to OA I had lost hope. My efforts to control my body and life had failed. But, instead of increasing my despair, admitting

that I was powerless and that my life was truly unmanageable and trusting that HP could and would do for me what I could not do for myself, actually gave me hope.

I learned that I was powerless . . . but that was not the same as helpless. I found hope each time I called my sponsor and she reminded me that I was not alone. I found hope in meetings when people shared what it was like, what happened, and what it was like now. I found hope in calls when I wanted to pick up, and hope in small actions. This was so different from life in the disease which was all about hopelessness.

I still have, and always will have this disease . . . and moments in which things seem bleak still come sometimes. This is because “humaning” is hard work. There are challenges that arise in the journey. The gift in recovery is that instead of turning to food and spiraling down into despair, I can turn to HP, the steps, and tools and be connected to the glimmer (and then the glow) of hope.



— Anonymous, Sunday Carrboro 5 PM

Living Concept 2

I rarely hear discussion of the OA 12 Concepts of Service in our meetings, but I have found them valuable tools to apply to my own life.

I have a thirteen-year-old daughter who has To trouble keeping track of time and staying focused on tasks. I have always struggled with the same issues, so I have tried to be “helpful” by constantly checking in with her about chores, homework, and other daily responsibilities. This leaves me feeling exhausted (I have plenty to keep track of already!) and leaves her feeling frustrated. Recently, we decided to try a different approach. The ball is now in her court to manage

when and how she will complete her tasks. I have to accept that she may not do everything exactly when and how I would like her to, but as long as she carries out her responsibilities, she is holding up her end of the bargain. In order to carry out these responsibilities, though, she has to stay present and manage her priorities and time.

This morning, I read Concept 2, “The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.” The word “delegation” jumped out at me. I have delegated authority to my daughter, and I need to trust that she and her Higher Power can rise to the occasion, just as our WSBC delegates do. When our delegates travel to Albuquerque this spring, they will need to listen to and participate in discussion of the topics on the floor, and then cast their votes based on the information they have gathered by being fully present. I will not be there, so I will have to trust that they will make the best choices that they can with the information they have. It will not be helpful for me to pester them during the conference to try to get them to vote the way I think they should. Our intergroup has delegated that authority to them, and they have agreed to carry out this responsibility to the best of their ability.

How else can I apply OA’s Concepts to my life today? —Stephanie J., Sunday Carrboro 5 PM



To the Sunday Carrboro 5 PM
meeting for sharing their stories
in this edition

Mark Your Calendars—See Events on Triangleoa.org



We hope you will mark your calendars and plan to attend a fall retreat sponsored by Triangle OA focused on

SURRENDER

Dates: September 18-20, 2026
 Location: Christmount Conference Center
 222 Fern Way, Black Mountain, NC 28711
 Activities: Speakers, sharing, reflection, fellowship & fun!

"...MORE WILL BE REVEALED..."

 <https://triangleoa.org/>



Please join us on Unity Day, 2026

TOUGH QUESTIONS IN OA RECOVERY WORKSHOP

Saturday, February 28th, 2026
 12 to 2:00 PM ET

This workshop emphasizes OA's commitment that everyone is welcomed at our meetings. We find that such an honest look at ourselves helps to enhance our recovery and better enable us to carry the message of spiritual growth.

Presented by the Virtual Region Workshop Committee

TOPICS WILL INCLUDE:
 What is an outside issue?
 In OA meetings, why is there a need to discuss how social issues and current events affect our compulsive eating?
 What is the purpose of Specific Focus meetings?
 This workshop will be offered in English, and interpreted into Spanish, Portuguese, Greek, and French. Additional languages may be available via translated captions in Zoom.
Zoom ID 813 2949 0352 • password 121212
 contact: 12Stepwihin@osvirtualregion.org



Recovery

SOARS!

March 13-15th 2026 Southeast Atlantic Overeater's Anonymous Region 8 First 2026 Business Assembly and Recovery Convention

Want to write for the newsletter?

Coeditor Kathy V. continues to reach out to 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. Check the table below for suggested topics and due dates.

Interested in a Speaker List?

At the January Intergroup meeting, we decided that we would try to create a list of people willing to speak. Unlike the list in the old, printed newsletters, this list will not be printed but will be maintained by the newsletter staff members who will share the list with members who write to newsletter@triangleoa.org. If you would like us to include your name and phone number on the list, please send them to the same address.

| Month | Due Date | Meeting | Suggested Topics |
|--------------|----------|-------------------------------------|--|
| March | March 14 | Saturday Raleigh 9 AM | Step, Tradition, or Concept 3; Faith, Identity, Trust |
| April | April 11 | Durham Tuesday/Thurs 12:30 PM | Step, Tradition, or Concept 4; Courage, Autonomy, Equality |
| May | May 9 | | Step, Tradition, or Concept 5; Integrity, Purpose, Consideration |
| June | June 13 | | Step, Tradition, or Concept 6; Willingness, Solidarity, Responsibility |
| July | July 11 | | Step, Tradition, or Concept 7; Humility, Responsibility, Balance |