

Recovery News



March 2026 edition

For most of us, the central factor in this spiritual awakening
has been our decision to trust a Higher Power
with every aspect of our lives.

—*The Twelve Steps and Twelve Traditions of OA*, 2nd ed., pp 81-82

	Text	Spiritual Principle	Reflection
Step 3	Made a decision to turn our will and our lives over to the care of God as we understood Him.	Faith	“If we want to live free of the killing disease of compulsive eating, we accept help without reservation from a Power greater than ourselves and begin taking the actions that will allow us to receive that help.” — <i>The Twelve Steps and Twelve Traditions of OA</i> , 2 nd ed., pp 17-18
Tradition 3	The only requirement for OA membership is a desire to stop eating compulsively.	Identity	“The purpose of Tradition Three is to ensure that the road will always be accessible to all who wish to travel it.” — <i>The Twelve Steps and Twelve Traditions of OA</i> , 2 nd ed., p108
Concept 3	The right of decision, based on trust, makes effective leadership possible.	Trust	“Recovery from compulsive overeating first helps us learn to trust ourselves and later to trust others.” — <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.

Editor's note: Due to time constraints, one of the articles submitted by the Sunday Carrboro meeting was saved for this month's newsletter. Although it addresses Step 2, it seems absolutely right to begin this month's newsletter when we read, "It is impossible to take Step 3 until we have taken the first two steps." —*The Twelve Steps and Twelve Traditions of OA*, 2nd ed., p17

Step Two's "Higher Power" Power

There is something so affirming about the Step Two chapter in the *OA Twelve & Twelve* as it tells the story of how many of us suffered through our disease. "We lied about what we have eaten . . ." "We ate beyond the point of being full . . ." "The more we ate, the more we suffered . . ." "We overreacted to slight provocations while ignoring the real issues in our lives." I could highlight the first four pages of the chapter, given how much I relate to these behaviors and feelings.

And then, when the chapter gets to the Higher Power discussion, there is hope. It's in this part of the chapter where the margins of my copy of the *Twelve and Twelve* are bursting with notes, exclamation points, and many dates of when I made some revelation about how my Higher Power has shown up for me as I faced my disease and uplifted me throughout my recovery.



I have come to realize the many blessings I've received for working this step: defining for myself a higher power who works for me, taking the right actions to prompt my Higher Power to show up when I need, and welcoming my Higher Power through my connections to fellow OAs.

Step Two is profound in allowing me to re-center my relationship with my Higher Power. It reminds me that this relationship is key to not only quieting the food, but to supporting living a serene and present life. —Heather, Chapel Hill, NC

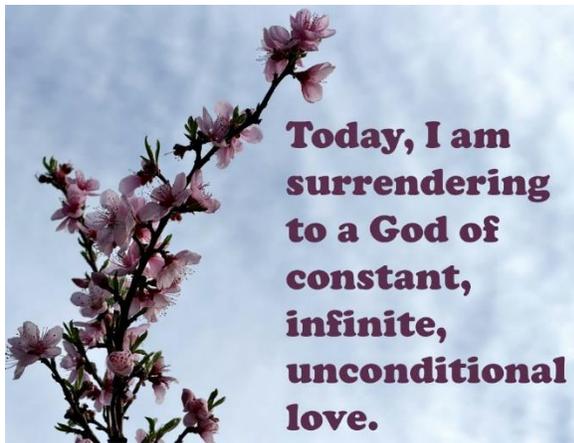
Step Three

Every morning during my thirty-minute prayer and meditation time, I pray the first three steps. I'm powerless over food and my life is unmanageable. I came to believe that a power greater than myself can restore me to sanity. Then I pray the third step: I've made a decision to turn my will and my life over to you this morning, God. My life is in your hands. I continue with some of step eleven: please be with me today as I try to stay with you, praying for knowledge of your will for me and the power to carry it out. My life is in your hands. In gratitude or perhaps in supplication, I then examine my life over the past 24 hours, plans for the next 24 hours, how God has been a part of my life. What is my will with respect to God's will? The OA 12 and 12 book's chapter on step three spends time on abstinence. I quote



“As we become aware of what our healthy guidelines should be we ask God for the willingness and ability to live within them each day.... Taking step three shows our willingness to live by God’s will, one day at a time.... All we need to say is ‘God please help me do your will.’” I find that by taking that third step every morning, I am aided in my abstinence and effort to stick to my food plan. In addition, turning my will and my life over to God involves all areas of my life. It gets my day off on the right foot.

—Audrey C. Raleigh Saturday 9 am (Zoom)



Surrender is a Process that Works

On March 30th, I hope to celebrate my 32nd year in OA - I came into recovery in another program at 28 and found OA 1 year later. I have now been in recovery for over half of my life. Over time, my willingness to turn my will over to my higher power and surrender is part of my daily practice. Doing things *my* way always has consequences. So that has helped motivate me to change.



Also, when I work my recovery program, I experience a way of living that truly works, which is another incentive to trust my God and this program.

Today when a challenging experience presents itself my first thought may be invested in self-will; however, if I pause, breathe and pray, my second thought is to ask for God's will. If I feel panicked, I pause and ask myself 'What is the lesson I will learn? Where will I grow? I no longer have to be afraid.

—Cheryl Y, Raleigh Saturday 9 am (Zoom)

Finding Faith

Faith is the spiritual principle of Step three. Step Three is a daily process for me—sometimes more than once a day. Making a decision to turn my will and my life over to the care of God requires a lot of faith.

Faith is defined by Oxford Languages on Google as: “Complete trust or confidence in someone or something.” I had religion in my pre-OA life, but my relationship with God was impersonal and theoretical. I was still controlling about everything, judgmental, and a perfectionist.

When I came into OA and started working the steps, I realized that I was running on self-will to the extremes. There was much to surrender. I had to develop a God personal to me – a God with whom I could be in a close personal relationship. I needed this to trust. I had a lot of experiences with people who were untrustworthy. I had to develop faith based upon trust. I had little confidence in people, places, things, situations, and institutions. Much of my experience involved being let down, betrayed, and hurt. Confidence in God had to grow.



As I practiced turning over pieces of my life, I built the confidence and trust I need to have faith that God could and would help me in my life. Today I look to God to lead, guide, and direct me. He has my best

interest in mind as He leads, guides, and directs me. I trust God today – I have deep faith. ☺—Kim M., Raleigh Saturday 9 AM

My Power with Thy Power

I love teaching. In fact, at my birth I was probably instructing the delivery doctor on what to do. So, when the email came recently for a special teaching assignment, I was over the moon...that is, until I saw my assigned teaching partner, Marcy. Marcy and I had taught once before. It hadn't gone great. Marcy is "by the book," while I am "Oh, let's just give this idea a try." Neither of us is wrong. We are simply different in our approaches to the material.

My sponsor was very helpful in teaching me how to learn. She said, "How about pray for your co-teacher, starting NOW?" My sponsor also suggested I ask Marcy what she hoped would be the outcome of the week-long class. Likewise, my sponsor asked me, what was I hoping would be the outcome for the week? Marcy said, "I want the class to learn the material, so they feel equipped to take the big exam." Typical Marcy answer, I thought. When I told this to my sponsor she said, "Well, Robin, what do you hope for the week?" My answer? "I want it to be like summer camp! I want everyone to have fun, to do new things and to feel like they had an excellent time." I could hear my sponsor's eye roll across the phone line. "What are you being paid to do?" my sponsor wisely asked. "Right," I remembered, and answered, "To teach a book's worth of learning in one week."

It was pretty self-evident that Marcy's way was probably the better way, if, in fact, the goal was to get people ready for their test. My sponsor still was very supportive of my wanting to have fun with the material. The question was, could I live within the bounds of the company's expectations and Marcy's comfort level? In other words, could I approach my teaching choices as I approach my food choices?

I have a very wise sponsor.

Did I pray for Marcy? Yes. For three months. And, when the week arrived, my sponsor said, "How about each teaching day, look for something to admire about Marcy. Can you look for something in her to delight in? Text me each evening."



All these were game changers, especially the last: looking for positives in Marcy. Rather than my being ready with emotional knives to defend myself, I wasn't guarded at all, and in fact, I was hunting for features in her I actually liked.

By week's end our students had grasped the material. Marcy taught her way, even adding creative ideas. I went more by the book than usual. The outcome was a balance brought by the two of us as a team, which is how it was meant to be all along.

Thank you, Sponsor. Thank you, God. And thank you, Marcy. One and all.

--Robin A., Durham Tuesday 12:30PM



To Raleigh Saturday 9 AM meeting and other contributors for the material in this newsletter.

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** like some of this month's contributors. Articles should be sent to newsletter@triangleoa.org. Check the table below for suggested topics and due dates.

Month	Due Date	Meeting	Suggested Topics
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
August	August 8		Step, Tradition, or Concept 8; Self-Discipline, Fellowship, Delegation