

Recovery News



April 2026 edition

“In Step Four we take an honest look at the beliefs, attitudes, values, and behaviors that lead us to the food. How we choose to look at and deal with our lives and the world lies at the core of the disease.”

—*The Twelve Steps and Twelve Traditions of OA*, 2nd ed., p 25

	Text	Spiritual Principle	Reflection
Step 4	Made a searching and fearless moral inventory of ourselves.	Courage	“ . . . taking this searching and fearless moral inventory was one of the most loving things we have ever done for ourselves.” — <i>The Twelve Steps and Twelve Traditions of OA</i> , 2 nd ed., p 25
Tradition 4	Each group should be autonomous except in matters affecting other groups or OA as a whole.	Autonomy	“Every OA group makes its own decision—and mistakes—without interference from any governing body other than its own group conscience.” -- <i>The Twelve Steps and Twelve Traditions of OA</i> , 2 nd ed., p 115
Concept 4	The right of participation ensures equality of opportunity for all in the decision-making process.	Equality	“At all levels of service, each member has a voice on all issues. . . . This participation may be direct. . . . or it may be indirect.”— <i>The Twelve Concepts of OA Service</i> , p 5

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

April and Step 4

I sometimes think of Step 4 as a bit like the 'doing your taxes' part of recovery. Just as preparing for tax season requires reviewing receipts and income from the past year, step four involves collecting and organizing



an inventory of actions and beliefs that bring positivity to my life, as well as those that subtract value.

As an example, one of my less helpful traits is catastrophic thinking. It is the exaggerated expression of a positive quality of trying to anticipate and avoid bad outcomes. While exaggerated fear can provide a burst of adrenaline to get me started on the taxes, it also leads to a negative mood that can impact my own serenity and leak out to my family.

Next year, I hope to bring more of my program into this process. I can remember in step one that I am powerless over the rules and systems that govern the tax code and software. I can choose to believe in step two, that a higher power can restore me to sanity. Working this step requires me to release the outsized, self-centered fear and perfectionism, while still being willing to do the footwork. Lastly, I need to turn the results over to the higher power of my understanding, one day at a time.

—Kathy V, Durham Tuesday/Thursday
12:30pm

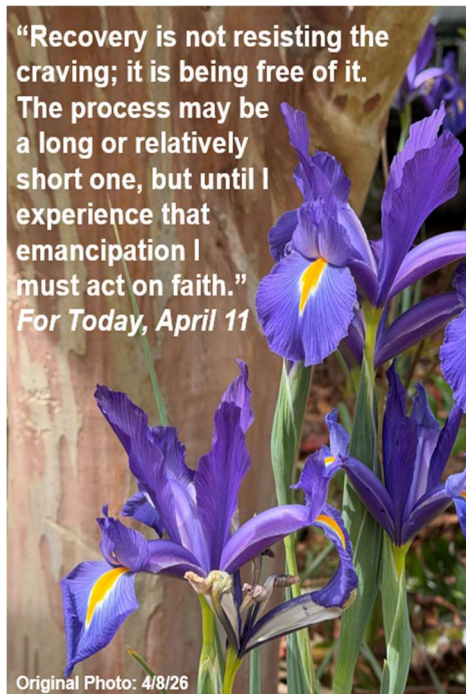
Golden Nuggets from the Soar Assembly 2026



- ◆ Recovery is not convenient.
- ◆ Don't disregard short prayers. They just might help.
- ◆ Practice radical gratitude: Thank you for this traffic. Thank you for a full trash can. Thank you for this troubling person.
- ◆ The best learning comes from productive discomfort.
- ◆ "We" is the first word of our program.
- ◆ If you want to get clean, you much change one thing: everything.
- ◆ Spend a year on honesty. Spend a year on forgiveness. Spend a year on service.
- ◆ The more uncomfortable I get, the closer I come to healing.
- ◆ Food addiction is the PhD level of recovery because you can't live without food.
- ◆ Send a good thought to someone you've missed.
- ◆ Trust God. Clean house. Love others. That's our program.
- ◆ AA Comes of Age is a wonderful tutorial on 12-Step organization.
- ◆ My job in OA is not to teach with words but by example.
- ◆ Progress is needed for a strengthening disease.

- ◆ GOMU is my nickname for God: God Of My Understanding.
- ◆ I am someone who needs extra help.
- ◆ Permanent recovery requires permanent action.
- ◆ “Impression management” is me trying to control what people think of me. That’s *not* my life’s work.
- ◆ The Twelve Steps, Twelve Traditions, Twelve Principles, and Twelve Concepts are worthy pursuits whether or not one is an addict.
- ◆ We are all just kids in larger clothing.
- ◆ Living alone I get to hear all the voices in my head. Compelling voices. How much better for me to get outside my head.
- ◆ Am I seriously showing up for God?
- ◆ If you are waffling, put down the fork.

—Robin A. Durham
 Tuesday/Thursday 12:30pm



Autonomy with Thoughtfulness

Like many people who have been around our rooms for a while, I have found that the traditions not only provide important rules for making our meetings successful but also great guidelines for my interactions with other people. In the latter application, I read the fourth tradition, “Each person should be autonomous except in matters



affecting other people or humanity as a whole.”

Humanity as a whole is taken care of by laws and policies, but I need

to think meditatively about what affects other people. I have learned that when I decide not to meet their expectations that does not affect them in a meaningful way. Our literature encourages me to listen attentively and with an open mind to other people’s ideas, experiences, and suggestions. However, when I then decide that a specific course or choice is not for me, I do not owe it to parents, children, teachers, sponsors, or anyone else to live my life according to their wishes. My autonomy is not harming them. However, the 12 steps teach me to be kind as I decline. Sometimes, I seem to be unable to stand up for my autonomy without becoming angry. When I do not claim my autonomy or when I claim it with anger and lack of consideration, I develop feelings that make me wonder what’s in the fridge.

Similarly, other people do not need to meet my expectations. Only my “self-will run riot” tells me that they should. Of course, I do need enough authority over young children in my charge to keep them safe and keep them from damaging other people or property; but even young children should

be allowed as much autonomy as possible. I may share my experience, strength, and hope (ESH) with people in and out of program, but I have no right to tell them what to do or expect them to act as I think they should. My adult child, my husband, my friends, and my sponsorees are autonomous because they have their own

HP and I am not it. When I forget that, my relationships are damaged and, again, I want to eat.

I am grateful to program and the wise ESH of my fellows for this tradition both in OA and in my own life.

—Anonymous, Chapel Hill



Thank you to Durham Tuesday/Thursday 12:30 PM meeting and other contributors for the material in this newsletter.



The Fall Retreat, on the theme “Surrender,” will be held September 18–20, 2026 at Christmount Conference Center in Black Mountain. The registration materials will be posted at the end of May. There will be plenty of opportunities to give service at the retreat with specifics on the registration form. The Retreat Committee needs help with a key position in the planning: a volunteer coordinator to help match those willing to serve with the opportunities. If you are willing to help with this key position, please contact Kathy T at 919-401-6124 or kathytesh@yahoo.com

treasurer@triangleoa.org for support with the process

- The [February Newsletter](#) and [March Newsletter](#) are available online.
- The newsletter co-chairs are still looking for groups to write for May, August, September, October, November, and December. If your group is willing to write for one of those months, please email newsletter@triangleoa.org
- If you are willing to share information about OA with medical providers, please contact PIPO (Audrey C) who has packets of information.
- There will be a Founders Serenity Day Workshop in June. Watch for more info to come from the 12th Step Within Committee.
- The September Intragroup meeting will be held Sept 12 in Wilmington following their 10:05 regular meeting. More information will be provided.
- SAVE THE DATE! Triangle OA Intergroup Retreat, September 18-20, 2026 at Black Mountain, NC
- As a way to carry the message, consider making a special donation to WSO, SOAR and Triangle Intergroup for OA anniversaries.

Intergroup Corner

The following is a recap of key points from the 3/21/26 Intergroup meeting for meeting reps to share with their meetings...

- Seed money up to \$100 available to new meetings that are just starting, Group needs to be listed on OA.org and should contact



SOAR Reps Needed:

Triangle Intergroup is seeking 1-2 fellows to

serve as SOAR (Region 8) Representatives. The only requirements are one year of abstinence and willingness to give service to the region and attend the fall SOAR 8 Recovery Convention and Business Assembly (Sept 25-27, 2026). Triangle IG provides financial support to attend in person in Little Rock, Arkansas (registration,

meals, transportation, and half the cost of hotel room). There is also a hybrid option.

Parliamentarian Sought: Triangle IG has not had a parliamentarian for some time and would love to find a fellow willing to do this service. The only requirements are 30 days of abstinence, and some knowledge or Roberts Rules of Order— or willingness to learn!

If you want more information or would be willing to consider providing the vital service, please contact:

Chair@triangleoa.org

We need you to write or create art 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 materials to the newsletter at any time.** This month, we had trouble getting enough material from members. If this continues, we may be forced to go to a bi-monthly publication or discontinue altogether. If you enjoy the newsletter, please consider contributing your writings or recovery-related art and encouraging other members of your group to do the same. Materials should be sent to newsletter@triangleoa.org. Check the table below for suggested topics and due dates.

Month	Due Date	Meeting	Suggested Topics
May	May 9		Step, Tradition, or Concept 5; Integrity, Purpose, Consideration, Plan of Eating
June	June 13	Wilmington, Wed. noon	Step, Tradition, or Concept 6; Willingness, Solidarity, Responsibility, sponsorship
July	July 11	Raleigh, Wed. 7AM	Step, Tradition, or Concept 7; Humility, Responsibility, Balance, Meetings
August	August 8		Step, Tradition, or Concept 8; Self-Discipline, Fellowship, Delegation, Telephone
September	Sept. 5		Step, Tradition, or Concept 9; Love, Structure, Ability, Writing
October	Oct. 10		Step, Tradition, or Concept 10; Perseverance, Neutrality, Clarity, Literature
November	Nov. 14		Step, Tradition, or Concept 11; Spiritual Awareness, Anonymity, Humility, Action Plan
December	Dec. 12		Step, Tradition, or Concept 12; Service, Spirituality, Selflessness, Realism, Representation, Dialogue, Compassion, Respect, Anonymity