

Recovery News



June 2026 edition

“Step 6 may be one of the most difficult of the twelve steps because we find that *SAYING* we’re entirely ready and *BEING* entirely ready to take action are two very different things.”

—*The Twelve Steps and Twelve Traditions of OA, 2nd ed.*, p 45

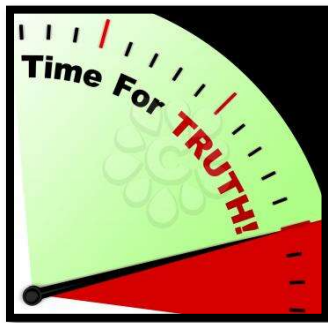
	Text	Spiritual Principle	Reflection
Step 6	Were entirely ready to have God remove all these defects of character.	Willingness	“Trying to practice the new thinking and behaviors to the best of our ability shows our true willingness to change.” — <i>OA 12&12, 2nd ed, p 41</i>
Tradition 6	An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.	Solidarity	“Tradition 6 cautions each OA group to stick to the primary purpose exclusively, no matter how many outside enterprises may interest us as individuals.” — <i>OA 12&12, 2nd ed, p 125</i>
Concept 6	The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.	Responsibility	“Delegates understand that a smaller group that is able to meet frequently is the most effective way to oversee world services.” — <i>The twelve Concepts of OA Service p 8</i>

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

Willingness to Change

“A willingness to change is the essence of Step Six.” This is the first sentence of the last paragraph on page 48 in OA’s 12 & 12. Reflecting on the journey I have taken since starting OA almost 13 years ago, I realize that this willingness has often eluded me, and for today, I think I know why. While courage is the spiritual principle of Step Four, courage is also needed to look at my defects and to be entirely ready to have God take them away.

Of course, when I stay vague about “my defects,” I don’t feel threatened to let them go. But when looking at what I learned through completing Steps 4 and 5, I have come to know that my defects involve dishonesty with myself and others. Then to prepare my heart and mind for removal, I



practice honesty. I tell the truth in all situations. I don’t embellish. I don’t tell only part of the truth. Then I

may see more clearly my related defect of people pleasing and decide to be willing to become comfortable with discomfort since the fears associated with both are sure to arise.

Practicing Step Six means I must become more willing to practice another spiritual principle, faith. My belief that when I feel the discomfort of change, I affirm my belief

in God’s purposes that the outcome will be good, that the discomfort won’t kill me or last forever. When I feel irritable, when I realize my behaviors are inappropriate, I ask HP for help to treat others, especially in my household, with kindness instead of disdain or impatience.

These defects of mine are like blocks of a Jenga game; they are interrelated. My attention to the “work” of Step Six can have an emotional effect that may drive



me to seek comfort in food or other behaviors. Unless I ask for awareness and stay connected with God and others, I may not cooperate with HP. My daily working of Step 6, staying open and “entirely ready to have God remove all these defects of character,” (defects I discover by working Step 4, then clarify by sharing them in Step 5), seems to me to be the daily pivot I need toward freedom. This cooperative attitude toward change and growth naturally brings me to a humble Step Seven practice. I cannot adequately practice The Steps, by neglecting my attitude of readiness for God’s good work in Step Six!

—Meg D, Wilmington, Wednesday noon

everything alone and need to delegate responsibility for parts of the task.

For months I have been consumed with downsizing from my house of 23 years to move—with two cats!—into independent living. I knew from the beginning I had to have a lot of help but with the process ending, I can see I got to practice what I have learned in the program of delegation and letting go of the outcomes and trusting others. All are behaviors that are still new for me.

One big emotional item was sorting through a lifetime of “stuff” that there is no longer any place to continue to store. But I found that letting go physically is only part of the release; I had to let go mentally also. I soon realized that hanging on to old behaviors that had not served me well needed to go in the trash along with the items I no longer had room to keep.

In OA I have been learning “shared leadership,” in which we realize we do not accomplish anything truly on our own. I am an only child; this “sharing concept” is not natural at all. I am not sure it is a truly “learned” behavior for me. I am quite willing to share the “work” but not the “reward” of a job completed.



First and the hardest for me was “True delegation” not the “You take care of this, but this is what I am expecting.” In other words, “You take care of this but this is what I expect to be the outcome”. I have been learning “true delegation” of “You take care of this” and I let go of what the outcome will be. In other words, I “entrust” the job to you; “entrust” has the word

“trust” in the very word and the concept of “trust” is very difficult for me. The concept means “I give you the authority to deal with this situation in the way that you think best and I leave it alone from now on.”

Whatever the outcome, it was your decision and I gave you that responsibility. Maybe the lesson is also the acceptance that no



one person is an expert in everything. So, this area of work/service is an area that I am not as competent in as

you are. “Giving up control” or “trusting others” means that I free myself of those responsibilities which will, perhaps, allow me to perform a task that I am more skilled at performing.

Another part of “trust” is to “Trust my Higher Power.” Sure, I go through the motions of praying with mind wandering but seeking HP’s guidance and leaving the outcome to be HIS outcome! That is a new challenge. I did that with selecting a realtor. I had met this man a year ago and learned he was a realtor but believed he would market to much younger buyers than the potential buyers of my house. I prayed and kept leaving the decision to the last minute because I believed he was not addressing the potential market I expected to buy my house but I kept believing that HP was telling me that he should be my realtor. I finally called him and hired him. The house had been officially on the market two weeks and so far no in-person showings but hundreds of online views. I am still telling myself to trust my HP with the outcome. I have to keep reminding myself that I “entrusted” the decision and the outcome to HP and I need to “keep out of it.” I

delegated the decision and the outcome so now I “stand aside and observe the process from the sidelines.” But I have to keep reminding myself to “stay out of it.” So far, I have not “meddled” but I am still in the “learning” mode for this behavior.

Concept Six is the World Service Conference trusting the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous. My decisions being delegated to another, my “letting go” of the outcome because I “entrusted” another person to perform the task is my personal use of Concept Six.

—Margaret, Wilmington Wednesday noon

The Prize Fight

A whisper
A wink
A justification
High time for me to take action.
Think through the drink means
I pause
I pray
I picture
I picture my HP in a boxing ring
The disease in one corner
God in the other
The bell rings
Sometimes it's a quick TKO
Sometimes it's a bloody mess
I can't kick anyone's butt
God can
God always wins.
—Robin A, Durham

From the Vault

Step 6—Bless Them, Change Me

“Were entirely ready to have God remove all these defects of character.” I pray to my HP that I can pause before expressing one

of my character defects and prevent myself from causing harm to myself and others. Just as I am powerless over my food compulsions, I am powerless over my character defects. When I fall into obsessive thoughts about my to-do list or why someone hasn't replied to my email or whether someone is thinking ill of me or why I or someone else did or said something or omitted to do or say something, then I recognize that I'm in the clutches of my character defects: perfectionism, anxiety, fear, low self-regard, and critical attitudes.

When my mind is focusing on the supposed faults of other people or institutions and on situations over which I have no control or about which I lack complete knowledge, I want to remember that what I really need to do is focus on myself. I want the awareness to pause and realize what is actually going on and the willingness to pray that my obsessive, unhealthy thoughts will be removed and that I will be redirected to my own emotional and spiritual growth. Otherwise, those thoughts can spiral out of control, leading to behaviors that are hurtful.

I've found that the simple prayer “Bless them; change me” (when I remember it) is very effective when repeated as often as necessary to move beyond unhealthy thinking. Often then, an intuitive thought will come from HP, pointing me to do the next right thing. This may be sharing my worries or anger with my sponsor or a



friend, talking directly to the person to air out my concerns or make amends, or tending to my self-care routines (reading OA literature, meditation and prayer, exercise, a nap or a good night's sleep), anything to help bring clarity, wisdom, kindness, compassion, and forgiveness to the forefront and leave the rest behind. By working the 12 Steps, I give myself the opportunity to keep this continuous emotional and spiritual renewal ongoing, disallowing myself from falling into

justifications for unhealthy patterns of thought and behavior.

Stepping back and asking HP for the willingness to live and act with sanity and integrity towards myself and others is my goal. I am ready, and pray to keep on being ready, for HP to remove any obstacles to my living in the light of "Thy Will be Done" and to inspire me to be of service to others.
 —Anonymous, Chapel Hill in June of 2019



Thank you to the Wilmington Wednesday Noon Meeting and Others for Writing This Month

Contributions to Intergroup as of May 11, 2026

Group	Group #	January	February	March	April	May
Carrboro Thu 11:00am	58511			\$50.00		
Durham Sat 10am	20756	\$283.00		\$259.25	\$53.00	
Durham Sun 10/10:30am	45514/ 51290					\$93.00
Greenville Mon. Thu 7:00pm, & Saturday am	800851/ 800852/ 800853		\$198.50			
Havelock Tues 10am	32498				\$110.40	
Hillsborough Wed 8pm	33461	\$90.00				
Oak Island Thu 11:15 am	54399		\$50.00			
Raleigh Thu 7:30pm	8041	\$184.50				
Raleigh Wed 7am	801912	\$100.00				
Wilmington Sat 10:05am	24872	\$110.98		\$112.80		
Wilmington Wed 12pm	50278			\$165.00		

Groups that have not contributed this year as of May 11:

Aberdeen Sat 8:45am, Apex Thu 7pm, Carrboro Sun 5pm, Chapel Hill Thu 7pm, Chapel Hill Tue 6pm, Clayton Thu 7:00pm, Durham Mon 7:00pm, Durham Tu/Th 12:30pm, Durham Wed 7pm, Edenton Wed 5:30pm, Fayetteville Sun 6pm, Fuqua-Varina Tues. 1:30pm, Raleigh Mon 7:30pm, Raleigh Sat 10:30 am, Raleigh Sat 9am, Raleigh Sun 4pm, Raleigh Tue 6:30 in person, Raleigh Tue 7:00pm, Rose Hill Tues 1:30AM, Swansboro Tues 6pm, Wilmington Mon 6pm.

From the Retreat Committee

Registration is open and spaces are filling fast. Go to the event link on triangleoa.org to register.



There are still several service opportunities available, suitable for a number of different skills and abilities. There is an opportunity to sign up for some of these tasks on the registration form or you can contact Kathy R at 919-401-6124.

- Decorations Committee—We need a decorations committee chair and people, who will be attending the

From Intergroup

The following are the key points to share from our 5/16/26 Intergroup (IG) meeting...

- Consider buying literature from the [OA Bookstore](#) and making a recurring contribution to help WSO carry the message. [Automatic Recurring Contribution \(ARC\)](#) via [WSO 7th Tradition site](#).

- retreat, to help put up and take down the decorations.
- Volunteer Coordinator—This person would take the list of volunteers from registration and assign them to needed service (e.g., lead a meeting, check-in table, tech support, setup helper, cleanup helper and more).
- Setup Helpers—Participants who can arrive early to help set up the areas needed (check-in, meeting rooms, and more).
- Cleanup Helpers—Participants who can stay a little later to help get everything cleaned up, packed up and put away.

- Please share links to the [April Newsletter](#) and [May Newsletter](#) (**and this one!**) with people who are not in Intergroup.
- If your group is willing to write for the newsletter, please consult the chart on the last page and email newsletter@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**. We appreciate the nice number and variety of submissions we received this month. 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.

Writing Schedule for the Remainder of 2026

Month	Due Date	Meeting	Suggested Topics
July	July 11	Raleigh, Wed. 7AM	Step, Tradition, or Concept 7; Humility, Responsibility, Balance, Meetings
August	August 8	Hillsboro Sunday	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