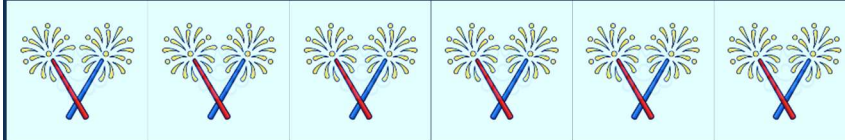


Recovery News



July 2026 edition

We are sure God wants us to be happy, joyous, and free. —*The Big Book of Alcoholics Anonymous*, 4th ed., p 133

	Text	Spiritual Principle	Reflection
Step 7	Humbly asked Him to remove our shortcomings.	Humility	"Humility is a gift as surely as is our recovery from compulsive overeating and the other miracles of healing we experience as we work the Twelve Steps."— <i>OA 12 & 12, 2nd ed.</i> , p53
Tradition 7	Every OA group ought to be fully self- supporting, declining outside contributions.	Responsibility	"We, as individuals, are fully self-supporting only when we do what we can, when we can, giving back some of the help we have been given in OA." — <i>OA 12 & 12, 2nd ed.</i> , p135
Concept 7	The Board of Trustees has legal rights and responsibilities accorded to them by OA bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws. Subpart B.	Balance	"In practice, all the bylaws ensure that the traditions are not violated by any action of the Board or Conference, that service bodies are fairly represented at Conference, and that members of the Board of Trustees meet certain requirements." — <i>The Twelve Concepts of OA Service</i> , p 9

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

Step 7

Step 7 was my stumbling point when I first worked the Twelve Steps. I had much anger—even rage—toward my wife as we were preparing to separate. My focus, as a self-centered person, was on the myriad ways she had hurt me. I felt that my anger was righteous and that it both ennobled me and strengthened me.



I had to go back to Step One and to eventually admit that I was as powerless over my resentment of my wife as I was over food. Over time God helped me to see the ways bitterness and anger poisoned my life and all of my relationships. God also helped me to confront my mistakes and character defects that contributed to the unhappiness in our marriage.

I came to see that my own self-centeredness, selfishness and arrogance had put me in conflict with and in judgment of my wife and others. God and my fellow OAs helped me to use the Steps to accept my part in the problems of my relationships.

Over time I gratefully and humbly asked God to remove my shortcomings.

—Neill, Raleigh, Wed. 7:00am

The 7th Step Prayer, as Written

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character that stands in the way of my usefulness to You and my fellows. Grant me strength, as I go out from here to do your bidding. —AA (Big Book), 4th edition, p 76

Personalizing the 7th Step Prayer

When I pray the OA prayers I start out by saying the standard prayer as written in our literature. Then I repeat it out loud and restate it several times in my own words. I fine tune the prayer to the language of my own soul. Usually, I experience a subtle shift in myself.

This is the way the seventh step prayer bubbled up in the writing meeting today:

God-Grace, I offer myself to Thee.

Help me be teachable, willing, and able to be open to new awareness and understanding.

Co-create and build with me in Thy wise and creative ways.

Free me from old, unhelpful habits and patterns that no longer serve me.

Transform me as I release my difficulties and develop happier, healthier ways of Being.

May I learn to live in harmony and serenity in Thy wise, loving ways.

— “JV” Raleigh, Wed. 7:00am



Step 7 and Acceptance

“Real humility about our character defects carries with it acceptance...”

—*Voices of Recovery* p 59

Humility is accepting myself and others exactly as we are, even if I don't like it. It means recognizing we are all on the same rung of the ladder of worth: I'm not above or below anyone. Hurt people hurt people and also loved people love people. While I was hurt in childhood, I've been well loved in this program and try to pass it on by practicing principles above personalities. Even if I don't like something, I can recognize we are each doing our best and assume good intentions. This practice gives me more serenity and I behave with more kindness.

—Anonymous. Raleigh, Wed. 7:00am

Tradition 7: Finding the Balance

Being self-supporting means participating and using my gifts and skills to provide service in meetings and at work. I strive to do that in a balanced way without



dominating or being uninvolved. I also remember, when I don't want to do chores or pay bills, I'm self-supporting in my life as well. It's a good motto for life as

long as I continue to ask for help when I need it—it doesn't mean control or that I'm required to do everything on my own—thankfully I keep going to meetings to learn about that balance.

—Anonymous. Raleigh, Wed. 7:00am

Tradition Seven

Before Covid and the beginning of Zoom meetings, we passed the basket, and we each threw in a few dollars. Everybody knew what to do and saw other people doing it. With the coming of Zoom meetings, there was no basket to pass. Each group was still self-supporting and announced and address to send contributions to the treasurer. We are each on our honor to make those contributions. I know for myself, I send a check on the first day of the month every quarter to the treasurers of the three meetings I attend regularly. The amount is sufficient to cover the three months. I feel good about supporting each of those groups and gratified to have the money to send. This money pays for the Zoom accounts and contributions to Intergruop, SOAR, and World Service. We don't need to purchase literature to offer at the meetings nor medallions to celebrate milestones. It is a different system now, but it works.

—Audrey C. Raleigh, Wed. 7:00am

Facets of the Seventh Tradition



Tradition Seven says we ought to be fully self-supporting, which means several different things to me. Right away, I learned to contribute financially to my groups, so that OA could continue to be here for me and other suffering compulsive overeaters. Then I began doing service, to make sure meetings and service bodies would continue to run as smoothly and effectively as possible.



Later, I learned to apply this tradition to myself. It took me a while to become fully self-supporting financially and logistically. I came into these rooms as a very young adult and struggled with work and taking responsibility for myself for many years. Over time, I got better and better at “adulting” and eventually found a career that supports me financially.

It wasn't until I became a parent, however, that another aspect of this tradition became clearer to me. I adore my daughter and want to support her in every way that I can through every phase of her life. I am blessed with a job that earns enough to take care of our physical needs, and I have learned to cook healthy meals, keep a clean house, and deal with our household, financial, legal, and medical issues. But supporting her also means paying attention to her emotional needs; making sure she's getting enough sleep, exercise, and fun in her life; nurturing her sense of creativity and curiosity; helping her develop self-discipline so she can accomplish her goals; encouraging her when she's discouraged; loving her when she feels unlovable; accepting her anger, her joy, and her sadness.



As I support my daughter in these ways, I learn to support myself in these ways as well. I am grateful that no matter how many years I keep coming back, there are always new lessons for me to learn about myself and my recovery.



—Stephanie, Raleigh, Wed. 7:00am

Tradition 7: Surfing for Resources

Being self-supporting on a group level means that I share resources I find helpful with my group members, including knowledge of available meetings.

I love the ocean and have been a water bug since childhood.



Nowadays boogie boarding is my passion and favorite summer activity (it doesn't hurt that I live two miles from the beach). That being said, I found myself "surfing" for meetings earlier this year when my husband and I were away on travel. I wanted to find meetings, whether locally or online. I just typed in "oa.org find a meeting" into the internet search box on my cell phone. It's easy to find face to face, online, phone and non-real time meetings. There is usually a contact name associated with a particular meeting in case I had any questions. If I want to tailor my search there are different headings such as Focus Groups (like BIPOC, Men, Body Image, LGBTQ+), Topic Heading (like Newcomer, Big Book, Relapse, Tools) and other headings. For online meetings I entered my time zone and language and I was all set. There's no excuse anymore if the food is calling. In the old days I wouldn't want to call someone late at night if I was on the edge, thinking of a binge, but now there's no need to raid the refrigerator or cupboard. I don't have to pick up. Instead I go "surfing" and the solution is just a click away. Thanks, Higher Power for always having my back. Grab your board and ride the next wave with me. Surf's up, the water's fine! —Jeanne D., Raleigh, Wed. 7:00am, from Middletown RI



Thank you to the Raleigh Wednesday 7:00AM Meeting for writing this month. We received such a large number of contributions from this group that we decided to save three articles on the spiritual principle "humility" for the August newsletter.

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**. 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
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