

Triangle Intergroup

Recovery News



September, 2026 edition

"I pray that I will always be teachable and open to the experience of others."

—Voices of Recovery, July 19, p 201

	Text	Spiritual Principle	Reflection
Step 9	Made direct amends to such people wherever possible, except when to do so would injure them or others.	Love	"This step has free us from the shackles of our past mistakes in a miraculous way." — <i>The 12 & 12 of OA</i> , 2 nd ed, p 63
Tradition 9	OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.	Structure	"Our experience has shown that unless we live by the spiritual Principles embodied in the Steps, Traditions, and Concepts of OA Service, no amount of organization will prevent chaos in OA." — <i>The 12 & 12 of OA</i> , 2 nd ed, p 146
Concept 9	Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.	Ability	"Although some service positions may require certain skills and abilities, willingness is the first step in OA service." — <i>The 12 Concepts of OA Service</i> , p 11

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

Step 9 is the Love Step

How scary this step seemed, having to try to find and contact the people I had harmed in some way while acting out of my disease. What if they reject me? What if they get angry? What if, what if, what if. . . . My sponsor suggested I start with the “easiest” amend first. So, I did a Google search for the family I babysat for 50 years prior (!). Lo and behold, I found a phone number. They



still lived near my home town some 700 miles away. I called and introduced myself. She remembered me fondly and how her daughters liked me as a babysitter. Then I told her why I was calling: to find a way to

make restitution for the excessive amount of food I had eaten when I stayed in their home. The first words out of her mouth were, “Is this part of a 12-Step program amends?” I was flabbergasted! “Yes,” I told her. I had to be honest. She told me one of her nieces had done step work in another program and so she was familiar with amends. She was thankful for my call, we caught up a bit on the 50 intervening years, and then came to an agreement on restitution. I was to donate money to a charity of her choice. No amount was specified. She left it to me. I did as we’d agreed. What a relief! It felt so nice to have the shame removed.

Then there was one of the harder amends. The person in this case was a former employee to whom I had done great harm by being a “my way or the highway” type of boss. His work never suited my unexpressed

expectations and so I was unduly critical. When we parted ways, he instructed me never to contact him in any way again, ever. OUCH! Once I saw the harm I had done, guilt and shame ate at me nearly every day for years. Even after I saw clearly my personality defects and changed my way of thinking, I still felt horrible about my treatment of this kind man. My sponsor suggested I write him a letter, expressing my amends. I did this and read it to her, since I couldn’t contact him without doing more harm. Relief came slowly; but, it did come. I no longer beat myself up over the horrible mistakes my disease led me to make.



So where does Love fit into all this? As I progressed through the 12 Steps of OA, I learned to love myself more and more. Self-love enabled me to see that I didn’t intentionally set out to do harm. I did the best I could at the time, even if it caused hurt in some form to another. As I loved



myself more, I found I could love others more and so do the next right things. I wanted to feel forgiven for my mistakes. In my first

amend, I felt that forgiveness. Not so much with the latter. I have learned through self-love and self-forgiveness, however, to see that I have done the best I could do under the circumstances. I have changed for the better (I hope!) and am at peace. My perfectionist, inner critic, which caused me to do past harm, has largely been silenced. Thank you, God and OA!

—Sharon F, Clayton, Saturday 10 AM

Step 9, Heard at a Meeting:

“Amends doesn’t restore a relationship to its earlier condition. Instead, it makes for a new condition and, quite possibly, a better one.”

A Dawning Day

1962. Pennsylvania. Candy. Not the food. A person. Candy D. She likes to say she’s known me since I was in diapers. As a friend of the family, nine years older, she became my babysitter. I loved her. I respected her. I wanted to be just like her—tall, pretty, effusive. I didn’t turn out tall. I’m not sure about pretty. I did become effusive, which is also to say opinionated, loud and directive. I ate up the idea of bossing others around. After all, wasn’t that the badge of adulthood? However, this mindset was a prime recipe for resentments, most especially of others. Judgment formed my foundation. What I thought mattered, mattered more than it should, for I gave little room for others’ opinions, aka their life experiences.

Fast forward. 1985. South Carolina. Lessons in etiquette and elocution. When people asked after me I was only too pleased to answer— long soliloquies all about me, never minding to ask about them. Somehow the day dawned and I recognized my self-absorption. The question, “How are you?” was not permission to unload one’s inmost thoughts. A more measured, “Fine, thank you. How are you?” will do quite well. In those humbler exchanges I learned that



conversation is like a tennis match, which involves sharing the ball. In good conversation I ask about you; you ask about me; I ask after

something that matters to you; you speak a bit, then ask after something that matters to me, and in this we find threads of commonality, also known as connection. It floored me not to have known this.

Blessed by my new knowledge I became conversant—expertly conversant—in mannered conversation. Which brings me back to Candy. Hearing her effusive, self-possessed, ball-hogging way grated on me greatly. Didn’t she know better? Visit upon visit I racked up resentments of her flat-footed narcissism. I wrote to her. I said, “Next time we meet I reserve the right to rib you if you go on and on about yourself.” It was a dagger inside a kit glove, it’s meaning not lost.

Do I owe an amends? I’ve been praying on this; a year of dutiful prayer. God at last answered, “Would you spend more time with me?” In other words, would you sit still and listen? God’s meaning was not lost on me. In my prayer time I tell God ALL ABOUT ME, leaving no room for God to respond. My information dump has not changed. In fact, my narcissism is ever-active. Now I know this and I have a choice. Will I make room for God? Might I even ask after God? How are you doing, God? And take time to listen.



--Robin A. Sat. 11am Scout Hut, Durham

Step 8 Re-visited

I held anger and resentment in my heart and soul for decades against my parents. Over 10 years in 12-step work I did several 4th and 10th step inventories and made various attempts

at amends. They helped and my resentments and anger lessened to the point that I thought it was gone. But it wasn't. My father died of Alzheimer's in 2017 and I was sad but only 3 years into program, those big feelings were too uncomfortable and I pretty ruthlessly shoved them away.

In March of 2024 (10 years into program) my sister called to tell me that my mother was dying of heart



failure. I was on vacation. For three days, I argued with my HP that I didn't need to go. After all, "She wasn't a very

good Mom, God." But the message was clear that I was to go. So, I went. And my Mom, while gravely ill, did not die. I lived in Florida and my Mom and sister lived in Washington state. My sister needed some relief, so God told me I needed to go again, and again despite my telling God that I didn't want to go and didn't think I should have to. On the 4th visit, I had heard another compulsive eater talk about being kind and loving to her Mother at the end, so I prayed "God, please help me to be kind and loving to my mother." When I got there, I stroked her forehead and kissed her and we looked into each other's eyes and I told her I loved her. And I meant it. For the first time in decades, I meant it. I cried later with the realization that God had cleaned my heart of bitterness and resentment. I had done my 9th step

amends. The following visit, my Mom looked into my eyes and told me that



she loved me. And in my heart, I believed her. How many times she had told me and I'd discounted it. But in that moment, I knew that she had always loved me. When I left that day, I had to pull over the car because I was sobbing. My Mom, who didn't have a program, had made amends to me. God, truly had performed two miracles. There is no other explanation.

Months later I was happily walking my dog on a nature trail and felt my father's presence.



Very odd for a science and logic-based person like me! But I went with it and quietly said "Hi, Dad." And I heard him say "I'm sorry." I told him that I knew . . . and I did. In my heart, mind and soul. I knew it was true. Again, only God could have made this possible.

I recently reworked the steps, and as part of my (final?) amends to my parents, I've written an amends letter. I'm interring their ashes later this month and I intend to read it to them.

I am so very grateful to God for the healing of Steps 8 and 9. God's timing is truly miraculous.

—Anonymous, Clayton, Saturday 10 AM



Thank you to the Clayton,
Saturday 10:00 AM meeting and
others for writing this month.

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 we still need groups to volunteer for November and December. In addition, 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
October	Oct. 10	Durham Tu/Th 12:30	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