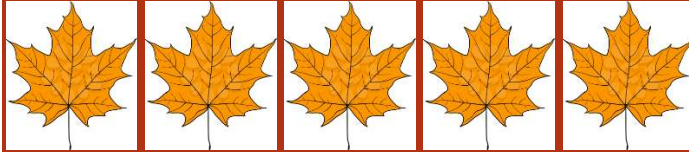


Triangle Intergroup

Recovery News



October, 2026 edition

"Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime."

BB (Alcoholics Anonymous), p84

	Text	Spiritual Principle	Reflection
Step 10	Continued to take personal inventory and when we were wrong, promptly admitted it.	Perseverance	"If we are to experience permanent recovery from compulsive overeating, we will have to repeat, day after day, the actions that have already brought us so much healing." —!2 & 12 of OA, 2 nd ed, p69
Tradition 10	Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.	Neutrality	"Even the most worthy of other causes has no place in an OA meeting." —!2 & 12 of OA, 2 nd ed, p152
Concept 10	Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.	Clarity	"This Concept helps us avoid internal controversy in the same way the Tenth Tradition protects us from outside controversy." —The 12 Concepts of OA Service, pp11–12

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

Step 10

Two approaches: In the moment, and the day's reflection.

In the moment— "And when we were wrong, promptly admitted it." I've been known to interrupt a perfectly pleasant game by saying, "I



cheated. Yes, I did. Nobody saw me, but I need to say, I just cheated." Is that

humiliating or what?

Maybe that's why fewer people want to play games with me. However, I can lay my head down at night having been cash-register honest.

In the evening I review my day. I could look for areas of restlessness and incorrigibility, per the Big Book. For me, I prefer these questions:

Where did I experience beauty?

- In the morning
- In the afternoon
- In the evening



What good turn did I do for another?

What self-care did I undertake?

What did I do that I respect?

Do I owe any amends?

Self-correcting as I go along—however embarrassing—keeps me on the level. Recalling a day well-spent keeps me humble and grateful to God.

—Robin A, Durham T/Th 12:30PM

A Letter from the Chair of Region 8's 12th Step Within Committee

Dear Friends of Region 8,

I was so glad to get to see some of you face-to-face at the wonderful recovery convention and business assembly in Little Rock, Arkansas a few weeks ago. It was so powerful being with other recovering compulsive overeaters and spending quality time together focused on the solution to our common disease. I enjoyed hearing all the speakers, watching the recovery skit on Friday night and having abstinent meals together. Thank you to the Arkansas Intergroup for hosting this event! Speaking of events, the 12th Step Within Committee is putting on an online workshop for IDEA day. Please mark your calendars for November 15th from 3 PM to 5 PM ET. We will have 3 wonderful speakers and plenty of time for open sharing.

The Twelfth Step Within Committee sends a different writing by a member of Region 8 every month to inspire you on your recovery journey. I hope you will enjoy the writing below, and that you will consider volunteering to submit something in the next few months. You can contact me at tswchair@oaregion8.org if you are interested.

Warm Regards,

Tina S., Chair, TSW Committee

From Region 8: Step 10 Takes on the Stumbling Blocks

The Twelve Steps and Twelve Traditions of Overeaters Anonymous states that "the purpose of Step Ten is to identify and remove from our path today's stumbling blocks, those manifestations of pride, fear, anger, self-pity,

greed, and other emotions that are bringing pain into our lives and keeping us from growing today.” (p70)

I was blind to how my character traits impacted my relationships, destroyed my serenity, and kept me reaching for the food. The more I turned to food, the more I spiraled into my disease and unhealthy ways of coping with life. The Twelve Steps have given me a pathway to



self-acceptance, a spiritual connection, and reliance on a Higher Power.

A daily Tenth Step is just one action I take to maintain my recovery from compulsive overeating. In reviewing my day, I look to see if I was resentful, selfish, dishonest, or fearful in my interactions with others. I take an honest look at my part and make amends when needed. I ask my Higher Power what He would want me to do in each situation. I then share my Tenth Step with my sponsor.

Step Ten initially was not an easy process, but over time I have come to recognize its necessity if I want recovery. Personal growth is not possible without change. Step 10 continues to help me identify my character defects, patterns in my behavior, and old behaviors and reactions that no longer serve me well. This ongoing process occurs with the guidance of my Higher Power and leads to a change in how I react to life.

A daily reprieve from compulsive eating is the gift my Higher Power provides when I take the daily actions needed for my recovery.

—Anonymous, Region 8

Step 10—Getting it the Right Way Around.

Before the program, I lived the opposite of this step. Each and every day I continued to take everyone else's inventory and promptly advised them of how they had caused harm to me and others. Interestingly, no one benefited from this practice. I became angrier and more resentful as others failed to confess their faults and make amends to me. Others still were not practicing the spiritual principles of the steps and making my life easier. In fact, the opposite appeared to be happening. Family, community, and work relations became more and more strained and I became more indignant about how others were doing me wrong. A life of fraught and vanishing relationships was unfolding before me. I finally realized that these difficulties were fashioned by my own heart and hands. I was demanding that others change according to my wishes.



Finally, I saw the top of this iceberg of control and realized it had to stop. After a number of attempts, I saw I was as powerless over this as I was over my eating

behaviors. Without a change, relationships with my children would be ruined, and when they left the house they may never return. I kept getting into trouble at work and offending people in the community even though I thought I was sharing the truth with them. Then I saw that it was I who needed to do my own inventory and apologize to others, make amends and change. This has been the hardest step. As I do this inventory each evening, still I want to say that I am without sin and have nothing to confess. Denial led to many sleepless nights remembering how I have hurt others. I pray for the willingness to see the truth about

myself. Was I kind and loving? Was my day full of being of service in the roles that God has me in? Did I spend time thinking about myself and how things aren't the way I want them? Did I get into power driven arguments? Did I resent others and life's circumstances for not doing or being how I wished? Is there anything that with God's help, I can do better tomorrow? Is there anything that I am worried about? Do I have remorse about the past? Am I dwelling in morbid regret? I ask for God's forgiveness and I accept it. I let God take me to better things.



When this is done truthfully, I usually am able to get to sleep quickly and enjoy a restful night of slumber. Step 10 is the key to continuing peaceful and positive relationships with others and I hear the saying, "There is no softer pillow than a clear conscience."

—Anonymous, Durham, T/Th 12:30PM

Step 10 for the List Maker

Like many of us, I am a list maker. Perhaps because of ADD tendencies, writing a to-do list provides a sense of order and sequence. It answers the question of what to do next and frees me to focus on one thing at a time. This, to me, is the gift of the action plan.

In much the same way, Step 10 can offer closure and relief at the end of the day. It complements the to-do list by giving me a chance to look back at what I did, how things went, and what might be learned from the experience.

Sometimes thoughts or actions of the day do not fit neatly into the categories of strengths or needing work. In those cases, I like to add a third category—"not sure"—and let those items sit until I can get more clarity. It can also be helpful to list

Strengths

Needs Work

Not Sure

judgments people and consider whether some of those same judgments could be applied to me.

Sometimes Step 10 helps me see that a resentment toward another person may be due to them having something compatible with recovery that I want, but don't allow myself—or don't feel permission to have. Looking at a resentment this way can transform it into self-awareness, and provide a chance to let go of jealousy and limiting or self-punishing beliefs.

As I review the list, I also try to ask: What could I do differently next time? Are there inner or outer conditions that, if noticed sooner, might help me avoid saying or doing something that ends up on the amends side of my next Step 10?

—Kathy V, Durham T/Th 12:30 PM

Tradition Ten —Neutrality—Having No Opinion on Outside Issues

I had to smile to myself. I was not neutral about **anything** before recovery.

In OA we are all diverse. We focus on recovery. I have met and made friends that I would never have encountered outside of recovery in my walk through life.

I like to think of "Keep it Simple" and focus on the OA recovery program. I do mention that I have outside help. Needing outside help is referred to in our literature. I don't say specifics in meetings. I keep the specifics to share with people close to me.

The Raleigh 9 AM meeting has been by home group since September 2004. I have always felt that this meeting honors Tradition Ten well. I remember on one occasion where an outside piece of literature was read. Tradition Ten was explained. Sadly, the person didn't come back after one more meeting where an apology was given. I also remember one time when our

group phone list was used to solicit my attendance and participation in a “party” concept selling something. I explained Tradition



Ten gently. I’ve not seen this person at our meeting for many years. My prayer for both of these people is that they are well in or out of recovery.

On page 155 of the 12 & 12 it says “Tradition Ten frees us to concentrate on recovery from compulsive eating without the conflicts that seem to rage in the world around us,” and “OA has excitement enough to offer.”

Controversy was something I loved —a good argument was something I learned at home growing up. I became “masterful” at picking fights and creating controversy. This, of course, kept me isolated from intimacy. Between OA recovery and the outside help that supports me. I am in a position of neutrality most of the time. With OA buddies, I don’t expose things that could cause controversy. With some buddies there is also close friendship, and in those relationships, I am more open.

In my work situation, I sometimes pause when a controversy breaks out. I can request to take this “offline” for discussion to get it out of the team setting. In 1 to 1’s sometimes I have to request a “time out” to gain perspective and consider the common good.

My home is a mostly peaceful. Sometimes, though, my husband will express strong opinions. I don’t engage. This is a gift. Being neutral is a gift. I am so grateful for neutrality in OA. As with all traditions, I use Tradition Ten well in my relationships outside the rooms.



Peaceful

Anonymous, Raleigh, Sat, 9:00PM

Experience, Strength, and Hope from Meetings:

- ★ I don’t have to be afraid of criticism.
- ★ I can talk about it so I don’t have to act on the impulse.
- ★ I can say “that doesn’t work for me.”
- ★ I’m not letting go if I’m not having fun yet.
- ★ I won’t dwell on what I don’t want.
- ★ I am grateful for the body I’ve been given.
- ★ I can take small, active steps.
- ★ If I don’t laugh at my disease, I’m going to believe it.
- ★ It helps to say out loud the things I have trouble accepting

Serenity Prayer from the Retreat

God, grant me the serenity to accept the things I cannot change—people, places and things.

Courage to change the things I can—myself, but only with God's help.

And the wisdom to know the above two are absolutely true.

—Robin A, Durham, T/Th 12:30PM

Miona's Experience at Black Mountain

What an enriching and beautiful experience I had at the retreat!

My retreat actually began before I even arrived in Black Mountain. As Alice and I drove through Black Mountain, I immediately felt a sense of quiet, beauty, and peace. It was the perfect beginning to what would become such a meaningful experience.

My favorite part of the retreat was the sessions. One thing that truly stood out to me was watching the two intergroups come together, combine their skills, work

collaboratively, and accomplish so much in such a timely manner. What an incredible experience to witness! It was especially enjoyable to work alongside everyone, since I had previously only spoken with and seen many of you through Zoom. Being together in person made the experience even more special.

Thank you, as always, for providing such a wonderful variety of food. Everything was healthy, clean, delicious, and thoughtfully prepared. It was truly appreciated.

Most of all, I am grateful for the wonderful people, the knowledge shared, and the many lessons I gained throughout this experience. I feel as though this retreat has enriched my life for another ten years, filling me with love, gratitude, and countless blessings.

After experiencing such a beautiful retreat, all I can say is: you must come next year! If you missed this retreat, you truly missed something special. I hope to see you all there next year so we can share another beautiful experience together

With much love and many blessings ❤️

—Miona, Piedmont Intergroup



**Thank you to the
Durham
Tuesday/Thursday
12:30 PM meeting
and others for
writing this month**

Announcements from Intergroup

- The [OA Bookstore](#) is now selling the following OA conference-approved literature:
 - Book: [Plain Language Big Book: A Tool for Reading Alcoholics Anonymous](#)
 - Audiobook: To the Young Person ([view additional information about this audiobook](#))
 - Audiobook: For Today ([view additional information about this audiobook](#))
- Newsletter Updates
 - There is now an email distribution list for the Triangle Intergroup Recovery News newsletter! To be added to the list, send a request to webmaster@triangleOA.org
 - receive the newsletter to webmaster@triangleOA.org
 - Newsletter is still in need of groups to volunteer to write for the November newsletter and the December newsletter. If your group is willing to do this service, please email newsletter@triangleoa.org
- Nominations - Intergroup is still seeking nominations for service positions ([view requirements, terms, and duties at this link](#))
Elections will be at our November 21, 2026 IG meeting. We have no nominations at this time for the following positions:
 - Secretary
 - Parliamentarian
 - Twelfth Step Within
 - Public Information and Professional Outreach (1-year term)
 - Retreat Chair & Registrar

We need you to contribute to 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.** 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 by 5:30 PM	Meeting	Suggested Topics
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