*Triangle Intergroup*

# Recovery News



November, 2026 edition

**"I am learning to 'stop and smell the roses,' take notice of my surroundings, and have gratitude."**
***Voices of Recovery* p20**

| | Text | Spiritual Principle | Reflection |
|---|---|---|---|
| **Step 11** | Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out. | Spiritual Awareness | "In OA, we share a belief that we can each recover through a spiritual relationship with a Power that is greater than ourselves alone."<br>—*The 12 & 12 of OA*, 2nd ed., p75 |
| **Tradition 11** | Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication. | Anonymity | *". . .we do not promote OA with personal appeals, celebrity endorsements, or other means or persuasion."*<br>—*The 12 & 12 of OA*, 2nd ed., p158 |
| **Concept 11** | Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants. | Humility | "Using the best available resources is a sound business practice that is crucial to the efficient functioning of Overeaters Anonymous.<br>—The 12 Concepts of OA Service, p12 |

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

## Step 11: Nitty Gritty

Step 11 is the wordiest of all the steps. These days I avoid extra words, preferring simple nouns and verbs to power my sentences. Why waste time? But if simple sentences promise saving time—as Maytag touted for their appliances—what would I do with extra time? Pray, or more like meditate. Meditate, because prayer is too wordy—me going on and on. Meditation is quiet. Meditation is listening.

If our business here is to be of use to God and others, receiving divine direction is tops.



- First, sit.
- Next, zip—my mouth and all my words.
- Third, get—all I need.

If inspiration comes, direction and power will follow. I need not be wordy. Let God do the talking. —Anonymous

## My Step 11 Practice

Part of my spiritual morning practice is to say some prayers, meditate and read the daily passages from *For Today* and *Voices of Recovery*. I say the 3rd step, 7th step and 11th step prayers and I have prayers, acknowledgements, and affirmations that I have developed with my Higher Power over the years.



I look out one window in my bedroom up to the sky and I alternate looking out another set of windows in my bedroom over to the horizon where the sun rises. A few prayers I say:

*God, I feel Your love, warmth, strength, power, nurturing, protection, energy, healing pour down on me, wash down on me, permeate me, envelope me—Your love, warmth, strength, power, nurturing, protection, energy, healing. Please come into my mind and bathe my heart (love, nurturing, healing) and come into my soul and my spirit. Amen!*

*You, my Higher Power, You are flowing through all of me and You are making me whole. Therefore, I give You my abstinence and my doing things in a timely manner and I give you my recovery with _____*

*I am living well and I am being well. I am following Our food plan, Our work plan, Our health plan, Our sleep plan, and Our commitment.*

*I release fear, procrastination, resentment, negativity, envy, anxiety, and doubt.*

*I embrace faith, hope, love, courage, positivity, healing, and willingness.*

Thank You for Your mercy. I embrace Your grace and I embrace Your solutions.

Thank you for yesterday. I turn today over to You Higher Power. I am Your vessel ready to be of service.

*I am faithing, Higher Power, I am faithing*.

—Paula, Hillsborough, Sunday 9:30AM

## Understanding Conscious Contact

I don't know what day it happened . . . the day I finally understood what conscious contact really means. I had been in program for a long time – it took me 9 years and several journeys through the twelve steps

before the ***G***ift ***O***f ***D***esperation helped me find recovery.




GOD taught me that none of my ideas or attempts to figure out how to control everything around me were doing me any good. I wanted to understand how the 12 Steps worked, and I couldn't get a handle on it. When I was finally back up to my highest weight, once again, and in complete inner turmoil over the end of a second marriage, I had to admit I was completely defeated. I was desperate and GOD appeared.

All I was capable of doing at that time was exactly what a couple of GOD-sent sponsors told me to do. I kept my head down and did the work. I put down the food. I turned everything over to a power greater than myself. I cleaned up my side of the street, and I kept it clean through tenth steps. I worked with others like the twelfth step instructed me to do. And I tried my best to talk to my higher power, pray, set up my day, and review my day, as the text told me to do in order to work Step 11.

Sometimes I prayed on my knees – in the morning, before bed, or just in the middle of a hard day. But most of the time, I simply started conversing with my higher power – out loud, usually. Every day, whatever was in my head, I would share it with GOD. I would get what's in, out. And then I started making sure to ask GOD to go first when I had tough situations. If I had a meeting at work that I knew would be contentious, I'd say, "You go first, GOD. I'm following you." If I had a date and was anxious about meeting someone new, I'd invite GOD along and pray ahead of time to be present and authentic. If I was nervous about an interaction with one of my grown kids – afraid I would slip into advice-giving instead of being a good listener – I would ask GOD to settle my heart. Over and over again, GOD came through for me.

One day, talking to a fellow who had reached out for help, I found myself in a conversation about how this all works. My new friend was a religious woman but had never received recovery from this disease by praying in church. I told her I had a very religious upbringing as well, but all the praying I did when I was in active addiction never afforded me the relief I had found by working these steps. And then it dawned on me that all of those conversations I was having with GOD were the reason. I had accepted that this addiction was a spiritual malady. I opened myself to the idea that it didn't matter what my conception of GOD was; I could tap into a source of power that I don't have to understand and it will still help me live a life of service and usefulness in peace and freedom. The key to all of it is the reliance upon a power greater than myself that keeps me straight every single day.



I described my conversations with my higher power to this still-suffering compulsive overeater, and I understood for the first time that I truly had developed conscious contact with GOD. It didn't need to look a certain way (on my knees). It didn't need to happen in church or exist through a strict meditation ritual. It simply came from my daily chats, my hourly discussions with GOD. I surrender my fears, my desires, my anxieties, my hopes and dreams. . . all in conversation with GOD.




GOD goes with me when I run, GOD accompanies me when I go out with my friends, GOD inhabits my home and sits at my desk with me when I work. GOD has to be a part of everything I do. I *want* GOD to be a part of everything I do. GOD's will is so much better than mine.

GOD for me is not that religious god, but something personal to me that I feel deep inside. It is personal to everyone what a higher power consists of. Choose whatever conception works for you. And then revel in how it feels to know that you have access to all the power you need to find serenity and freedom whenever you need to. May you develop your conscious contact and be free.

—Submitted with love from Jane P

## Step 11: Improving Conscious Contact

For someone who has, in theory, been trying to improve conscious contact with my Higher Power (HP) for 45 years, I seem to have come a short way. It is true that I now wholeheartedly believe in a Power Greater than Myself, however nebulous my ideas about what that Power might be; but there are times when it just seems like too much effort to improve my conscious contact.

I try to spend a relatively short time each day meditating, reading the day's page from each of our daily readers, and reflecting on one of them in writing; but sometimes I resist finding the time to do even that simple program. I realize that my self-absorption is such that sometimes I don't want to spend time with friends, and don't want my husband to interrupt my audiobook or the game I'm playing. I think my HP understands, as my husband and friends outside of OA do not, that I have a disease of isolation. I am no longer withdrawing from social activities to eat; but I'm still withdrawing occasionally even though I am an extrovert and get energy from my interactions with others.



I try to recognize this without self-recriminations. Isolation is not healthy for me, and contact with HP is vitally necessary for my recovery and my peace of mind. However, calling myself names and feeling ashamed do not work against isolation any more than they worked on my compulsive overeating. Instead, I bring myself gently back to the spiritual practices that sustain me—especially praying the Third Step Prayer. It's like going to a meeting—I need to do it even when I don't want to and, once I have done it, I always feel better. I also work on giving my husband better quality time and reach out to friends that have received too little of my attention. I ask HP to help me to remember to do these things.

As I work Step 11 regularly, I find myself reaching out to HP more often during the day—sending up 20-second prayers of gratitude, praise, concerns for others, or asking for guidance. Practice makes conscious contact seem less awkward and more natural. I am grateful for this step and continue to bring myself back to it despite my occasional resistance.

—Mary Anne, Chapel Hill Tuesday 6PM

## How does time spent in prayer and meditation affect me?

I spend time every morning in prayer and time in late afternoon in meditation and both are non-negotiable. Time spent in prayer leads me closer to my higher power, whom I choose to call God. I often feel less anxious as I discuss my troubles with HP. I get a positive and optimistic attitude to take with me into my day. I also pray for a



number of people, a long list, which I think brings me closer to each of them. When I meditate, I usually become more relaxed. I am closer to God and to people I put into my lovingkindness meditation, which is a part of my meditation time. I know that if I don't do my meditation, I probably won't sleep well that night. I require the meditation to maintain my mental health. Occasionally, I use a guided meditation from an app and find several benefits including, but not limited to, forgiveness, mindfulness, and relaxation. Another part of my meditation is a simple repetitive chant which relaxes me and brings me closer to God. I ask for that closeness before every meditation session. Prayer and meditation are disciplines that are essential to my program and my life.

—Anonymous



## Getting Lost in Meditative Art



As I study the patterned leaf I drew and interpret what I see and feel, it brings me closer to home in my OA Journey. It does not matter which way my eyes travel, I find truth in all the intricacies.

My noisy mind needs structure, repetition, and focus. I create multiple stacks of cubicles waiting to be occupied, rumbling tunnels digging deep within, and theater seats waiting to be filled. Hmmmm, am I craving company or seeking isolation? Or am I hoping for a promising future? Circular rhythms find places and continue to move, but with no monotony.

And what about those piercing lines turning inward just in time to seek perfection? It is only progress. Or am I prone to think I see my digestive system trying to create the perfect body? Rigidity stops me in my tracks. I cannot regulate the functions of my body. There is even an area in that space which creates an illusion of elevation. I see

it as a reflection that isn't existing. That's how mystifying my disease proves to be.

Finally, I see all those little zingers itching to jump off the leaf; to escape scrutiny.

It is true, my noisy mind needs structure, repetition, and focus. I had no idea what I was creating when I was in the flow of meditative art, one small pen stroke at a time.—Margaret C., Halifax, VA

## Thanksgiving Gratitude for OA

I'm accustomed to gratitude lists. I write them as part of my 10th Step practice and, like many people, I participate in the Thanksgiving custom of sharing with my family what I am grateful for. However, I have not often reflected on the things in my life for which I am grateful specifically to OA. Here is a sample of my list:

- The ability to face frustrating situations with less anger and more equanimity;
- Being able to shop for clothes in regular sizes and wear the same clothes from year to year;
- Being able to actually see and admit when I am wrong, instead of thinking that I am always the misunderstood and misjudged saint. (I'm not ***always*** grateful for this.);
- Drastically reducing my problems with indigestion, choking, biting the inside of my mouth, and burning my mouth;
- Giving me the promised life of "sane and happy usefulness;"
- Teaching me to give and accept love;
- Increasing my ability to feel all of my feelings (another one I'm not ***always*** grateful for);
- Freeing me from compulsively reviewing every time I've done something wrong or embarrassing in the middle of the night when I can't sleep; and
- Greatly improving **all** of my relationships.

—Anonymous, Chapel Hill




**Thank you to the writers and artists who contributed this month!**

## We need you to contribute to the newsletter!

The Carrboro Sunday 5 PM meeting has agreed to write for December. **However, anybody can submit materials to the newsletter at any time.** Materials should be sent to newsletter@triangleoa.org. Articles for the December newsletter are due by **5:30 PM on December 12**. The suggested topics are: Step, Tradition, or Concept 12; Service, Spirituality, Selflessness, Realism, Representation, Dialogue, Compassion, Respect, or Anonymity. The next page shows the topics and dates due for the first 6 months of 2027.

| Month | Due Date By 5:30 PM | Group | Suggested Topics |
|---|---|---|---|
| **January** | Jan. 9 | | Step, Tradition, or Concept 1; Honesty; Unity; Plan of Eating |
| **February** | Feb. 13 | | Step, Tradition, or Concept 2; Hope; Trust; Conscience; Sponsorship |
| **March** | March 13 | | Step, Tradition, or Concept 3; Faith, Identity, Trust; Meetings |
| **April** | April 10 | | Step, Tradition, or Concept 4; Courage, Autonomy, Equality; Telephone |
| **May** | May 8 | | Step, Tradition, or Concept 5; Integrity, Purpose, Consideration; Writing |
| **June** | June 12 | | Step, Tradition, or Concept 6; Willingness, Solidarity, Responsibility; Literature |