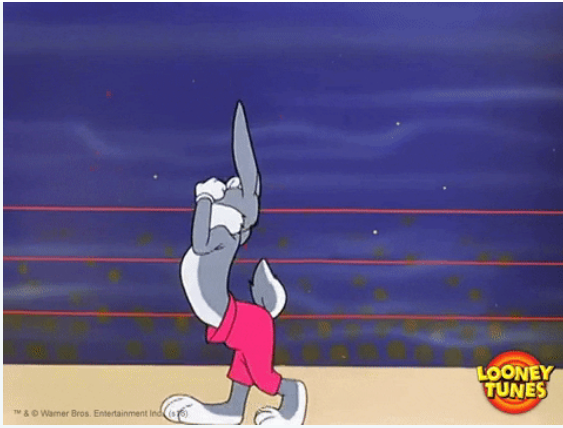




# NOVATIONS

**Step Seven: Humbly  
Ask [Our Higher  
Power] to Remove  
Our Shortcomings**

Usually I write my article  
about the Spiritual



Principle of the month, but for July it's Humility--and I don't know anything about that!

Do you think I'm kidding? If you've ever met me personally, I bet you can picture it. I'm an actor, an attention getter, a shameless ham.

"Humble" isn't something you generally think when you meet me. I believe the word "diva" may have been used. I was born for applause! I love the spotlight! I'm hilarious and I sing like an angel, so keep up the adulation! (Okay, maybe that last bit was a little over the top.)

What I have been learning over the past few years in OA and especially in working the Steps through the Big Book is that humility isn't about being self-effacing. It's about accepting the reality that I am no better and no worse

than anyone else. It's about taking an honest look at my character defects in Step Five, preparing myself to have them removed in Step Six, and *then sitting back and letting my HP remove them in Step Seven.*

Notice the italics? I can't remove the defects by myself. I may be able to "be good" for one day, but the next day I've used up all my willpower and I'm cranky and, holy crap, that other person is annoying, and I'm back to old habits.

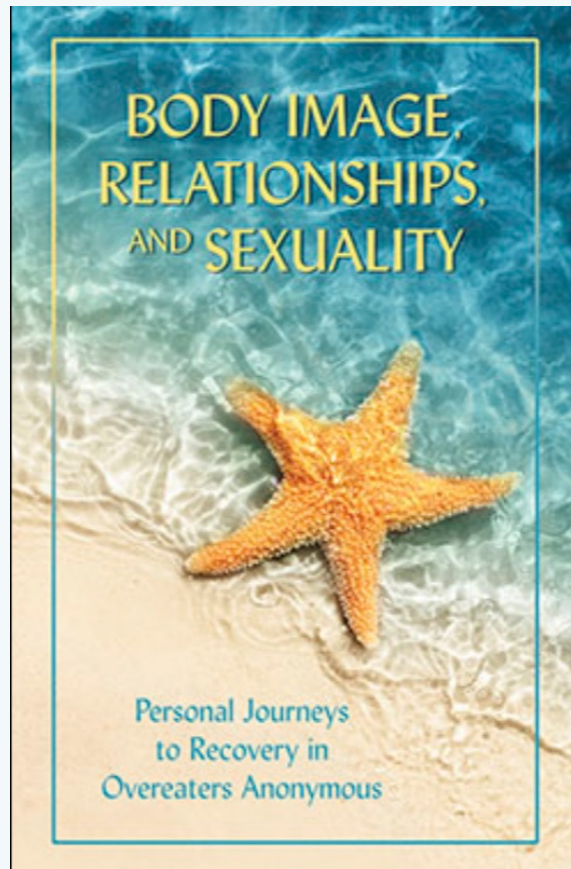
How do I work Step 7? Every morning I say the Step Seven prayer in my morning meditation. That's it. I say it out loud, trying not to do it by rote while my mind wanders. And somehow, gradually, I'm getting better. Just yesterday I was having a difficult conversation at work and I felt the frustration and anger rising in me; but suddenly there

was a still, small voice saying that getting angry and being nasty wouldn't help anything. That my coworker was trying to explain the process to me and my inability to understand was, perhaps, not her fault. That it was my fear of failing that was causing my anger and resentment. And somehow I held my tongue and we completed the call with enough goodwill that she responded swiftly and helpfully to my follow-up questions. And I am here to tell you--that little voice of sanity was not me. I am not that smart! (There's a little humility for you, LOL.)

My HP is healing me, slowly and surely. Together we are moving towards a life where I am removed from the shortcomings that have weighed more heavily than any amount on the scale--where I am happy, joyous, and free.

## OA has a new book!

*Body Image, Relationships, and Sexuality: Personal Journeys to Recovery in Overeaters Anonymous*—is filled with stories about how our disease has affected the most intimate parts of our lives. Members write about how they have worked OA's Twelve Step recovery program, leaving behind confusion and anguish to live lives of acceptance, freedom, and serenity. Available at [oa.org](http://oa.org), Amazon's Kindle store and Apple Books. Barnes & Noble Nook edition coming soon. OA receives a royalty share from these third-party vendors.





## Beat the dog days with sponsorship workshops!

August is sponsorship month. There are workshops for everyone--sponsors, would be sponsors, or people looking for a sponsor.

**Saturday, August 8, 3:00 - 4:00 pm, *Tips and Challenges for Sponsors*, NOVA IG**

**Saturday, August 8, 4:30 - 5:00 pm, *Looking for a Sponsor*, NOVA IG**

**Sunday, August 9, 3:00 - 4:30 pm, *New sponsor workshop*, OA Virtual Region IG**

**Thursday, August 13, 8:00 - 8:30 pm, *Looking for a Sponsor* (repeat of August 8 workshop), NOVA IG**

**Saturday, August 15, 1:30 - 3:30 pm, *Getting Newcomers Started, Sponsoring Chronic Slippers*, Sacramento Valley IG**

**Sunday, August 16, 2:30 - 3:30 pm, *Sponsor and Sponsee Perspectives on Sponsorship*. Central Virginia IG**

*From the NOVA Intergroup Sponsorship Committee*



## **Celebrating Sponsorship**

**Sponsorship Day** -- celebrated the third weekend of August -- is a day set aside by OA to acknowledge the importance of sponsoring in our fellowship. See below for events in August to celebrate Sponsorship day, and new literature!

### **NoVA Events**

**Saturday, August 8, 3:00 - 4:00 pm** *Sponsorship Tips, Tricks and Challenges.* Sponsors will share tips they have learned along the way, and share their experience, strength and hope on the challenges and rewards of being a sponsor. (Yes, it can even be fun!) Also Q&A. Bring your questions. **Zoom meeting ID:** [883 4488 3827](#), password 41315; or the usual NoVA IG **phone** options, including [301-715-8592](#).

**Saturday, August 8, 4:30 - 5:00 pm** *Trying to find a sponsor, but no luck so far?* Join us to get some ideas, and connect with others in a similar situation. **Zoom meeting ID:** [883 4488 3827](#), password 413158; or the usual NoVA IG **phone** options, including [301-715-8592](#).

**Thursday, August 13, 8:00-8:30 pm** - repeat of *Sponsorship Tips*,

*Tricks and Challenges*. **Zoom meeting ID:** [845 2441 7399](#), password 081220; or the usual NoVA IG **phone** options, including [301 715 8592](#).

### **A Few Other Sponsorship Events**

**Sunday, August 9, tent. 3-4:30 pm, *New Sponsor Workshop*.**

Three speakers will share experience, strength and hope on tools for new sponsors, including the new *Temporary Sponsors and Newcomers' First 12 Days* and the *Sponsorship Kit*, which includes *A Guide for Sponsors* and *Sponsoring through the Twelve Steps*. Also Q&A. See the OA Virtual Region events page for more information.

**Aug. 15, Saturday, 1:30 - 3:30 pm (Eastern Time) (10:30 am - 12:30 pm PT) *Getting newcomers started, sponsoring chronic slippers*.**

Hosted by the Davis Fellowship/Sacramento Valley IG. **Zoom Meeting ID:** [996 123 8124](#), password 4KwK79; or **phone** [1-669-900-6833](#), password 874751. For more information, go to [sacvalleyoa.org](#) and select the events page.

**Sunday, August 16, 2:30-3:30 pm *Let's all Listen and Learn as Two Speakers Share their Experience with Sponsorship***, one from the perspective of a sponsor and the other from the perspective of a sponsee! Available sponsors will be identified, as well as options to find a sponsor who has what you want! Hosted by Central Virginia IG. See their events page for more information. **Zoom meeting ID:** [368-705-321](#); **phone** [1-646-558-8656](#). For Zoom password and questions, please call Alicia at [804-564-4649](#).

### **Literature for Sponsors and future sponsors:**

- **NEW** *Twelve Step Workshop and Study Guide, Second Edition*
- **NEW** *Participant Guide for Twelve Step Workshop and Study Guide, Second Edition*
- **NEW** *Temporary Sponsors: Newcomers' First Twelve Days* (downloadable on [oa.org](#))
- **Unchanged and Simply Wonderful:** *Sponsorship Kit*, which



includes *A Guide for Sponsors and Sponsoring through the Twelve Steps*

Wishing you joy and abstinence--

The NoVA Intergroup Sponsorship Committee. ☺



Update your calendar:

NO Intergroup meeting in August.  
August NoVAations deadline is 26 August. The topic is Step Eight  
or the spiritual principle of Self Discipline.



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**Our mailing address is:**

NoVA IG

P.O. Box 1992

Annandale VA 22003

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