

NOVATIONS

December 2023

The Monthly Newsletter
of the Northern Virginia
Overeaters Anonymous
Intergroup



Step 12 - Spiritual Awakening

Step 12 Continued

Step 12: Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Spiritual Principle: Service

Have you experienced any kind of spiritual awakening?
What was it like?

I've had several important spiritual experiences starting when I was a teenager. After particularly difficult argument with my actively alcoholic mother, I locked myself in our little guest bathroom and put my head in my clenched hands and said over and over and over again "I hate her. I hate her. I hate her....." I was completely filled with hate and rage and fear. Suddenly, I felt something, a presence of some kind, leave my body. I immediately was aware that God/HP had vacated my body. I was filled with fear and knew that I wanted him/her back. My inner spirit had exited but was still close by. I started saying, "I'm sorry, I'm sorry...." And the spirit returned. I believe my HP could not occupy the same space with so much hatred present but returned quickly at the slightest glimmer of hope. From that point on, I have never questioned the existence of a higher power of some kind.

Then when I was about 17 and working at Camp Thunderbird one year, I was particularly distraught over a broken relationship and wandered down to the Chapel on the point. It was a beautiful log cabin Chapel situated on a point of land looking out over Lake Wylie on the North/South Carolina border. I heard a song playing that night which said, "What the world needs now is love, sweet love." I felt the promise of a power greater than myself that night. The feeling didn't last and I was soon veering off into more food and alcohol but I will always remember that night.

My spiritual experience in OA has centered around accepting that I am powerless over food and that my HP offers me the power to abstain from compulsive overeating THROUGH THE FELLOWSHIP. I receive a power greater than myself when I CONNECT with others. I hear HP voice through others. For MANY years I prayed alone to God and God never reached down and took the fork away from me. I would reach out for temporary accountability, then let go of that hand, and eventually relapse again. I know now that if I want to stay abstinent, I must never let the hand of OA go. In service and abstinent just for today,

Anonymous

From the Editor

Dear Readers - NoVAtions brings you articles to support your recovery, and gives you information about Overeaters Anonymous Intergroup in Northern Virginia.

If **you are interested in writing** a short article about a Step, Tradition or a Spiritual Principle that you have worked through, please contact me for details. Sign up for 2024 now!
(The steps & traditions correspond to the month, e.g. Step/Tradition 1 for January)
Keep Coming Back, Cathy C., Editor
novations@oanova.org

See Page Two Below!!

Tradition 12: Spiritual Light

Tradition 12: Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

Spiritual Principles: Spirituality

The 12th tradition is like a spiritual light, showing me things that my eyes and mind cannot easily see.

Being judgmental is one of the character traits that still cause disturbances in my life of recovery. "I" cannot tell the difference between my healthy judgment and my unhealthy criticism. "I" can't see clearly whether the motives behind my choices are genuine or people-pleasing.

When first seeking through the 11th tradition, I heard different voices, not knowing which direction was Goddess's (Higher Power's) will. When first practicing the serenity prayer, I found acceptance in one hand and courage in the other, but I still lacked wisdom.

"Principles before Personality" is a tool to release myself from these self-created conundrums. Are my thoughts honest, open and willing? Are my words kind, patient, and loving? Are my actions courageous, compassionate, reflecting humility, and serving humanity? Do I treat people differently, simply because of personality matches or crashes? Do I favor-or-fear my own and other people's personalities so much that I forget the principles?

Being a compulsive eater and recovered bulimic, I surrender my compulsion to overeat, undereat, binge and purge, not only on food, but on personalities, emotions or opinions. I believe along this continuous journey of spiritual awakening, my personality will change and my willingness will align with Higher Power's will, one day at a time.

Sunny

What's Happening in OA?

Go to oanova.org !!

The home page has the most current OA happenings in and around Northern VA

You may: Sign up for future NoVAations newsletters to be emailed to you each month

Click on the information box for **2023-2024 Holiday**

****Marathon Meeting Schedule****

You can: Look up Marathon Meetings for all upcoming holidays, on the schedule.

VOLUNTEER Opportunity: InterGroup is in need of a **Treasurer**. Contact treasurer@oanova.org or look on the "About Us; Procedures" tab on the oanova.org website

New Meeting in Woodbridge!

Interested in getting a new meeting started in Woodbridge, VA? Email, call or text! Andrea G 703-725-2077 andrealgreco@gmail.com



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