

NOVATIONS

May 2024

The Monthly Newsletter
of the Northern Virginia
Overeaters Anonymous
Intergroup

A Word from Dan:

The NoVAations newsletter is on a temporary pause, while we search for a new editor.

If you'd be interested in the service of being editor, please reach out to chair@oanova.org. You'd have plenty of help to get you started, including a template, willing writers and proof-readers, and the guidance of the former editor. Service is its own reward!

In the meanwhile, we hope you enjoy this article on the Promises of Step 5.

Yours in service,

Dan L, chair, OA NoVA intergroup
Mail to: chair@oanova.org



Promises from OA Step Five

OA Step Five Promises (and you may find more)

All statements are from The Twelve Steps and Twelve Traditions of Overeaters Anonymous – 2nd edition.

- A promise – “Once we have taken this Step, we will no longer have anything to hide.” (p. 40)
- A promise – “This is the beginning of the end of our isolation.” (p. 40)
- A promise – “In Step Five, we continue to learn there can be a new way to live.” (p. 40)
- A promise – “Through the Fifth Step process, we begin to see reality.” (p. 41)
- A promise – “We begin to forgive ourselves and see ourselves as capable, strong, and honest.” (p. 41)
- A promise – “Step Five, by helping us to know and accept ourselves, makes it possible for us to change and recover.” (p. 41)
- A promise – “The fruits of having faithfully completed Step Five may be apparent immediately or gradually, but they will appear.” (p. 44)
- A promise – “Taking Step Five is the beginning of freedom, and as we continue working the Steps, the great burden of our past actions will be lifted from us.” (p. 44)

-Anonymous