

NOVATIONS

April 2024

The Monthly Newsletter
of the Northern Virginia
Overeaters Anonymous
Intergroup



Step Four - Sharing With Another or Hiding?

Step Four: Made a searching and fearless moral inventory of ourselves.

Spiritual Principle: Courage

I isolated, hid and ate to hide from the messiness of my life, all the mistakes I had made and all the anger and resentments that I had stuffed down with food. I felt I could never tell anyone my secrets but coming into the rooms of OA, I was told that in order to have recovery I needed to work all the Twelve Steps and never stop working them. As I approached my first Fourth Step, the following thoughts formed in my head as a poem but as a reminder that I can't keep secrets.

Hiding

When I open up to you
Will you still be my friend?
Or will you turn your face
Like so many others do?
My mask was ever in place
To hide the inner me
Now that I am pleasing God
What do others see?
We all hide a part that others cannot see
But if I tell you my secrets
Will you do the same for me?
By telling you my hurts
Letting you share my pain
We can each recover
And reach a higher plane.
-Anonymous

OA Step Four Promises (and you may find more)

All statements are from:

**The Twelve Steps and Twelve Traditions of
Overeaters Anonymous – 2nd edition**

- A promise – “As we took an honest look at the past, we began to understand ourselves better.” (p. 25)
- A promise – “As we face the problems, they lose their power to overwhelm and control us.” (p. 26)
- A promise – “As we work the Fourth Step, we develop a new ability to see our own dishonesty and a greater willingness to live by truth.” (p. 26)
- A promise – “We have found that a simple prayer for willingness to take action works to get us started on our inventory.” (p. 27)
- A promise – “Each of us who completes a Fourth Step inventory in OA finds it essential to our recovery and a major factor in changing our lives.” (p. 36)
- A promise – “We are “moving beyond the food and the emotional havoc to a fuller living experience”.’ (p. 37)

-Anonymous

Tradition Four & More on Page 2

Tradition Four: Autonomy and Harmony

Tradition Four: Each group should be autonomous except in matters affecting other groups or OA as a whole.

Spiritual Principle: Autonomy

Tradition Four states: “Every OA group makes its own decisions – and mistakes – without interference from any governing body other than its own group conscience.” (p. 114) Each OA group, wherever it meets in the world, “operates in an atmosphere that promotes recovery from compulsive overeating through the Twelve Steps and Twelve Traditions of Overeaters Anonymous.” An OA group has autonomy but has no affiliations, other than with OA. There is only one limit to group autonomy: “OA Groups should not do anything that will injure other OA groups or OA as a whole.” (p. 113)

If a group fails to uphold the Fourth Tradition, it is most often out of ignorance of, rather than a deliberate choice to ignore, the Traditions. Groups are allowed for specific interests and groups but are not allowed to require anything for membership, other than a desire to stop eating compulsively. In 1988 OA decided to allow groups to place special abstinence or other requirements on officers or lead speakers. Groups are still encouraged to give all members a voice in decision making practices.

So what?! Why is this important? History has shown that OA groups that do not maintain adherence to the Twelve Traditions, tend to fade away and/or cause misrepresentation of what OA has to offer to those who still suffer with the disease of compulsive eating.

“Living by the Fourth Tradition in OA means learning to act autonomously, even as we live in harmony with others.” (p. 117)

-Anonymous

(All quotes are from The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2nd edition.)

What's New and Happening in OA?

April 8: Big Book 85th Anniversary Celebration (by Big Book Celebration Meeting #46231)
Hybrid

April 14: Disease Traps and the Tools of Recovery Workshop (by Philadelphia Area Intergroup.) Sunday 2-3:30 PM Eastern time
Virtual
Meeting ID: 858 0103 1176
Passcode: 786925

April 20: OANova Intergroup monthly meeting. 10 - 11:30 AM Eastern time
Come as a representative of your group or to observe the meeting.
<https://us02web.zoom.us/j/81528747246?pwd=V2xBbTREZ3JKLOs4RDlmUjdkU3hMZZ09>

April 26-28: DSIG Annual Beach Retreat: Finding the Power Within the Steps, Friday April 26-Sunday April 28 at the Carousel Hotel in Ocean City, MD. For more information and to register:
<https://oaregion7.org/events/diamond-state-retreat-finding-the-power-within-the-steps/>

From the Editor

We continue our emphasis with the Step and Tradition of the month. In 2024 we added a monthly article on the **promises** that we find in our “OA Twelve and Twelve, 2nd Edition.”

We would love to hear from you and to reserve a Step or Tradition on which you would like to share your experience.

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