

NoVAtions

April 2025

The Monthly Newsletter
of the Northern Virginia
Overeaters Anonymous
Intergroup



Bondage to Self

When I came into program, one of the things I heard was “I’m not much but I’m all I think about”.

In reading the text about Step Four, I love the statement that says, “This Step continues the transformation process that began with our admission of powerlessness in Step One, a process of increasing honesty and self-awareness that will gradually free us from our bondage to self” (page 26, *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2nd edition*). When I think of bondage, I think of captivity with no way out. So, I ask my Higher Power for release from being held in bondage to the following:

1. Bondage of compulsive eating and overeating
2. Bondage of “extra bites”
3. Bondage to fear
4. Bondage of lack of trust
5. Bondage of not asking for help
6. Bondage of self-will
7. Bondage of magical thinking
8. Bondage of “what ifs”
9. Bondage of wishful thinking
10. Bondage of shame

By doing a thorough and fearless inventory, I am no longer held in bondage by many items on this list. Some of the others, like self-will, have lessened dramatically but they still happen. This just shows me that I need to continue working the Steps and continue talking to my Higher Power.

Anonymous

See Page Two for more
of April NoVAtions

Upcoming Events

OA NOVA Intergroup

New and Growing Local In-Person Meetings: +Springfield Thursday is now at 7:30 PM

at Westwood Baptist Church,
8200 Old Keane Mill Rd., Springfield.
Come in Door #5, go up the stairs and
through the kitchen to Whitten Hall.
+Monday 6:30pm Arlington is growing.
4435 N. Pershing, Arlington
Room MPR C on Level B.

Next VIRTUAL Intergroup Meeting:

April 12, 10-11 AM
All are welcome!

Link:

[https://us02web.zoom.us/j/81528747246?
pwd=V2xBbTREZ3JKL0s4RDlmUjdkU3h
MZz09.](https://us02web.zoom.us/j/81528747246?pwd=V2xBbTREZ3JKL0s4RDlmUjdkU3hMZz09)

Meeting ID: 815 2874 7246.

Passcode: 12x12x12

DSIG Ocean City Retreat - April 25 – 27

DSIGbeachretreat@gmail.com.

OAdelaware.org

Three days of fantastic recovery, ocean,
pools, ice skating, restaurant, pickleball,
talent show. Location: Carousel Hotel. IN
PERSON Rooms are blocked for OA
members. Call Kris: 443-553-7965.
Transportation arranged from NoVA by
Sharon S., 571-201-5675.

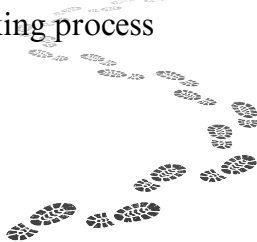
Check oanova.org and oa.org
for more information

**OA Step Four, Tradition Four,
and Concept Four**

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

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

Concept Four: The right of participation ensures equality of opportunity for all in the decision-making process



From the Editor

OA members are encouraged to submit poems, articles or thoughts for NoVAtions, and/or any questions to: Cathy C, Editor
novations@oanova.org
May Themes: Being Real, Purpose, Consideration

Visit: oanova.org
for
NoVA Intergroup
meeting times/places
and Upcoming OANova Events



Your Step Four Spring Cleaning

When I was young, my mother usually began “Spring Cleaning” in April. In Western Massachusetts, where I grew up, the weather became warm in April and signs of Spring popped up all over. This was when she changed the window treatments, the slipcovers on the sofa, (we had slipcovers!!!) shampooed carpets, washed and waxed floors – basically transformed the house from dark Winter into light Spring. It didn’t make a different house -- the rooms were still the same -- but it gave the house a new beginning for those inside it.

When I think of Step Four, “spring cleaning” comes to mind. Taking my first inventory was a true “cleaning out” of the past burdens under which I strained. It took away the pain of bondage to food and the struggle to find Higher Power in my life. It didn’t change the essence of me—just like the house cleaning didn’t change the essence of our house. But it did give me a fresh look on my life. With new “window treatments” free of dust and dullness, I could look upon my life with hope. With new “slipcovers” I could rest and relax in the knowledge that my Higher Power was close by - even within me. After shampooing the “rugs” of my resentments, and washing and waxing the “floors” of my fears about reviewing all those events and feelings from my past, I could walk straighter and feel lighter.

So now as I start the month of April this year, I can look with greater clarity on my inner life, take some time to reflect on events and feelings that may still bring up resentment or fear or anger within me (because, like my childhood home, the rooms are still the same). Once again I can use this step to review my life and clean up remaining dust and dirt! Then I can move onto Step Five and be released.

I am so grateful to be part of this 12 Step Program and the fellowship it gives me, the healing it has brought, and the newness of life I face over and over again!

Alice M.