

NoVAtions

JUNE 2025

The Monthly Newsletter
of the Northern Virginia
Overeaters Anonymous
Intergroup



Step Six: The Willingness to be Willing

I write today as a 56-year-old woman who has walked the path of compulsive eating for decades, and who for the past five years has found refuge and recovery in this fellowship. I understand the weight of body-dysmorphia, the guilt of sneaking candy in the dark, and the despair of waking in the night to obsessive thoughts that drown out hopes of sleep. I once believed that if these thoughts remained, it meant I had “failed” in recovery—and so I hid from them, skirting my defects rather than facing them. But through the Twelve Steps and Twelve Traditions, I have learned that true abstinence is not perfection; it is a daily surrender to a Power greater than myself, and a willingness to let go of what no longer serves me – even on days when all I can muster is the willingness to be willing.

Step Six—“Were entirely ready to have God remove all these defects of character” is the hinge on which this program turns. It calls us to examine not only the behaviors that betray our abstinence, but the hidden resentments, shame, and self-condemnation that drove me back to the candy bowl over and over, night after night. In the Big Book, we read: “Are we now ready to let God remove from us all the things which we have admitted are objectionable? ... If I still cling to something I will not let go, I ask God to help me be willing.”

When I first encountered that question, I balked. I loved my nightly ritual of sweet escape too much to imagine life without it. Yet today, each dawn finds me on my knees, praying, “My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows.” This is not a one-time act, but a daily invocation—an opening of my heart to transformation.

N McW, Virginia USA

Upcoming Events

OA NOVA Intergroup

Next VIRTUAL Intergroup Meeting:

INTERGROUP MEETING:

All Are Welcome and Encouraged to Attend

*Next Meetings: June 21 & July 19 @ 10AM

(dates subject to change)

Usually the 3rd Saturday of the Month

Direct Link:

<https://us02web.zoom.us/j/81528747246?pwd=V2xBbTREZ3JKL0s4RDlmUjdkU3hMZz09>

Meeting ID: 815 2874 7246.

Passcode: 12x12x12

Upcoming Workshops and Events

(See: <https://oanova.org/resources/news/> for details and more events)

*Monthly 12 Step Workshop, Beg 7/4/25

*Enough! Workshop details @

<https://oanova.org/enough-workshop>

*Male Perspectives in Recovery June 22, 2025, 2 – 4 PM EST

Check oanova.org, oaregion7.org, and oa.org for more events and information!

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**NoVAtions June 2025 for
Part 2: Working Step Six through
the OA Steps and Traditions**

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Working the full Twelve Steps is essential to deepen that willingness. Steps One through Five brought me face to face with my powerlessness and my unmanageability, and guided me to make a searching moral inventory and share it with another person. Without those steps, Step Six would be wishful thinking. Steps Seven through Eleven keep me in constant connection with my Higher Power—turning my will and my life over daily (Step Three), humbly asking for removal of shortcomings (Step Seven), and taking ongoing personal inventory (Step Ten). Step Twelve then invites me to carry this message of hope to others, reminding me that no one recovers alone.

The Twelve Traditions surround my personal work with the wisdom of unity and service. Tradition One reminds me that “our common welfare should come first; personal recovery depends upon OA unity,” and so I attend meetings faithfully—knowing that my presence strengthens another just as their presence strengthens me. Tradition Five teaches that “each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers,” so I reach out with texts and calls: to those struggling with the same cravings, and to long-timers who inspire me with their serenity, asking simply, “How do I keep Step Six alive today?” Service through sponsorship and outreach brings back the gift of perspective and reminds me that in lifting others, my own willingness is renewed.

My daily guide for faithful abstinence is woven from these threads: I start each morning with prayer and a reading of OA-approved literature—often revisiting the promises in the Big Book or the meditations in Voices of Recovery—then journal what speaks to my heart. I follow an abstinent eating plan crafted with my sponsor, nourished by fellowship rather than by sugar. Throughout the day, I pause for moments of meditation, checking in with my Higher Power: “Am I clinging to anything I won’t let go?” And every evening, before sleep, I review my day’s victories and failures, thanking God for the strength to turn back to the program one more time.

Obsessive thoughts still visit me—this I confess not with shame, but with gratitude, for they remind me of the active edge of my recovery. They do not negate my abstinence; rather, they signal an opportunity to practice Step Six again: to say “yes” to willingness, to invite God to remove the restlessness, the self-doubt, the fear, and to replace them with serenity.

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I walk this journey one day at a time, grounded in the Twelve Steps and protected by the Twelve Traditions, surrendering completely to the miracle of a new way of living. And when I find myself in that dark hour, I know that I am not alone—pick up the phone, join the circle of fellowship, and together we will ask God for the willingness to be willing.

N McW, Virginia USA



Step Six, Tradition Six and Concept Six

Step Six: Were entirely ready to have God remove all these defects of character.

Tradition Six: An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

Concept Six: The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

From the Editor

OA members are invited to submit poems, articles and thoughts for NoVAations, and any questions to
Cathy C. Editor
novations@oanova.org

Upcoming NoVAation Themes:
Step/Tradition/Concept 7 & 8,
Welcoming Newcomers to OA
NoVAations Articles Due: on the 20th of each preceding month by 12 midnight



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