

NoVAtions

July 2025

The Monthly Newsletter
of the Northern Virginia
Overeaters Anonymous
Intergroup



Tradition Seven: Responsibility

Tradition Seven: Every OA group ought to be fully self-supporting, declining outside contributions.

Spiritual Principle: Responsibility

To me, responsibility means accountability, duty, and obligation. It also involves trustworthiness and integrity in order to carry out that responsibility. Meeting my responsibility affects my spirit and how I feel about myself. And of course, this is in direct correlation with knowing and doing God's will. My spirit is lighter and unburdened when I am doing God's will, and I feel better about myself. My self-esteem rises and I am not carrying the weight of shame.

Carrying out the spiritual principle of responsibility strengthens my relationship with my Higher Power. Whatever responsibility I have, I must start out with some kind of prayer because God has to be involved in the equation. I have found that the Serenity Prayer is very effective – "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. Thy will, not mine, be done." Starting with this prayer helps me sort out what I am responsible for, what I am not responsible for, and it helps me to know the difference.

Anonymous

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NoVAtions July 2025 for:

***Freedom through Humility**

***From the Editor**



Step Seven, Tradition Seven and Concept Seven

Step Seven: Humbly asked Him to remove our shortcomings.

Tradition Seven: Every OA group ought to be fully self-supporting, declining outside contributions.

Concept Seven: The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B.

Upcoming Events

OA NOVA Intergroup

Next VIRTUAL Intergroup Meeting:

INTERGROUP MEETING:

All Are Welcome and Encouraged to Attend

*Next Meeting: July 19, 10-11AM

Intergroup meetings are on
the 3rd Saturday of each 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>

*Relapse Prevention Workshop

Provided by OA Virtual Region

on July 13, 3-5 PM ET. For more info:

<https://oanova.org/manage/assets/uploads/2025/06/Relapse-Preventio-workshop-2.pdf>

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

Freedom Through Humility

Step Seven: Humbly asked Him to remove our shortcomings.

At first, Step Seven sounds like we just ask a simple question for help. At second glance, it sounds intimidating, as we have to ask with humility. As I have worked this step, I believe that it is important, soul searching, and ultimately freeing. (Note: the Steps are in order for a reason and Steps 1-6 should be worked before attempting this one!)

The first word is “Humbly.” Most of us cringe when we read that word because what we hear is, “Humiliation.” We do not reach humility by crawling on our knees and declaring what a failure we are. Humiliation is negative, but humility is a positive trait.

Humility is the ability to see ourselves as “right sized,” (as referenced in AA literature) and it does not refer to our physical shape. Being right sized means not seeing myself as greater than, or less than, I am. It is the ability to see and accept my abilities and my inabilities as part of my humanity. It is being in touch with reality!

Once I see who I really am, I am ready to ask my Higher Power to take away any and all defects that keep me from being of use to myself, to my Higher Power, and to others, especially those who still suffer with our disease.

As I accept who I am -- the good and the not-so-good -- I am blessed with the freedom to live my life to the best of my ability one day at a time, receiving from and giving to others in program, in my home, and in my daily life. Freedom from the obsession with food is worth the process of embracing humility.

Anonymous



Thoughts From the Editor

August NoVAations Takes a Holiday!!

Note: We take a vacation from producing the August NoVAations newsletter.

However, we are planning a special section in the September issue geared entirely toward *newcomers!*

If you have an idea or question, or would like to submit an article, contact Cathy C., Editor at novations@oanova.org



Upcoming NoVAation Themes

- Step/Tradition/Concept 8 and 9*
- OA members are invited to submit poems, articles and thoughts for NoVAations, and/or any questions to Cathy C, Editor novations@oanova.org

NoVAations Due Dates:

NoVAations Articles Due: the 20th of each preceding month by 7 PM.

Articles for September are due by August 20th at 7PM!!

*See article above for details on September Topics!

