



NOVATIONS!

NOVA Outreach Intergroup
July 2005



Step 7

Humbly asked Him to remove our shortcomings.

Tradition 7

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

Step 7 Fruits & Promises

Fruit: Humility
Promise: Self-seeking will slip away.

The Twelve Concepts of Service

Concept 7: 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.



Reflections on Step Seven

"Humbly asked Him to remove our shortcomings"

As our literature makes so clear and our collective experience attests, this is a deceptively simple step. In reality, success with Step Seven is a complex process. A word from this step, a phrase from the Step Three Prayer, and a basic technique

described in the Big Book hold the key to an understanding of that process.

"Humbly" is not a terribly popular adverb these days, perhaps because there is misunderstanding of its meaning. It is derived from the Latin word for earth, ground. Thus, I like to think of humility as awareness of my identity as an "earth-walker." My humanity consigns me to this world here and now.

As an earth-dweller, there are certain things of which I am incapable. For example, I cannot stop eating compulsively of my own volition, no matter how hard I try, nor can I single-handedly remove any of my defects of character.

God, can, though, and God will, if I, mindful of my human limitations, ask for their removal. That doesn't mean that I grovel and whine in my plea, only that I ask respectfully for the help I so sorely need. It is indeed written in my human genes that I reach out to a Higher Power for help in such matters.

In the Step Three Prayer, the phrase "bondage to self" always stops me. What does that mean to me today, I ask myself. Bondage sounds pretty serious. How can I recognize it in the context of this day's activities?

With each passing year, I am seeing more clearly the way that instincts run amok in me continue to rule me in the guise of defects of character. Every defect is traceable to that one instinct which has been out of whack in me for a very long time. The bondage comes in my clinging to those defects long after they have ceased to do anything for me and long after they have become extremely destructive to me.

Relief from the bondage to self comes each day to the extent that I submit the defects to the scrutiny of my Higher Power, ask that they be removed, then act as if they have been removed. Until I am willing to live without the defects this day, I will continue to carry them and operate out of

them. Eventually, I will relapse into compulsive behaviors.

This is similar to what happens with the food. Little true recovery is possible until we put down the food. Weighing and measuring food is analogous to acting as if character defects have been removed on any given day.

Step Seven, then does become simple (though still not easy), as we earth-bound beings, acting as if our characters defects have been removed, become free of bondage to self and thus able to do the will of our Higher Power one day at a time. anon

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. Grant me strength, as I go out from here, to do your bidding. Amen.

Reflections on Tradition 7

In reading an article on Tradition 7 in the 1998 issue of *Lifeline* (OA's monthly magazine) I began to look at this tradition as more than putting a dollar or two in the basket.

Other ways of helping OA to be self-supporting is to:

- Hold a service position at any meeting I regularly attend. This definitely supports the meeting.
- I can carry the message to new compulsive overeaters - the newcomer is the lifeblood of the program.
- I can refrain from illegally duplicate program literature or audio tapes.
- I can use self addressed, stamped envelopes when I am requesting any material from World Service or any other office of OA. anon



Ways to share recovery...

- Generously give to the 7th Tradition basket.
- Verify that your group is supporting World Service.
- Be attentive to speakers.

- Keep going to your home meeting.
- Attend group consciences, business meetings. Reprinted from *242 Ways to Share Recovery*

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