

NoVAations

Northern Virginia (NoVA) Intergroup (IG) of Overeaters Anonymous (OA)

CALENDAR AT A GLANCE

NOVA

Next IG Meeting: July 20, 10 am - 12 pm. Refer to Special IG Event below.

Special IG Event: "You Are Invited To Help OA Grow in Northern Virginia." July 20, 10am -12 pm. George Mason Regional Library, 7001 Little River Turnpike (Route 236), Annandale, VA.

August NoVAations Theme: "Relationship Check-In." Submit to ceciliarwas@gmail.com by July 9.

REGION 7

SCPOAI - Butterflies Are Free." Jun 29. Hempfield United Methodist Church, 3050 Marietta Ave., Lancaster, PA. Contact: Tracy F. (717) 333-8845.

"Together We Can Recover Retreat - South & Central Jersey IGs." Aug 23 to 25. St. Francis Retreat House, 3918 Chipman Rd., Easton, PA. Contact: Rebecca (856) 498-0862.

What's This Special "IG Inventory Event" Everyone is Talking About?

You may have noticed that Intergroup is sponsoring an inventory and a follow-up "vision/next steps" meeting. We would like to help OA grow and thrive in Northern Virginia so that we can help more people like us – compulsive overeaters and people with other food-related disorders – get abstinent, work the steps, and grow in recovery.

We will start with an inventory (on July 20) and then have a second meeting to jump into the fun stuff – what is our vision, where do we want to put our energy, how do we want to grow? Your ideas, your hopes, your challenges, and your passions are critical, so we hope you come! We haven't scheduled that yet, but by the time you read this, I hope we will have decided and posted that information on our website.

Check out "Calendar At A Glance" in this issue of *NoVAations* or the flyer that is available at meetings and on the www.oanova.org website – just click on the "Intergroup News" banner on the home page.

And do join us. We would love to see you at one or both of these events!

Rachel B., NoVA IG Chair, chair@oanova.org

From the Editor

Dear Friends in Recovery,

In the *Voices of Recovery Workbook* on p.34, we are asked, "How do I describe my Higher Power" (HP). Since this month's theme is reflecting on HP, I thought it appropriate to share my response. HP loves me, today, just as I am. HP meets me wherever I am in my development and growth, neither rushing me nor expecting me to be further along than I am. HP is glad to hear from me, whether I am in joy, in despair, or in need. HP will help me up to the next rung of the ladder of life if I

request help. But, HP respects my autonomy and doesn't intrude if I don't ask for help. HP is always watching over me lovingly and available to me.

So, during this month of reflecting on HP, I ask you to consider, how do you describe HP?

Cecilia W., Editor, ceciliarwas@gmail.com

Thy Will

“By trying to control others through manipulation and direct force, we had hurt loved ones. When we tried to control ourselves, we wound up demoralized. Even when we succeeded, it wasn't enough to make us happy.”

— *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 1st ed., p. 5.*

When eating compulsively, I focused on other people's problems. It took the focus off me and created a false sense of power. People couldn't manage their lives without me. “Fixing” other people gave me a false sense of security, much as the huge amount of food seemed to blur all my fears. I believed that this power made people admire, respect, and appreciate me. However, I did not admire, respect, or appreciate myself. The insanity was in trying to play God for everyone else, then bowing to the god of compulsive overeating when I was alone. Today, neither food nor control keeps the fears away. For today, I choose not to do for others what they can do for themselves. I seek God's will, make sure my affairs are in order, and turn the outcome of my life and others' lives over to my Higher Power.

Overeaters Anonymous. Voices of Recovery (Kindle Locations 277-284). Overeaters Anonymous, Inc.. KindleEdition.

The Seventh Tradition

“For many of us, our willingness to pay our own way is a sign that we are recovering and maturing emotionally.”

— *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 1st ed., p.165.*

I have learned that the Seventh Tradition is much more than putting two dollars in the basket at a meeting. Service to my meeting, my intergroup, my region, and OA as a whole is also part of the Seventh Tradition. When I complain about something that OA is not doing, such as reaching out to newcomers, I become part of the solution when I start a newcomer's meeting. When I participate in the health of my meetings, I am taking responsibility for my part in the health of OA as a whole. Taking responsibility is a meaningful sign of emotional and spiritual growth. It's also an opportunity to practice those spiritual principles, since service opportunities bring out some of my character defects, such as fear, self-

THE OA PRECEPTS - MONTH 7

Step 7 and Its Principle

Humbly asked Him to remove our shortcomings. (Humility)

Tradition 7 and Its Principle

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

Concept 7 and Its Principle

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 OA Bylaws, Subpart B. (Balance)

REGION 7 CALENDAR CONT'D

“Fifth Annual Just Rustic Enough OA Men's Retreat.” Sep 13 to 15. Laurel Hill State Park, Somerset, PA. Call: Frank G. (412) 601-0721.

“Awareness, Acceptance, & Action.” 12th Annual PAIG OA Retreat: Sep 27 to 29. Malvern Retreat House, Malvern, PA. Call: Betsy S. (609) 577-1767.

“It all begins with Steps 1,2,3- Central VA IG Fall Retreat.” Sep 27 to 29. Massanetta Springs Conference Center, 712 Massanetta Springs Rd., Harrisonburg, VA. Contact: Jeannette M., jsmrealtor@gmail.com, 804-714-6469.

“Catch a Wave of Recovery- 2019 Region 7 Convention.” Nov 1 to 3. Holiday Inn Oceanfront, 6600 Coastal Highway, Ocean City, MD. Contact: registrar@oaregion7.org.

OA RESOURCES**NoVAtions - NoVA's NEWSLETTER**

Pick up a paper copy of *NoVAtions* at a NoVA OA Meeting or sign up at oanova.org, for an electronic version and remember to confirm your address when you receive the first email.

LIFELINE

Subscribe to either the print *Lifeline* or e-*Lifeline*: <https://oa.org/members/lifeline-magazine/subscribe/>

NOVATIONS NEEDS YOU!

Consider sharing your experience, strength, and hope through *NoVAtions*, while using up to three OA Tools: writing, service, and literature. Submit articles, event announcements, original poetry, art, and suggestions, *signed or anonymous* to ceciliarwas@gmail.com or NoVA IG, PO Box 1992, Annandale, VA 22003. Refer to the events calendar in OANova.org for future monthly themes. Your editor is here to help you polish your work, as needed. Let's keep the *NoVAtions* article bank full!

Cryptogram

PDC MN RET PDC MNT

And here is your hint:

M = G

Men's Corner

Men of OA- You're not alone.

Are you the only man in your meeting? Do you have trouble freely sharing in meetings of most women? OAMen.org.

will run riot, or self-righteousness. I don't have to wait until I am perfect to do service, though. When those defects of character show themselves, I can work Steps Four through Nine and open myself to even more spiritual recovery.

Overeaters Anonymous. Voices of Recovery (Kindle Locations 2864--2871). Overeaters Anonymous. Kindle Edition.

Body Image Workshop (5/18/19 Workshop Review)

Body image has nothing to do with how we look. Body image is how we feel about how we look. Negative body image is body dissatisfaction, which can lead to depression, low self-esteem, disgust, and self-will that may interfere with our abstinence. Being able to accept your body as it is and willingness to let go of negative thoughts about your body is very important. A healthy honest food plan is essential; remember if you take care of the kitchen scales, the bathroom scales will take care of themselves. We are not powerless over the actions that we take. Have a sponsor that understands you, change your thoughts – negative thoughts are toxic and never compare yourself to others. Weighing one time per month is important for accountability, but a weight gain three months in a row is too much. Imagine what your ideal body image is rather than your actual body appearance. Looking at yourself in the mirror while completely naked is not helpful. Character defects, including self-judgment, perfectionism, fear, and false evidence appearing real, can also exacerbate body dysmorphia. Your weight does not determine your worth as a person. Working the fourth and ninth steps in conjunction with prayer, journaling, and meditation helps us better understand our part in the solution and how that better understanding makes us feel. My sponsor recommends saying the third step prayer during my ten to fifteen minutes of quiet time in the morning. One measure of success during the workshop was a lady who spontaneously stated, "I now feel comfortable accepting compliments about my appearance from other people and looking sexy."

Edward W.

NoVAtions Submissions - Our Apology

If you made a submission to *NoVAtions* at the email address novations@oa.org in the past and your submission was not published, please accept our deepest apologies. Emails submitted to the address should be forwarded to the editor. A technical glitch in the forwarding function of the *NoVAtions* email address has been identified. We are unsure if and how many submissions, over an extended period of time, may have been lost. Know that we make every effort to publish all articles submitted to *NoVAtions*. Please give us another chance. Resubmit your works directly to the editor at: ceciliarwas@gmail.com while we correct the *NoVAtions* email forwarding issue. We are so sorry for this inconvenience and thank you for your service.

OA NOVA AND INTERGROUP

OA NoVA is a vibrant fellowship with more than 45 weekly OA meetings that span Alexandria, Arlington, Annandale, Ashburn, Bristow, Burke, Falls Church, Fredericksburg, Leesburg, Manassas, McLean, Purcellville, Reston, Springfield, Vienna, and Warrenton, Virginia.

The OA NoVA Intergroup serves and represents the above member groups and carries the message of recovery to those with the problem of eating compulsively, by fostering the practice of the Twelve Steps and Twelve Traditions of Overeaters Anonymous, guided by the Twelve Concepts of OA Service.

INTERGROUP BOARD - 2019

Chair: Rachel B.
Vice Chair: Juliet C.
Interim Treasurer: John K.
Secretary: Kate I.



Disclaimer

The opinions expressed in NoVAtions are those of the individual contributors and do not necessarily reflect OA as a whole.



Call for Workshop Leaders & Panelists: By the Sea in Beautiful Ocean City, MD

Where: The 2019 Region 7 Convention, Holiday Inn Oceanfront, 6600 Coastal Highway, Ocean City, MD. **When:** November 1-3. **Contact:** Jane at 610-506-4455 to volunteer.

Workshop leaders needed for 75 minute workshop. Share experience, strength, and hope for first 30 minutes. Topics listed below. Engage the participants in discussion on the topic. Exercises permitted, but printed materials to be distributed to participants must be approved by convention committee ahead time.

Single Leader Workshop Topics (still available)

Steps 1, 2, 3	Introversion/Social Anxiety	Rule 62- We are not a glum lot
Steps 6 - 7	Anorexia & Bulimia	100 pounders
Steps 8 - 9	Healing Shame	Balancing Program & Life
Steps 10, 11, 12	Giving Up Control	

Requirement: 90 Days Abstinent; Skills/Experience: Comfortable speaking in a group and leading a workshop.

Workshop Panelists needed to be part of 3 member panel, each sharing their experience, strength and hope each for ~10 minutes, followed by sharing/ questions from the participants.

Workshop Panel Topics

Abstinence	Finding a Higher Power	Coming Back After Relapse
Body Image	Carefrontation	

Requirement: 90 Days Abstinent; Skills/Experience: Comfortable speaking in a group.

Cryptogram Solution: Let go and let God.