

NoVAations



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

CALENDAR AT A GLANCE

NOVA

Next IG Meeting: June 15, 10 am - 12 pm. Hope Lutheran Church, 4604 Ravensworth Rd., Annandale, VA.

July *NoVAations* Theme: "Reflecting on Higher Power." Submit by June 4.

REGION 7

"Together We Can Recover Retreat - South & Central Jersey IGs." Aug 23 to 25. St. Francis Retreat House, Easton, PA. Contact: Rebecca (856) 498-0862, rebecca.j.amy@gmail.com; Charissa (908) 601-8447, charissakeavey@gmail.com.

"The 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.

From The Chair

Dear Fellow OAs,

The topic of this issue is, "What is compulsive eating anyway?" This is a challenging question. On the one hand, it is a thing we do, that is full of shame and unknowing, that we want to stop; and yet do not stop. It is a puzzle, a disease, an addiction. Looked at another way, it is a vulnerability or a symptom of a deeper unease with ourselves and the world. It seems undesirable in every way.

But perhaps it is also something positive. It took me a long time to say I was a "grateful" compulsive eater, but now I understand that the disease was a doorway for me into recovery. It has been a teacher for me about my humanity and my need for connection. It has helped me learn self-acceptance. It has been an invitation into a twelve-step program that has changed my life -- physically, emotionally and spiritually.

So, for me, it is many things. I hope that you will find something good as you answer this question for yourself.

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

From the Editor

Dear Friends in Recovery,

In 2018, the 2nd edition of the OA 12 and 12 was published. In this edition, OA evolved its terminology when referring to compulsive eating. In the introductory section, the terms "compulsive overeating" and "compulsive eating" are used interchangeably.

Additionally, new terms such as overeating, under-eating, food addiction, anorexia, bulimia, binge eating, over-exercising, purging, and other compulsive food

behaviors are also called out as compared to the introductory section of the first edition published in 1990.

OA continues to evolve in its recognition of the many forms this disease can take. So, don't let the name Overeaters Anonymous discourage you from seeking out and attending a meeting. Give yourself a chance at recovery, fellowship, and healing from this all-consuming disease.

Cecilia W., Editor, ceciliarwas@gmail.com

Bondage

“Clearly, if we are to live free of the bondage of compulsive eating, we must abstain from all foods and eating behaviors which cause us problems.”—The Twelve Steps and Twelve Traditions of Overeaters Anonymous, pp. 2-3

When I was new to OA, my “old ideas” were usually 180 degrees from the things I heard at meetings and read in the literature. The idea of being in bondage to certain foods and eating behaviors was in striking contrast to my old idea that these foods and behaviors were “treats.” The key for me was getting honest enough to acknowledge that they really were causing me problems. At first, I tried to argue that I needed to eat this way because of my problems. But as I abstained one day at a time, I began to see those problems vanish from my life, “sometimes quickly, sometimes slowly.” And as this happened, I began to see the connection between my relationship to food and the problems. Now it begins to make sense: anything that causes problems in my life holds me in bondage.

Abstinence opens that prison door and makes all of the miracles of recovery possible.

Overeaters Anonymous. Voices of Recovery (Kindle Locations 2150-2159). Overeaters Anonymous, Inc.. KindleEdition.

Discord

The fairest harmony springs from discord. *Aristotle*

How we humans hate discord! We have a talent for creating it, of course, but we don't like it. Compulsive overeaters eat over it, alcoholics drink over it, and others indulge their various weaknesses over it. It took the twelve-step program to teach me to simply endure, to go straight through a difficult, discordant time without yielding to the urge to escape into the food or to yell for somebody to “fix” it. My rewards are many: new strengths and capabilities, the peace that comes with acceptance of what is and the joy of knowing I am free.

For today: As I practice acceptance of life's discords, life turns around and gives

THE OA PRECEPTS

Step 6 and Its Principle

Were entirely ready to have God remove all these defects of character. (Willingness)

Tradition 6 and Its Principle

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. (Solidarity)

Concept 6 and Its Principle

The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous. (Responsibility)

REGION 7 CALENDAR CONT'D

“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.

Keep Coming Back...

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 novations@oanova.org 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

IPYOSIL SR RP FDV YODY
MPAZHGRSJW WDYSIL CPI'Y ADBW
SY CPTRW.

And here is your hint:

V = D

It Works if You Work It!

me harmony.

Overeaters Anonymous. For Today (Kindle Locations 1998-2006). Overeaters Anonymous, Inc.. KindleEdition.

Conspiracy!!

I've had a lot of enemies in my wars on certain foods.

Coffee that's "good to the last drop." Fancy people in Georgian parlors sipping black tea in classic novels. Chips where "you can't have just one." Certain meats extolled as "what's for dinner." The efficacies of Wisconsin cheese, Louisiana cane sugar, Kansas wheat feeding the world with its bread, and Texas beef being the tout of New York high society.

But that is just a few.

I am addicted (I discovered to my surprise) to most of these things, all derived to attach me to them for life. I also found out that most of them are not good for your cholesterol, blood pressure or heart rate. They are, therefore, my enemies, a giant conspiracy to curtail my life and hinder my sanity.

Compulsive eaters like me, especially, have to "keep a tight lid" on my food practices, and I particularly have to stay in contact with my Higher Power to resist these things, eat healthily and live a long life.

Jay S., Arlington Sunrise

Relapse Prevention (Workshop Review)

Do you know someone who has experienced a relapse, or worse yet experienced one yourself? This can be a very scary event that undermines your abstinence or another OA's abstinence. I will be celebrating 180 days of abstinence at the end of April and, as a newcomer, I have already felt the fear of several close calls with relapse. So how do we address this cunning, baffling, powerful and potentially fatal threat to our abstinence? Keep it simple, practice the principles and goals as presented in the "Relapse Prevention Workshop." There are predictable warning signs that precede relapse and relapse can be prevented if we learn how to recognize and manage our warning signs. The participants learned to recognize and identify the warning signs as they occur and how to manage the warning signs without having to use food. A 4th Step matrix similar to the one found in the Big Book added structure and organization to the second-hour exercise. By doing an inventory of the who/what, where/when and why we were better prepared to understand the emotional/spiritual outcomes that trigger relapses. I now do a weekly inventory of warning signs and symptoms that hopefully will prevent "close calls" in the future.

Edward W.

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.

Fifteen Questions- Is OA Right for you?

1. Do I eat when I'm not hungry, or not eat when my body needs nourishment?
2. Do I go on eating binges for no apparent reason, sometimes eating until I'm stuffed or even feel sick?
3. Do I have feelings of guilt, shame, or embarrassment about my weight or the way I eat?
4. Do I eat sensibly in front of others and then make up for it when I am alone?
5. Is my eating affecting my health or the way I live my life?
6. When my emotions are intense — whether positive or negative — do I find myself reaching for food?
7. Do my eating behaviors make me or others unhappy?
8. Have I ever used laxatives, vomiting, diuretics, excessive exercise, diet pills, shots or other medical interventions (including surgery) to try to control my weight?
9. Do I fast or severely restrict my food intake to control my weight?
10. Do I fantasize about how much better life would be if I were a different size or weight?
11. Do I need to chew or have something in my mouth all the time: food, gum, mints, candies or beverages?
12. Have I ever eaten food that is burned, frozen or spoiled; from containers in the grocery store; or out of the garbage?
13. Are there certain foods I can't stop eating after having the first bite?
14. Have I lost weight with a diet or "period of control" only to be followed by bouts of uncontrolled eating and/or weight gain?
15. Do I spend too much time thinking about food, arguing with myself about whether or what to eat, planning the next diet or exercise cure, or counting calories?

Have you answered "yes" to several of these questions? If so, it is possible that you have, or are well on your way to having, a compulsive eating or overeating problem and OA may be right for you.

Nothing is so bad that Compulsive Eating won't make it worse. **Cryptogram Solution:**