

# NoVAations



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

### CALENDAR AT A GLANCE

#### NOVA

**Next IG Meeting: Mar 16, 10 am - 12 pm.** Hope Lutheran Church, Annandale, VA.

**Apr NoVAations Theme: "Sharing Fellowship." Submit by Mar 5.**

**"Unity Day." Sun, Feb 24, 1:30 - 3:30 pm.** City of Fairfax Regional Library, Mtg Rm B, 10360 North St, Fairfax, VA.

**"Sponsoring Abstinence: Helping Someone Get Abstinent." Mar 16, 2 - 4 pm.** Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church, VA.

#### REGION 7

**2019 Region 7 Spring Assembly. Apr 5 to Apr 7.** The Clarion Inn, 5400 Holiday Drive, Frederick, MD. Refer to <http://oaregion7.org/events/2019-region-7-spring-assembly/>

**"Step Ashore . . . Journey to Recovery." Apr 12, 5 pm to Apr 14, 12 pm.** Holiday Inn Oceanside, 2101 Atlantic Ave, Virginia Beach, VA.

## From The Chair

Dear OA in Northern Virginia,

One of the themes I want to explore this year is how we help each other in the small acts we do on a regular – or not so regular – basis. I am going to write today about the small act of sharing our experience with each other by writing.

If you are reading this, you are reading *NoVAations*, our local OA newsletter in Northern Virginia. Someone came up with the catchy name a long time ago, and it has gone through many editors. However, its fundamental purpose, to carry the message to the still-suffering compulsive overeater, has not changed. It does this by printing *your* words and those of your fellow OA-ers.

Do you think it helps people in OA to read about others' experience? I'll tell you: it helps immensely. It helps me in the same way it helps me to hear others' experience at a meeting. I get to relate, to know that I am in the company of others on the same path, and to learn something. I also get to be touched by the pure joy or pain or intensity of what someone writes and to be amazed at the strength and wisdom of my fellows.

So perhaps you could help me and others – write something for *NoVAations*, send it in to [novations@oanova.org](mailto:novations@oanova.org), and send it in to *Lifeline* while you're at it. Tell us what's in your heart or how this program is helping or confusing or challenging you. Tell us what your experience is with it. Help someone else feel not alone.

If you don't want to write, what's holding you back? You can explore this... maybe writing will help you grow, as it has helped me, and it doesn't take long. So give it a try. I'd love to hear how it goes.

Rachel B., NoVA IG Chair, [chair@oanova.org](mailto:chair@oanova.org)

## From The Editor

In preparing for this month’s NoVAations, I decided to do a deep dive into the sixth OA tool, Literature. In reviewing the OA approved literature list, I discovered the title, *Beyond Our Wildest Dreams*, written by Rozanne S., OA’s founder. I ordered the book digitally and promptly began reading. I was struck by our founder, whom I would characterize as brash and full of self-will. She was willing to make mistakes and learn and grow in public, not needing to be perfect. She re-wrote the Twelve Steps, even before she understood how they worked. Her patient sponsor, who was a member of AA, did not correct or chastise her. Instead, he took her to an AA meeting to let her see the Steps in action. He was respectful of her process and her pace.

As part of my OA Literature review, I also audited my own OA library. I discovered a stack of OA pamphlets and wondered if I had ever read them. There were underlines in the pamphlet, “A Plan of Eating,” so I assumed I had previously read it. One sentence in the pamphlet particularly stood out: “This daily plan serves to separate our eating from our emotions and relieves us of making the decisions we formerly had to make through the day.” I considered that when I don’t plan my food, I let my feelings choose my food. That’s a scary thought!

I finished up literature review thinking about how to integrate other OA materials into my daily OA practice while still Keeping It Simple. There is so much available to aid us on our journey.

In close, I wanted to share a few ideas about accessing OA Literature. Your local OA meeting may act as a library and loan out the literature, if you prefer not to buy it. Also, check your public library for OA titles. I found several OA books at the Washington, DC public library.

Finally, I have always preferred printed material to digital material. However, in a pinch, I have purchased the digital editions of some literature that I already have in hard copy. To my surprise, I enjoy the convenience of tapping my Kindle App on my phone and accessing OA materials whenever I might be in need.

Wishing you peace and joy on your road to recovery!

Cecilia W., Editor, [novations@oanova.org](mailto:novations@oanova.org)

Overeaters Anonymous. *A Plan of Eating*. Rio Rancho, NM: Overeaters Anonymous Inc., 2011.

## My Tools in OA

I like tools. With the right tool, you can fix almost anything.

I've used lots of tools in my time, but after joining OA on Halloween in 2016, I have used several tools to lose--and keep off--30 pounds and drop 3 inches off my

## THE OA PRECEPTS

### Step 3 and Its Principle

Made a decision to turn our will and our lives over to the care of God as we understood Him. (Faith)

### Tradition 3 and Its Principle

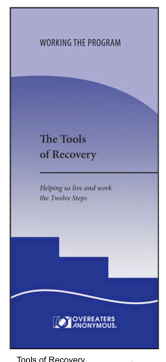
The only requirement for OA membership is a desire to stop eating compulsively. (Identity)

### Concept 3 and Its Principle

The right of decision, based on trust, makes effective leadership possible. (Trust)

## OA’s Nine Tools of Recovery

- A Plan of Eating,
- Sponsorship,
- Meetings,
- Telephone,
- Writing,
- Literature,
- Action Plan,
- Anonymity,
- Service.



## Disclaimer

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

## OA RESOURCES

### NoVAations - NoVA's NEWSLETTER

Pick up a paper copy of NoVAations at a NoVA OA Meeting or sign up at [oanova.org](http://oanova.org), for an electronic version and remember to confirm your address when you receive the first email.

### LIFELINE

Did you know that ... Only about 8% of OA members subscribe to *Lifeline*? And...*Lifeline* is losing money. WSO is encouraging OA members to subscribe to *Lifeline*, so that it remains available for the many OA members that find it invaluable. And so that it can help you. 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 NoVAations, 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](mailto:novations@oanova.org) or NoVA IG, PO Box 1992, Annandale, VA 22003. Refer to the events calendar in [OANova.org](http://OANova.org) for future monthly themes. Your editor is here to help you polish your work, as needed.

waist:

I've used service to help set up and take down the accoutrements for meetings and to chair some meetings. I've used the phone when I felt a need for a friendly, reassuring voice. Sponsorship comes into play in that, while I have had no formal sponsor, I have used several "mentors" to bounce things off of and for help with the Steps. I have tried different foods in my plan of eating, finally listening to my meeting mates in what to avoid--and cutting out many bad foods. And, an action plan has grown as a result of all of these endeavors.

I am very grateful I am in OA, with these people, with these tools, to help me tackle a problem that is decades-old--one only my involvement in OA enabled me to come to terms with.

Jay S., Arlington, VA

## Cryptogram

D LBPRBDN PS WPPTA, QPW BITOA.

And here is your hint:

Q = N

## The OA Tool Of Anonymity...

Anonymity, referred to in Traditions Eleven and Twelve, is a tool that guarantees that we will place principles before personalities. The protection anonymity provides offers each of us freedom of expression and safeguards us from gossip. Anonymity assures us that only we, as individual OA members, have the right to make our membership known within our community. Anonymity at the level of press, radio, films and television means that we never allow our faces or last names to be used once we identify ourselves as OA members. This protects both the individual and the Fellowship.

Within the Fellowship, anonymity means that whatever we share with another OA member will be held in respect and confidence. What we hear at meetings should remain there. However, anonymity must not be used to limit our effectiveness within the Fellowship. It is not a break of anonymity to use our full names within our group or OA service bodies. Also, it is not a break of anonymity to enlist Twelfth-Step help for group members in trouble, provided we refrain from discussing specific personal information.

Another aspect of anonymity is that we are all equal in the Fellowship, whether we are newcomers or seasoned long-timers. And our outside status makes no difference in OA; we have no stars or VIPs. We come together simply as compulsive overeaters.

Overeaters Anonymous. *The Tools of Recovery*. Rio Rancho, NM: Overeaters Anonymous Inc., 2011.

**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**

<b>Chair:</b>	<b>Rachel B.</b>
<b>Vice Chair:</b>	<b>Juliet C.</b>
<b>Interim Treasurer:</b>	<b>John K.</b>
<b>Secretary:</b>	<b>Kate I.</b>



**CALENDAR AT A GLANCE (Continued)**

**WORLD SERVICE ORGANIZATION (WSO)**

**WSBC - World Service Business Conference. May 6 - May 11. Albuquerque, NM.**

# We'd love your input . . .

on some draft locally-produced OA literature. Our OA literature shows us who we are as addicts, teaches us how to stop indulging in compulsive food behaviors, guides us in living life on life's terms, and sharing all aspects of our fellowship. Nonetheless, Northern Virginia Intergroup (IG) recognizes that not all NoVA OA members are experiencing the recovery they seek. Accordingly, it has created a new committee to consider whether some local literature could be developed to speak directly our needs.

As a first step, the new committee drafted two short documents which can be found on the [www.oanova.org](http://www.oanova.org) homepage. They are possible individual and meeting-level ideas for welcoming and supporting newcomers, and a list of slogans.

The committee envisions an inclusive and interactive process in which we put drafts out for comment. To kick off this effort, we would like to know what you think about these two drafts. Specifically,

- (1) do you think that either/both would be useful to you and/or other members in OA in Northern Virginia, and
- (2) do you have comments on their substance (both what you like & any suggestions)?

There has been no decision that either document, or any future material, will be produced. However, OA worldwide recognizes that such literature may be needed at times and thus developed the OA Guidelines for Locally Produced Literature for this specific purpose (see [https://oa.org/files/pdf/Local-Literature\\_2018-.pdf](https://oa.org/files/pdf/Local-Literature_2018-.pdf)). The Guidelines support locally produced literature that fills a gap or a need for local members, and that is what we are trying to do. Curious about what printed materials already exist? A list of approved OA literature is at [https://www.oa.org/pdfs/oa\\_approved\\_literature\\_list.pdf](https://www.oa.org/pdfs/oa_approved_literature_list.pdf). The abstinence literature resource guide can also be found online at [https://www.oa.org/pdfs/abstinence\\_lit\\_guide.pdf](https://www.oa.org/pdfs/abstinence_lit_guide.pdf).

We look forward to hearing from you. Send any comments or questions on these drafts to [literature@oanova.org](mailto:literature@oanova.org) by Sunday, March 24, extended from Friday, February 22. Feel free to let us know any ideas for additional local literature or your interest in being a member of this committee.

Cheers, The Locally-Produced Literature Committee

## 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 mostly women?

**OAMen.org**

- Men's Face-to-face Meeting Schedule
- Men's Phone and Online Meeting Information
- OA Men Email Discussion Groups
- OA Men Phone Outreach List

Cryptogram Solution: A program of tools, not rules.