

NoVAations



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

CALENDAR AT A GLANCE

NOVA

Next IG Meeting: May 18, 10 am
- 12 pm. Hope Lutheran Church,
4604 Ravensworth Rd.,
Annandale, VA.

June *NoVAations* Theme: "What is
Compulsive Eating anyway?"
Submit by May 7.

"Body Image Workshop - with
Speaker, Activities and Sharing."
May 18, 2 - 4 pm. Mary Ellen
Henderson Middle School - 2nd
Floor Library, 7130 Leesburg
Pike (Route 7), Falls Church, VA.

REGION 7

"Diamond State Retreat - The
Three Legged Stool." May 3, 7
pm to May 5, 12 pm. Plim Plaza
Hotel, Ocean City, MD. Contact:
Kris (410) 658-2791 or
RSOA@zoominternet.net.

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

From The Chair

Dear Fellow OA's,

This issue of *NoVAations* is about the Promises. For me, the Promises are on page 83-84 of the AA Big Book, in the paragraph that starts, "If we are painstaking about this stage of our development, we will be amazed before we are half-way through." [They are printed in full on page 4 of this issue.]

When I first joined OA, I lived in the District and was really struggling with a lot of things, so I memorized the Promises because they gave me hope. I still remember walking the streets of DC, repeating the Promises, but struggling because I didn't know them very well, trying to get them in the right order. The first ones were pretty easy. We would find "a new freedom and a new happiness." We would "not regret the past nor wish to shut the door on it." (So far, so good.) The next few were ok, but then they started getting more difficult. Was the next one losing interest in selfish things? Or the one that promised that our whole attitude and outlook on life would change? And there was something about intuitively knowing how to handle something, and fear of people and something else going away, but what exactly were the words? The last one that God was doing for us what we could not do for ourselves? That I just didn't believe.

I couldn't see how any of this would happen. But I loved the words. These words were so important to me that if I just held on to them, just repeated them enough, maybe they would somehow become part of me, and I would recover. Maybe, in some way, they would come true for me.

I have been in this program for a long time, and I still experience the Promises as something I am "moving towards." As a reality check, a lot of the Promises have come true in one way or another. For example, I much more frequently feel serenity and on a rare occasion I "know peace." I am much more interested in my fellows than I used to be. I do see (especially through sponsoring) how my experience can

benefit others. But I still have trouble with the idea that God will do for me what I cannot do alone. If that's so, why do I still have all these defects of character lolling around?! Has God been doing God's part? ;)

So my experience of the Promises is still "a work in progress." But that's ok. That'll give me some incentive to keep working the program, and checking out the other parts of our literature that has other promises. I hope you keep trucking along with me.

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

From the Editor

Dear Friends in Recovery,

Did you know there are twelve promises? As I prepared to include the Promises in this *NoVAtions* edition, I found one version of them online in a numbered format and named the "Twelve Promises." I had always seen the Promises in paragraph format and never thought to count them. So, like the Steps, the Traditions, the Concepts, there are twelve.

Reading the Promises is one of my favorite parts of the OA meeting. There is one Promise in particular that stands out for me, Promise 11: "We will intuitively know how to handle situations which used to baffle us." I can't say that it happens all the time or even very often, but when it does, it's like some veil has been lifted, and some head-knocking interaction or feeling that has repeated in my life ad nauseam, simplifies, and clarifies. Promise 11 is like a miracle when it happens. It alone is enough to keep me coming back.

Wishing you the freedom and happiness that the Promises bring.

Cecilia W., Editor

Promises

Since starting Twelve-Step work and, especially, since joining OA, I have felt a general upswing in mood, fitness, and relationship with a Higher Power.

Having a goal, on initially coming to OA, of "getting in shape," has removed most of the impediments on the route to God. Exposure to a certain sports star's writings gave me an inkling into how I could come to terms with my past—while in OA. Going to meetings, with terrific people, has helped me to find more peace than since my grade-school days. Helping set up and be identified with my meeting-mates is helping me realize that "me-me-me"

THE OA PRECEPTS

Step 5 and Its Principle

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. (Integrity)

Tradition 5 and Its Principle

Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers. (Purpose)

Concept 5 and Its Principle

Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered. (Consideration)

REGION 7 CALENDAR CONT'D

"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: September 27 to 29. Malvern Retreat house, Malvern, PA. Call: Betsy S. (609) 577-1767.

"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.

WORLD SERVICE ORGANIZATION

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

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

HL HXZZ XKCAXCWLZT PKRH SRH
CR SEKVZL OXCAECXRKQ CSEC AQLV
CR MEJJZL AQ.

And here is your hint:

L = E

Keep Coming Back!

AIN'T "all that." And through the efficacy and serenity of associating with these people, it has enabled me to "auto-pilot" into effective trouble-shooting modes in any situation.

That "foodie" coming into a certain, other Twelve-Step meeting, and me taking the time to talk to her, has changed my life for the better.

It got me into OA.

Jay S., Arlington Sunrise

Living in the Solution

I don't think I'm any different from any other food addict -- I eat because I'm: hungry/not hungry; anxious/not anxious; lonely/not lonely; sad/happy; ungrateful/grateful, it's raining outside/the sun is shining. Nothing kept me from eating. I had to eat, no matter what.

I also felt I was pulling away from the God of my understanding and I didn't know why. I worked hard to keep my relationship with HP open, but something kept getting in the way. I went to my first OA meeting not to lose weight, even though I had weight to lose. I went because I wanted to learn about my relationship with food. I learned that food was my HP, food was the god of my understanding. I could touch, see, and smell food.

Once I learned about the incredible hole I had in my very being, and I was using food to fill it, I immediately got to work on the steps and learned how to live those steps outside the rooms. Before the Steps, I didn't know any different. My addiction could only be controlled by feeding it with food. After the steps, I learned not to feed my addiction, but rather how to feed my soul. OA is teaching me how to live life on life's terms. Life is full of wonder, and now I can appreciate everything, the goodness as well as the challenges, without using food as a sedative to escape life. Events, moods, and the weather don't have to cause me to eat anymore.

k.p.

**Workshop Review- Sponsoring
Abstinence: Helping Someone Get
Abstinent (3/16/19)**

Education for me is the key to sustained abstinence. When I understand "Why" I

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.

am doing something it reinforces my compliance with my eating care plan. The “Sponsoring Abstinence: Helping Someone Get Abstinent” workshop was a “boot camp” in early recovery for me. I never underestimate the value of a good quick reference guide like, “The Unauthorized Cheat Sheet for Getting Abstinent in 2 Pages” a locally produced hand out at the workshop. Another locally produced piece of literature was the draft of “Getting Abstinent – A How to Guide,” for those with a little more time and motivation. This elaborated version of the two pager helped me better understand the mechanics of abstinence. Another document was the “Workbook – Draft” an academic masterpiece that was over my head with very structured details and concepts that hopefully I will understand and appreciate in the future. Whether you were a newbie or an OA scholar, there was something for everyone. The workshop was a fun event and proved once again that “We are not a glum lot.”

Edward W.

The Promises (AA Big Book p 83-84)

1. If we are painstaking about this phase of our development, we will be amazed before we are halfway through.
2. We are going to know a new freedom and a new happiness.
3. We will not regret the past nor wish to shut the door on it.
4. We will comprehend the word serenity and we will know peace.
5. No matter how far down the scale we have gone, we will see how our experience can benefit others.
6. That feeling of uselessness and self-pity will disappear.
7. We will lose interest in selfish things and gain interest in our fellows.
8. Self-seeking will slip away.
9. Our whole attitude and outlook upon life will change.
10. Fear of people and of economic insecurity will leave us.
11. We will intuitively know how to handle situations which used to baffle us.
12. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us – sometimes quickly, sometimes slowly. They will always materialize if we work for them.

Cryptogram Solution: We will intuitively know how to handle situations that used to baffle us.