

# NoVAtions

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

## CALENDAR AT A GLANCE

### NOVA

"Vision/Next Steps" Saturday, August 10, 2-4 p.m., at the Fairfax Regional Public Library, 10360 North St, Fairfax, VA 22030.

Next IG Meeting: August 17, 10 am - 12 pm. Hope Lutheran Church, 4604 Ravensworth Rd., Annandale, VA.

September *NoVA*tions Theme: "Working the Steps." Submit to [ceciliarwas@gmail.com](mailto:ceciliarwas@gmail.com) by August 6.

### REGION 7

"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.

Please Help:  
Webmaster  
Needed. See Last  
Page for Details.

## You Are Invited... From the Chair

Please join us for our "Vision/Next Steps" meeting on Saturday, August 10, 2-4 p.m. We held an inventory on July 20 and (if our technology works) the results of that are posted on our website ([www.oanova.org](http://www.oanova.org)) - just click on the "Intergroup News" banner.

Now, the "Vision/Next Steps" meeting is to look forward, to take your ideas and desires on board. Help us figure out how to grow and where to put our energy. We'll talk about our hopes and visions for OA in Northern Virginia. We'll consider the inventory, discuss ideas, and develop some next steps. We might do some strategic planning. This meeting will be on Saturday, August 10, 2-4 p.m., at the Fairfax Regional Public Library, 10360 North St, Fairfax, VA 22030.

All are welcome. We would love broad participation, so we have many hopes, ideas, and perspectives. If you cannot attend, please send us your thoughts and ideas. Since our email system is being a bit unreliable, please send input to both [chair@oanova.org](mailto:chair@oanova.org) and my personal email, [rachelb7772@gmail.com](mailto:rachelb7772@gmail.com).

Rachel B., NoVA IG Chair

## From the Editor

Dear Friends in Recovery,

Special thanks to the Oakton Literature Meeting for volunteering to sponsor this month's *NoVA*tions with its writings. The Oakton meeting is on Monday evenings at 7:30 pm in Vienna, VA. All are welcomed. It has handicapped access, its focus is the Literature, and includes speakers and discussion.

And, thanks to the NoVA IG Board for inviting OA NoVA meetings to sponsor editions of *NoVA*tions. If your meeting would like to serve in this way, please contact

me at the below email address. See the calendar on the OA NoVA website for topics or recommend a different theme that works better for your meeting.

Cecilia W., Editor, [ceciliarwas@gmail.com](mailto:ceciliarwas@gmail.com)

## Don't Leave before the Miracle Happens

Relationships continue to be a source of difficulty for me both in my active addiction and my recovery.

When eating compulsively, food was a refuge from uncomfortable feelings. I remember once when I "needed" a pizza to soothe my hurt feelings, RIGHT NOW! It was because I was angry with a woman whom I cared for romantically. I drove recklessly to my favorite pizza restaurant in the nearby strip mall and screeched into a parking place. An off-duty police officer took me to task for this reckless behavior, and I began to argue with him. He almost arrested me!

In recovery, I still struggle with relationships. I've worked the Steps, read, hiked, and meditated, but my difficulties persist. Sharing my needs with others is frightening. I'm used to feeling in control. Opening my heart to others is letting go of that control, and my fear of not knowing how they will react is genuine.

Right now, I'm in a place where I'm trying to find the courage to say what needs to be said.

Anonymous, Monday Oakton Literature Meeting

## Together We Get Better

OA to me is about relationships, about a tribe of folks who understand why I'm here and why I struggle, who have my back if I want to succeed and who don't judge when I fail. That compassion, that tolerance affects my outside relationships as well. I find myself giving a friend or stranger that same compassionate listening given to me. We all struggle! No one has the answers! We live the truth as we know it, as our families taught us. We overcome what we can. I am trying to live the tolerance shown to me in the OA fellowship.

LR, Monday Oakton Literature Meeting

## Relationship Reflections

Relationships in this program mean everything to me whether I'm talking about the support and fellowship from other members, how OA has impacted my relationships with loved ones, or my relationship with God.

### THE OA PRECEPTS - MONTH 8

#### Step 8 and Its Principle

Made a list of all persons we had harmed and became willing to make amends to them all. (Self-discipline)

#### Tradition 8 and Its Principle

Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers. (Fellowship)

#### Concept 8 and Its Principle

The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office. (Delegation)

### 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., 804-714-6469. [jsmrealtor@gmail.com](mailto:jsmrealtor@gmail.com),

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](mailto: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](http://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/>

**WRITE YOUR WAY TO RECOVERY!**

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](mailto:ceciliarwas@gmail.com) 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.

**Cryptogram**

**OBDBMLSR QSDBPUNMAXUCA BQS  
OSPSSQ.**

**And here is your hint:**

**O = B**

**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](http://OAMen.org).

First, the unexpected: I figured coming into this program eight months ago that I would be a part of a group and, if I was lucky, a part of a fellowship. What I didn't expect, what has been the most pleasant of surprises has been the one-to-one relationships I've forged. Partners in sobriety, partners in a new way of life; those, personally, have proven most important to me.

In addition, OA has positively influenced the pre-existing relationships in my life. I find that what I learned from OA relationships, in turn, feeds and strengthens my personal relationships. It has helped me establish healthier and stronger boundaries with friends and family. I'm more open and honest with those in my life because I've been more open and honest with myself. It has also brought me closer to a Higher Power than I've ever been in my life.

I'm at my strongest, at my best, at my most successful when all my relationships are strong. However, it's cyclical. My relative wellness, sobriety, and strength are maximized when I'm engaged with those relationships. I find though when those same relationships are struggling, not being nourished, not being made time for, my wellness, sobriety, strength, and subsequent happiness all suffer.

Lastly, all of the above truly comes down to one thing - my relationship with Higher Power.

Anonymous, Monday Oakton Literature Meeting

**The OA Promises in Action**

My life, as I once knew, it seemed to no longer exist. My food problem and my life had become unmanageable. When I was 27, I had completed my third round of "paying and weighing" only this time I could no more reach my goal weight. I exercised and dieted myself to the limit. My body would no longer do what a "normal" body would do; the weight stayed put!

While visiting my sister, my niece returned from University and shared how everyone would gorge junk food and then throw it up. Binging and purging is how they controlled any weight gain. As soon as I heard about bulimia, I knew I had discovered my secret weapon to reach my goal weight. And, my career as a compulsive overeater began. After the bulimia, I gained 120 pounds, and then I had a gastric bypass. My mind and my body could not take anymore, nor could my marriage. I was firmly in a state of insanity.

Today, through the miracle of OA, I have peace and serenity, a wonderful relationship with my friends, family, and my marriage is intact.

Anonymous, Monday Oakton Literature Meeting

**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>   |



**Disclaimer**

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

# It Works, When You Work It

About two years ago, I got a part-time weekend job. I worked with two different assistant managers, one with whom I had no issues and the other like oil and water! I was feeling very frustrated, and it was affecting my serenity. At first, I thought I'd have to quit. Then it occurred to me this was an opportunity to work my OA program on this relationship.

I began first by composing a fourth step prayer for the individual and committed to praying it daily. The next Saturday as I drove to work, I said to myself, "Well, you're praying for her well-being, it's probably a good idea to be as pleasant as possible today." By the following week, she greeted me pleasantly as well, and we had a couple of cordial exchanges. I continued to pray for a few more weeks, and since then, she and I work well together every Saturday.

I've come to accept her as she is and respect our differences. I listen respectfully and continue to work as diligently as I can. This type of attitude would not be possible without the guidance for problem-solving I've always found in our Steps, Principles, and Traditions.

Before OA, my attitude would only have hardened into resentment and bitterness. But using the tools of writing, praying, and working the Steps with my sponsor, I was able to achieve an entirely different result.

GVB, Monday Oakton Literature Meeting

# Please Help: Webmaster Needed

NoVA Intergroup is in need of a website manager! If you are comfortable with computers (or, even better, have a background working with websites and are familiar with HTML), please consider providing this special service to OA. Average time commitment is about 4 hours per month and duties include loading the NoVA<sup>tions</sup> to the website for electronic distribution; updating the local meeting information; and posting calendar and special event announcements. This is a vital service needed to keep the lines of communication open for current and future OA members. Please email [chair@oanova.org](mailto:chair@oanova.org) if you are interested or willing to serve. Thanks to Carrie W for her service this year.

Keep Coming Back...

Cryptogram Solution: Balanced relationships are better.