

NOVATIONS

Learning to Live with Rigorous Honesty

We need you!

No one stepped up to serve as vice chair or secretary at the December elections.

The vice chair substitutes for the chair as needed and helps the webmaster update the calendar of local/regional/national OA events. S/He may also chair a committee.

The secretary is responsible for producing and revising the minutes of monthly IG meetings, preparing the agenda/sign in sheet/other materials used at the monthly meeting. The secretary also notifies WSO of any changes at the IG level, and supervises changes to our IG procedures manual.

Requirements:

- Practicing the Steps/ Traditions/OA Concepts of Service for at least a year.
- At least six months' current abstinence.

Interested? Contact Kate at chair@oanova.org.



Northern Virginia Intergroup
of Overeaters Anonymous

From the Chair

I'm starting 2020 feeling a bit overwhelmed. Things at the office are heating up, and I'll be short staffed through January into February. My car broke down and it's going to cost \$\$\$\$ to get it working again. Opening night for a community theater show I'm in is less than a month away. National and

world politics are getting more frightening to me and apparently the whole of Australia is on fire. And now I'm Intergroup Chair! Aack.

I'll be honest with you and admit that I don't really have a vision as chair other than to try to help your IG rep support your NoVA OA meetings as best we can. I am very grateful to Jennifer C., my fellow 2020 Board member and treasurer for her willingness to serve, and to outgoing Chair Rachel B., Vice Chair Juliette C., and Treasurer John K. for all their work over the past year to spread the message of OA to the compulsive eater who still suffers.

As I write this we still have two vacancies on the Board, vice chair and secretary, and I have had to cancel the January meeting as I have a previous commitment for that day and no one to run a meeting in my absence. How will this all work out? I have no idea at this moment, but I'm trusting in my Higher Power that S/He put it in my heart to do this service for a reason.

Be on the lookout for our new NOVA IG website!

The website is in the final countdown and is expected to go live in the next several weeks. In addition to a calendar of events and Intergroup news, we will post new locally produced literature. *A Short Workbook on Getting Abstinent* is in the final stages of editing and should be available online soon!

NoVAtions is looking at using electronic distribution more, though we will still have some paper copies available @ IG meetings. Anyone know how to use Mail Chimp to create/distribute newsletters? Please contact k2lovesrabbits@gmail.com.

Fun & Fellowship Committee Forming!

One of the results of our Intergroup Inventory in 2019 was we learned that OA members just want to have fun! Meetings, workshops, assemblies, and conventions are an important part of recovery, but we also want to be able to just spend time together as friends. That's the job of the now-in-development Fun & Fellowship Committee, chaired by Marti B. You will definitely have a great time doing service with us! Contact Marti B. to volunteer or to pass on your ideas of fun things to do at funandfellowship@oanova.org.

In the meantime, I'll focus on the next right thing, start my day with prayer and meditation, send my food plan to my sponsor, and attend meetings and talk with other OA fellows with good recovery. I'll continue to study and work the 12 Steps. I'm grateful for each day's fresh start and for another 24 hours of abstinence. I'm grateful that even on hard days like today, I now know the truth that I never realized before coming into the rooms—that food solves nothing. How powerful that realization is! *Food solves nothing*. But my spiritual connection to my Higher Power reminds me to *let go*, and S/He will take care of the rest.

Kate I.

From Voices of Recovery

"Honesty is a key factor in our recovery from compulsive eating, and so we will want to develop this trait." —*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 51.

"It's one thing to be honest about what I did in the past or what I ate yesterday, but continuing this honesty in everything I do or say is another. I have found that as my growth in recovery continues, it becomes difficult for me to lie to myself, my Higher Power, my sponsor, or those in my circle of loving witnesses." Reading for March 29

Rigorous Honesty, One Day at a Time

"I belong to a fellowship that demands rigorous honesty and today I am willing to go to any lengths for honesty."

This is been my daily prayer since February 8, 2001 which was the day I took Step Six for the first time and began exploring all the ways dishonesty has manifested in my life.

I just celebrated my 20th abstinent Christmas season and rigorous honesty is certainly a big reason for that milestone.

Does your group have news to share with other OA groups in Northern Virginia?

Intergroup is the place to get—and spread the news. You can pick up hard copy Where & Whens or NoVAations and network with others who are trudging the “road of happy destiny,” as the Big Book puts it. Meetings are held 10 am - 12 pm on the third Saturday of every month at Hope Lutheran Church, 4604 Ravensworth Road, Annandale.

NOVA Intergroup of Overeaters Anonymous

Chair: Kate I, chair@oanova.org

Vice Chair: vacant

Secretary: vacant

Treasurer: Jennifer C,
treasurer@oanova.org

NoVAations editor and webmaster:
Kristin L @k2lovesrabbits@gmail.com

“A half truth is a whole lie” has been a useful reminder when tempted to rationalize, minimize or compromise the truth. I also need the willingness to admit to mistakes out loud rather than to keep silent to avoid the embarrassment of saying, “I was wrong,” or “I want to apologize”.

Rigorous honesty isn't punitive or mean. Rigorous honesty does not mean saying whatever I want when I want. Nor does it mean “I'm telling you this for your own good...”

It has much more to do with keeping my side of the street clean and doing the next right thing. Practicing honesty with myself in all my affairs, writing an honest daily food plan and carrying it through, using restraint of pen and tongue, and praying for the knowledge of God's Will along with the power to carry it out for today, all of this goes into rigorous honesty for me - One Day at a Time.

GVB
Herndon

