



NoVAations—Monthly Newsletter of the Northern Virginia Intergroup of Overeaters Anonymous

COVID-19 Can't Stop Recovery!

Many of us are home isolating ourselves according to public health officials' instructions. Let's face it—a lot of us have no experience dealing with isolation any other way than bingeing or playing other games with our illness.

Technology now allows us to find recovery even when physically isolated. Many OA's email or text their sponsors or other recovering people daily. But there are now dozens of options for connecting virtually with the Program.

Just keep on reading for more information!

Letter from the Chair--Faith and Recovery during the COVID-19 Pandemic

Oh, how ironic that the OA principle for March is faith – just when I am having great trouble with it! This morning at my home meeting, we discussed whether to continue face-to-face meetings. There are some who believe in the wisdom of using virtual meetings exclusively while the Covid-19 crisis remains a threat. Then there are people like me, who are equally concerned that recovery depends on live meetings, and that as long as the facility is open and people are not displaying symptoms or are exposed, those who feel comfortable doing so should continue to gather. Both sides have a point. Underneath both arguments, I believe, is understandable fear of illness, whether it is Covid-19 or addiction. Ours is a disease of isolation, and how do we have faith in the program of recovery if we are being required to isolate?

I don't know what our meetings will be like by the time this NoVAtions issue goes out. I do know that we are all going to have to learn new ways of being a community, and that we need to have faith in our Higher Power, both our individual one and the higher power of OA, in order to continue to recover. Maybe Covid-19 will be a blessing in disguise, compelling those of us who have difficulty making phone calls to using that tool in order to stay abstinent. Maybe we will learn the difference between isolation and solitude. The one is deadly to recovery; the other can be part of our spiritual growth.

I'd like to share with you the April 24th reading from For Today: "I can keep busy, work hard to keep solitude at bay. There comes a time, however, when I am alone with myself. When I feel the presence of my Higher Power, I let my thoughts wander into shadowy crevices, unafraid, and I learn much that I did not know before. I experience truths such as 'Fear has been a fact of my life.' Felt as a fact, it no longer seeps into every facet of my existence, and I am no longer its victim. Without solitude, I would not have seen that truth. Without the company of my Higher Power, I could not venture into solitude, a place devoid of distraction, where I am face to face with myself. For today: In conscious contact with God, I easily face what I cannot bear to look at otherwise."

I know how powerful it is to maintain a conscious contact with a Higher Power, because when I sat down to write this article I was afraid, and now (for today) I'm not. Will recovery be more challenging if there are no available face-to-face meetings? For me, yes. But I will get through this, no matter what happens, so

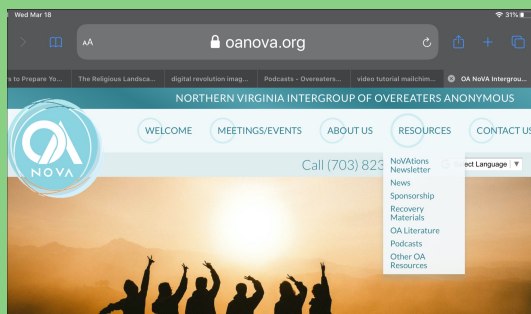
long as I focus on the daily maintenance of my spiritual condition and carry my vision of a Higher Power into all my activities, especially reaching out to others. I have faith that this is true, because it has worked for so many others in the rooms. It will work for you, too. Call if you need me.

Kate I.



OA-Sponsored Virtual Recovery Resources

Many local OA groups have canceled face-to-face meetings during the current public health emergency. At OAnova.org you can find a list of local meetings that have gone virtual, using Zoom (free download) and other technologies. Go to News and Events on our homepage and click on the COVID-19 Update—Virtual Meetings block. You will find instructions on how to join both phone and video meetings.



One Stop Shop for Literature, Workshops and Speakers

Both OAnova and WSO offer numerous links to literature, materials from workshops and podcasts. The webmaster recently uploaded handouts and leaders' guides from popular local

workshops, so you can catch up on what you may have missed. To find all these resources, just look under “Resources” on OANova’s website or “Resources” and “Podcasts” on WSO’s homepage.



WSO's podcast block as seen on a mobile platform.

Have You Visited OA's Virtual Region?

Recognizing the need for a current, user friendly online presence for the new tech -savvy generation of compulsive eaters, OA has had a Virtual Region for more than three years now. OA's Virtual Region does everything that geographical Regions do, including publish meeting lists for online and phone meetings. OA's Virtual Region holds workshops on the second Sunday of each month.

Don't forget to contribute to keep the region going via PayPal or by check to the VR's treasurer.



OANOVA is Joining the Digital Revolution

This is our first fully electronic newsletter. Although we will continue to print some paper copies for pick up at monthly intergroup meetings,



we can do more online than in hardcopy, such as:

- Embed color images and micro videos
- Distribute to hundreds of subscribers with one click
- Include hyperlinks

Our website will include an archive of all NoVations, including back issues.

New Email Addresses for All Groups

Your 12th Step Within Committee is working to improve communications between the Intergroup and NoVA meetings. To that end, we've created organizational email addresses for all our meetings! The service of checking emails can easily rotate within your meeting using these addresses. You can access your mail by going to <https://login.bluehost.com/hosting/> and selecting Webmail Login. Contact us at chair@oanova.org or info@oanova.org for your password.

What will you get there? Announcements of upcoming events, NoVations issues, and Intergroup information for those of you who don't have an IG representative. Let's get connected!

Meeting	Email Address
12 Step Cup Meeting	12stepcup@oanova.org
Abiding Peace Meeting	abidingpeace@oanova.org
Acceptance for Today Meeting	acceptance4today@oanova.org
Alexandria Friendship Meeting	alexandriafriendship@oanova.org
Alexandria H.O.W. Meeting	alexandriahow@oanova.org
Alexandria H.O.W. Newcomers Meeting	arlingtonhownewcomers@oa

	nova.org
Arlington 100 Pounders and Everyone Welcome	arlington100pounders@oanova.org
Arlington Live & Let Live Lesbian and Gay and Everyone Welcome	liveandletlive@oanova.org
Arlington Sunrise Meeting (Monday)	arlingtonsunrisemonday@oanova.org
Arlington Sunrise Meeting (Tuesday)	arlingtonsunrisetuesday@oanova.org
Arlington Sunrise Meeting (Wednesday)	arlingtonsunrisewednesday@oanova.org
Arlington Sunrise Meeting (Thursday)	arlingtonsunrisethursday@oanova.org
Arlington Sunrise Meeting (Friday)	arlingtonsunrisefriday@oanova.org
Arlington Sunrise Meeting (Saturday)	arlingtonsunrisesaturday@oanova.org
Ashburn Sunday Night Meeting	ashburnsundaynight@oanova.org
Bristow Meditation and Writing Meeting	bristowmeditation@oanova.org
Bristow Sunrise Literature Study	bristowsunrise@oanova.org
Brown Book Thursday Lifeline Meeting	brownbooklifeline@oanova.org
Del-Rays of Light Step Study & Discussion	delraysoflight@oanova.org
Falls Church Men's Meeting	fallschurchmen@oanova.org

Friday Idylwood Step Meeting	idylwoodstep@oanova.org
Idylwood Acceptance Meeting	idylwoodacceptance@oanova.org
Idylwood Writing Meeting	idylwoodwriting@oanova.org
Leesburg Voices of Recovery Meeting	leesburgvoicesofrecovery@oanova.org
Leesburg Wednesday Night Hopefuls	leesburghopefuls@oanova.org
Manassas OA / H.O.W. Meeting	manassashow@oanova.org
Manassas OA Big Book Study	manassasbigbook@oanova.org
Monday Night Better by the Dozen	mondaynightdozen@oanova.org
Monday Sunshine Meeting	mondaysunshine@oanova.org
Morning & Evening Literature - Phone Meetings	phonemeetings@oanova.org
Oakton Literature Meeting	oaktonliterature@oanova.org
Purcellville Miracles on Monday	purcellvillemiracles@oanova.org
Reston Big Book Study Meeting	restonbigbook@oanova.org
Reston Step Meeting	restonstep@oanova.org
Serenity Friday Meeting	serenityfriday@oanova.org
Springfield Early Birds Meeting	springfieldearlybirds@oanova.org

[Sunday Big Book Discussion Group](mailto:sundaybigbook@oanova.org)

sundaybigbook@oanova.org

[Sunday Evening Step Meeting](mailto:sundayeveningstep@oanova.org)

sundayeveningstep@oanova.org

[Sunday Morning Step Meeting](mailto:sundaymorningstep@oanova.org)

sundaymorningstep@oanova.org

[Tuesday Night OA Men Meeting](mailto:tuesdaynightmen@oanova.org)

tuesdaynightmen@oanova.org

[Warrenton Literature Meeting](mailto:warrentonliterature@oanova.org)

warrentonliterature@oanova.org

[Wednesday Hump Day Meeting](mailto:wednesdayhumpday@oanova.org)

wednesdayhumpday@oanova.org

[Wednesday Night Annandale H.O.W. Meeting](mailto:wednesdayhow@oanova.org)

wednesdayhow@oanova.org

[View this email in your browser](#)



Yay, it worked! You read NOVA's new electronic newsletter--and your fearless NoVAtions team made it through the new production process.

PLEASE SUBMIT ARTICLES FOR APRIL. The Step of the month is Step Four and the Spiritual Principle is courage.

Just to re-iterate, the opinions expressed in this newsletter are those of the person who shared them and not of OA as a whole.



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Contact us at:

P.O. Box 1992
Annandale VA 22003
703-823-6682

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