



Northern Virginia Intergroup
of Overeaters Anonymous

NOVATIONS



STEP TWELVE

Having had a spiritual awakening as a result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

TRADITION TWELVE

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

PRINCIPLE TWELVE

Service



May your holidays be healthy and abstinent!



Letter from the Chair: Tradition Twelve

I've been writing on the spiritual principles of OA all year, but for some reason today my Higher Power directed me to Tradition Twelve. It offends my sense of order since I like to finish themes I've got going, but my HP wouldn't shut up about it, so here we are. Amazingly, I discovered that there were some very important lessons I needed to learn about this tradition. (I highly recommend you re-read T-12 in The Twelve Steps and Twelve Traditions of Overeaters Anonymous.)

Here are a few things that caught my attention:

The actual meaning of anonymity. I always thought that anonymity meant keeping identities and confidences secret. And that is part of it. But I learned in my reading that "To be anonymous in OA means to be one among many, to accept ourselves as no better or worse than our fellows." I need to know and practice the spiritual principle that says I am of value - I am not a loser! - and that the person sitting next to me, both inside the rooms and out, is of equal value. Anonymity means to let go of both my shame and pride. I need to both believe that I am worthy of recovery and be humble enough to be teachable. I need to speak my experience, strength, and hope, and confidently and joyfully listen to others' shares with equal respect and openness.



"Principles over personalities" means that no one person or group of people is ever given special status in OA. This means that the suffering newcomer is just as important as the 30+ year abstinent veteran; the person who seldom shares is as valuable as the golden-tongued orator who inspires every time they open their mouth. We never know who will be carrying our Higher Power's message. It may be the person you least expect. Which leads us to...



You don't have to like everyone in your meeting. A recovery room is always filled with personalities, and since we're addicts, they are often strong ones. Of course we'll bump heads once in awhile. I must confess that I have sometimes tuned out when people I dislike are sharing in a meeting, and what important nugget of recovery did I miss as a result? (I have a feeling this was why my HP wanted me to write on this subject.) We never know who will be carrying our Higher Power's message. Am I going to ignore Their gift of experience, hope, and strength because the message bearer gets on my last nerve? What a loss that would be. We're often told, "Don't shoot the messenger." My HP adds, "Don't blow them off, either."

By Kate I.



HOLIDAY PICKLES

The holidays are difficult. Lots of emotions, lots of food--and lots of chances for my disease to take over. I can't think my way into recovery, but it helps to have a quick rejoinder ready to all those treacherous ideas that creep into my head.



Let's start with the biggest lie of all:



"You can forget you're a compulsive eater just for today."

Once a cucumber becomes a pickle, it'll always be a pickle.



"Go ahead, you can get back on the wagon tomorrow."

Has that ever worked out?

Ever?



"It'll be easier to be abstinent after the holidays (after you retire, after you start your new job, etc)."

No, it won't.



"Your relatives will never speak to you again if you refuse to eat their special holiday dessert."

Probably it's not as big a deal as you think.



"Eating everything will help you relax and connect with people."

I can choose to be with the food or the people.

There's no middle ground.

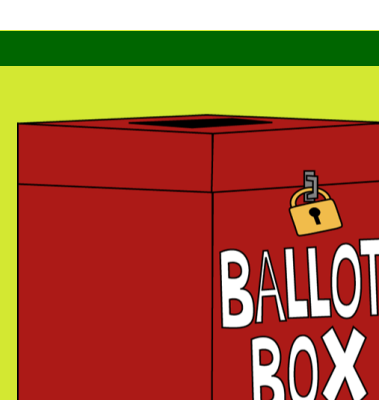


"You messed up, again. Might as well go ahead and overeat."

Anytime is a good time to start being abstinent.

I can reach out to another OA member without being ashamed.

By Anonymous



INTERGROUP ELECTION RESULTS

Chair: Kate I
Vice Chair: none
Secretary: Robyn L.
Treasurer (interim): Jennifer C.
Region VII representatives: Kate I, Hortense D, Tracie P, Nicolę L.

We still need a vice chair to substitute for the chair when she is absent. Please consider serving. Contact info@oanova.org for more information.

Region VII journals for sale! These journals are very popular ways to record daily food intake and to work Steps 10, 11 & 12. Available for \$10 + shipping at info@oanova.org.

UPCOMING EVENTS



OVER THE RIVER AND THROUGH THE WOODS: On the Road to an Abstinent Holiday Season.

25 December 2020 and 1 Jan 2021 at 10:00 am EST
Sponsored by the Thursday Aspinwall PA Group.
Click [HERE](#) for more information.

OA HOLIDAY PHONE MARATHONS

8:00 am to 12:00 am. Call 712-432-5200 and use conference ID 4285115#.
Meetings on:
24 December
25 December
26 December
31 December
1 January 2021

FUN & FELLOWSHIP CRAFT & CHAT

26 December 3:00 to 4:30 pm EST
For more information, click [HERE](#)
or contact the Fun and Fellowship Committee @ funandfellowship@oanova.org.

VIRTUAL REGION e-WORKSHOP SERIES:

Practice these Principles in All Our Affairs
10 January 2021, 3:00 to 4:30 pm EST.
For more information on this and other virtual workshops, click [HERE](#).

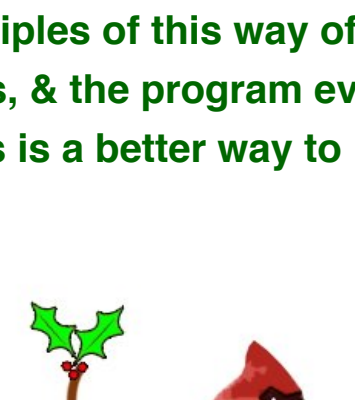
OA INTERGROUP ZOOM MEETING

16 January 2021, 10:00 am to 12:00 noon EST
Click [HERE](#) for more information.



TWELVTH STEP PRAYER

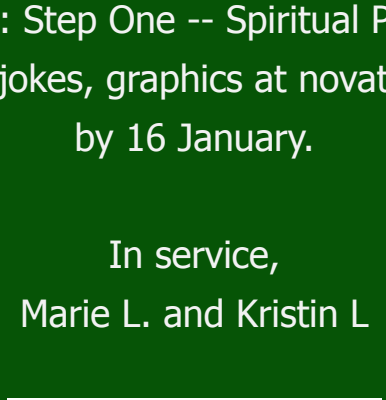
Dear God,
My spiritual awakening continues to unfold.
The help I have received I shall pass on
& give to others, both in & out of the Fellowship.
For this opportunity I am grateful.
I pray most humbly to continue walking day by day
on the road of spiritual progress.
I pray for the inner strength & wisdom
to practice the principles of this way of life in all I do & say.
I need You, my friends, & the program every hour of every day.
This is a better way to live.



NoVAtions reflects the experience, strength and hope
of OA members in Northern Virginia.
We'd love to hear from you!

Next month's topic: Step One -- Spiritual Principle: Honesty.
Send us articles, jokes, graphics at novations@oanova.org
by 16 January.

In service,
Marie L. and Kristin L.



See you all in 2021!