



Northern Virginia Intergroup of Overeaters Anonymous

# NOVATIONS

## NOVEMBER

### STEP 11

Sought through prayer and meditation to improve our conscience contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

**SPIRITUAL PRINCIPLE:**  
Spiritual Awareness



Wishing to all a grateful & abstinent Thanksgiving!

## Letter from the Chair: SPIRITUAL AWARENESS



I've spent the past several months being so grateful for my spiritual connection to a power greater than myself. I know, with all my heart, soul, and mind, that if I didn't have a spiritual life preserver to hold onto, I would be in pretty horrifying shape at this point.

For me, my connection to my higher power is strongest when I am getting enough sleep, working out regularly, and taking the time to connect and be present each morning through prayer, meditation, and journaling rather than mindlessly going through the motions. If I lose focus on any of these legs of my personal recovery stool, it is only a matter of when – not if – I will lose my balance. And losing the physical, food abstinence isn't even the worst part of it. I lose my spiritual abstinence. I lose my balance of peace. I'm teetering on the brink, not of "just" being fat (I never thought I'd say that, wow), but of returning to the restless, irritable, and discontent person I was five years ago.



I'll be honest and tell you that it's getting harder and harder to keep in fit spiritual condition. This morning I woke up when my alarm went off practically in tears already because I was so overwhelmed by a depression that has lasted for almost a week. In desperation I cried to my higher power for guidance, and what amazing wisdom did I receive? "Get up and exercise. Take a shower. Do your meditation." Sometimes spiritual awareness is a bright epiphany, an amazing realization that turns my life in a new direction. And sometimes it's simple common sense from a power greater than myself when I need it. Do the next right thing. Move forward. Call someone. Breathe. Go for a walk and see the beautiful fall leaves I made for you. Talk to me. Cry to me. I've got you. You are not alone.



Whether we hear these wonderful words from a higher power we choose to call God, or from a sponsor or fellow in the program, or in the silence of agnostic meditation, it's a miracle of recovery that is available to every one of us, if we work Step 11 every day. Yes, it is work to maintain our spiritual awareness. But what's the alternative? Unimaginable. And how great is the reward? Unlimited.

—By Kate I.



## HOLIDAY ABSTINENCE

My trips to the grocery store became much different after I became abstinent more than ten years ago. Many aisles no longer held anything I could safely purchase. The remaining aisles got greater attention from me, and to this day, I read labels, check portion sizes, and compare prices.

[Read more](#)

There is one aspect of the grocery store that gets my unflinching attention—the racks of women's magazines that line the checkout register. How differently I feel now when I see the January magazines with their loud headlines: "Lose the Weight Fast," "Two-week Diet Breakthrough." I remember when I eyed those January issues eagerly, searching for the "miracle food" or diet plan that would cure all my troubles and make me look like the 20-something actress on the cover.

OA has opened a new world of hope; a world of abstinence, friendship, and spiritual growth. I've been maintaining a weight loss of 50 pounds (23 kg) for over ten years! Whenever I'm tempted to "forget" my abstinence during the holidays, I remember those "Miracle Diet" headlines, and smile. Thanks, OA.

—By Ginny H., Springfield, Ohio USA

Reprinted from *Lifeline*



## THANKSGIVING DAY MARATHON



November 26, 8 AM - 7 PM EST  
Sponsored by the Arlington Sunrise Meeting at St. Charles Catholic Church in Arlington  
[Download flyer here](#)

Intergroup Zoom Line: Meeting Number 635-187-2048, Password 457892

To see the agenda, click [here](#).  
Email Alice T at [awthomas@cox.net](mailto:awthomas@cox.net) for more information Download event flyer [here](#).

**Holiday craziness sucking you in?** In addition to the Thanksgiving Day Marathon, there will be lots and lots of events to support recovery and sanity during the holidays.

**Phone marathons--8 am - 12 am** throughout the holiday season. Call 712-432-5200 and enter conference ID 4285115#.

- 26 November (Thanksgiving)
- 10 December (Hanukkah)
- 12 December (Twelfth Step Within Day)
- 24 December (Christmas Eve)
- 25 December (Christmas)
- 26 December (Kwanzaa, Boxing Day)
- 31 December (New Year's Eve)
- 1 January (New Year's Day)

**Over the River and Through the Woods--**on the road to an abstinent holiday season--sponsored by Thursday Aspinwall group. Click [here](#) to see flyer.

- 25 December 10:00 am
- 1 January 10:00 am

**Other OA events--**

- 12 December--5:00 pm--Candlelight Promises Meeting sponsored by Baltimore Area OA Intergroup. Click [here](#) for details.
- 13 December--3:00 pm - 4:30 pm--Young Persons in OA workshop sponsored by OA Virtual Region. Click [here](#) for information.



## WE WANT YOU . . . to run for the 2021 Intergroup Board!

The following positions are open:

- Chair
- Vice Chair
- Secretary
- Treasurer

Region VII Assembly Representative

IG board position descriptions available [here](#)

Region VII representative information [here](#) and [here](#).

**Qualifications:**

- Six months abstinence (and maintenance of abstinence while in office),
- working the Twelve Steps and Twelve Traditions for at least one year,
- and membership in a NOVA-affiliated OA group.

## 11th STEP PRAYER

Lord, make me a channel of thy peace--  
that where there is hatred, I may bring love--  
that where there is wrong, I may bring the spirit of forgiveness--  
that where there is discord, I may bring harmony--  
that where there is error, I may bring truth--  
that where there is doubt, I may bring faith--  
that where there is despair, I may bring hope--  
that where there are shadows, I may bring light--  
that where there is sadness, I may bring joy.

Lord, grant that I may seek rather to be comforted--  
to understand, than to be understood--  
to love, than to be loved.

For it is by self-forgetting that one finds.

It is by forgiving that one is forgiven.

It is by dying that one awakens to eternal life.

Amen



**NOVATIONS needs your support.**

**It takes a village to produce a newsletter!**

We welcome contributions, long or short, that reflect NOVA members' experience, strength and hope.

We also appreciate feedback of any kind.

Next month's topic is Step Twelve and Service.

Send contributions to [novations@oanova.org](mailto:novations@oanova.org) by 21 December.

No experience necessary!

In love and service,

Marie L. and Kristin L., editors

