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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.



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.





purchase. The remaining aisles got greater attention from me, and to this day, I read labels, check portion sizes, and compare prices. * IFNOT:ARCHIVE_PAGE | * Read more * IEND:IF | * There is one aspect of the grocery store that gets my unfailing 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-

would cure all my troubles and make me look like the 20-something

week Diet Breakthrough." I remember when I eyed those January

issues eagerly, searching for the "miracle food" or diet plan that

years ago. Many aisles no longer held anything I could safely

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.

Reprinted from Lifeline

— By Ginny H., Springfield, Ohio USA







• 26 November (Thanksgiving) • 10 December (Hanukkah) • 12 December (Twelth 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.

432-5200 and enter conference ID 4285115#.

• 1 January 10:00 am Other OA events--• 12 December--5:00 pm--Candlelight Promises Meeting sponsored by

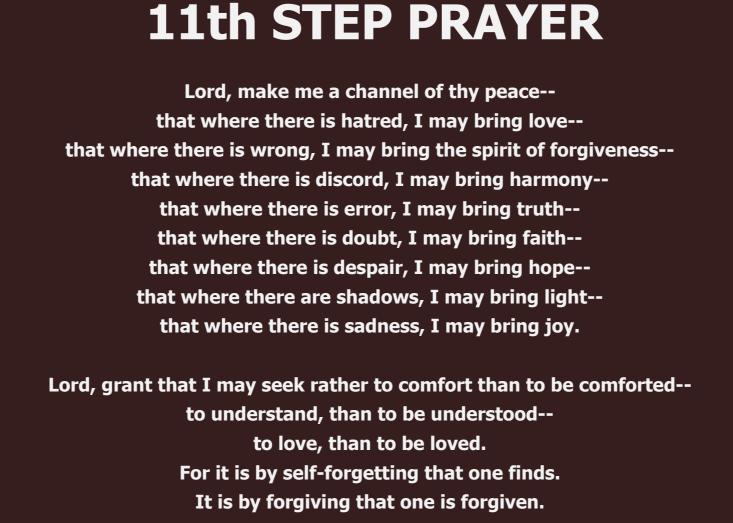
• 25 December 10:00 am

• 13 December--3:00 pm - 4:30 pm--Young Persons in OA workshop

sponsored by OA Virtual Region. Click here for information.

Baltimore Area OA Intergroup. Click here for details.





It is by dying that one awakens to eternal life. Amen

Reprinted from the book Alcoholics Anonymous, p. 99 (Twelve Steps and Twelve Traditions

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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.

Send contributions to *novations@oanova.org* by 21 December. No experience necessary!

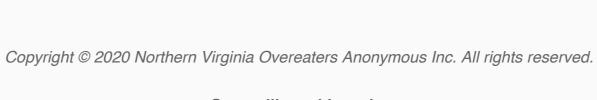
In love and service,

Next month's topic is Step Twelve and Service.

Marie L. and Kristin L., editors







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