



NOVATIONS

February 2022

THE MONTHLY NEWSLETTER OF NORTHERN VIRGINIA INTERGROUP OF OA

A Lifeline for a Lifetime

I have been going to OA meetings for more than 30 years now. My very first sponsor suggested that I go to three meetings a week. I am so grateful that I have never had any wish to stay away from the rooms. I have stuck with that number of meetings as often as I can and many times have gone to even more which is much more possible in this time with Zoom meetings. In the beginning when I was still struggling it was suggested that I attend 90 meetings in 90 days. By attending a meeting every day, something started happening – in other words, the program started working me.

I know without a doubt that my lifeline is rooted in the meetings. They say that the disease of compulsive eating is a disease of amnesia. I firmly believe that and it would not take too long before the old stinking thinking would reappear – “I am cured; I don’t have a problem; I can eat a little of this or that; why bother because I am not where I want to be; I am not a ‘gutter’ overeater (like an alcoholic, I have not lost everything); I can manage things very well on my own, thank you,” and so forth.



Well, all of these lies were lived on a daily basis before I came into program. Every day I now pray that I don’t listen to the lies that this disease tells me. One of the most powerful meetings that I went to in my early days of OA had the topic “The lies that we tell ourselves.”

- I can’t assume that the meetings will always be there for me. In the time that I have been in OA, two of the meetings that I first attended are no longer in existence. One of those meetings I considered my home meeting and it was very large. Gradually people stopped coming and felt that they would not be missed. I know

that every meeting that I go to I am better off when I leave than when I arrived for the meeting. That is just how it works for me. I may not like everything that everyone has said and in fact, I sometimes get bored or feel that people are not looking for the solution but are instead living in the problem. But I ALWAYS hear something that inspires me or quite often I have read a passage from our literature that is exactly what I need to hear myself. I need to be with people who share the same burden that I do and who are looking to the solution in the Twelve Steps.

I have heard it said, “I may indeed be very busy, but I won’t have a life if I don’t put my program first.” I remember sitting in a meeting before I retired and shared the fact that if I don’t work the program to the best of my ability, I would be sitting in my house bingeing and letting my retirement pass me by. Today I have a very busy and active life but I always make the time for HP and the working of my program. For me the “wake up” is that there is always something more that I can do for my program. I have never “arrived.”

—Kristin W.

Step Two

Came to believe that a Power greater than ourselves could restore us to sanity.

Step Two Spiritual Principle

Hope

Tradition Two

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience.

Our leaders are but trusted servants; they do not govern.

Tradition Two Spiritual Principle

Trust

Our Diverse Commonality

How do I view Higher Power in OA? Having spent many years in a mainline worship community, I blended some of their ideas with OA's purpose.

OA has many ways of naming what is the path to abstinence and recovery. Some believe in a god; some don't believe in a god. Some believe in a sacred force at work in the world and call it "love," "mystery," "source of all" or "spirit of life." I mostly think of it as the power of the fellowship.

We are thousands of individuals of all ages, each influenced by our cultures and life experiences to understand "the essence of our being" in our own way. OA's are agnostic, theist, atheist, and everything in between.

We join together not because we have a shared concept of the divine; rather, we gather knowing that life is richer in community than when we go it alone. We gather to know and be known, to comfort and be comforted, to learn this is a fellowship of love and honesty where we can have the gift of abstinence and a path of recovery as a basis of living.

OA welcomes us in the fullness of our beliefs or lack thereof. As we explore life's deepest questions and our own inner truths in a spiritually diverse, supportive, and challenging community, we are given a space to deeply reflect and share the essence of the way we live that no longer serves how we eat and to go way beyond that to a better life.

Bingers, grazers, hundred pounders, and bulimics all learn to accept and support each other regardless of the flavor of their addictive relationship with food. In the same way we equally respect and draw from the wisdom of our diverse tapestry of the terms we feel best embody our individual idea of "god," "higher power," "the love of the fellowship" and any other words that we learn as we grow together, working towards the same goal: that one day at a time we can live a life free of the insanity of compulsive overeating.

—Alan S.

A Ten Cent Miracle

It was about 2 p.m., and I was sitting at my desk, where I work as a receptionist. The phone calls were coming in steadily, but between them, my mind would start to wander. I could hear the vending machine in the break room calling my name. It was over an hour until my next break, but the voice was getting louder and more distracting. I sat there trying to figure out how I could get someone to cover for me so I could "go to the restroom" or "get a cup of coffee." I knew someone would come and help me out.

I was just about to call someone to relieve me, so I looked in my desk drawer for money. I only had 80 cents. This threw me into a panic because the vending

machine goodie I was craving cost 90 cents! I started digging in the bottom of my purse and through all my desk drawers...nothing! At this point, I realized I could just borrow 10 cents from a coworker and all would be well. But then, it dawned on me that maybe if I took ten more calls, I'd have earned the treat, so borrowing the 10 cents would be okay. I took the ten calls, focusing on each one, and before I knew it, an hour had passed and I no longer heard the vending machine calling!

I shared this story in group last night, and one of the gals said, "That was your Higher Power at work!" It hadn't occurred to me, but she was right. I always expect something big and grandiose when it comes to my HP, but I'm learning to appreciate the small stuff He does too. Thank you, HP! Thank you, OA! Thank you, group! And thank you, my friend!

—Cindy A., Superior, Wisconsin USA
Lifeline 9/1/19

Spellcheck, Please!

Dear Mr. Merriam, dear Mr. Webster,

I write to you as a humble requester.

I propose a new spelling of a certain word;

The change would be seen but would not be heard.

The word in question is now spelled "serenity."

I suggest changing it instead to "surrenity."

If one "surrenders" using "humility,"

One can achieve a sense of tranquility:

"Surrender" and "humility" thus combined

Give one "surrenity" of soul and mind.

So, though you two might deem it unnecessary,

Would you consider changing your dictionary?

—Natalie, Indianapolis, Indiana USA

Lifeline 8/1/17

**THE OPPOSITE OF
ADDICTION
IS
CONNECTIVITY.**

Upcoming Events

FEBRUARY 2022

18-20 Friday noon to Sunday noon
[VIRTUAL REGION CONVENTION](#)

"There is a Solution"

19 Saturday, 10 to noon

[INTERGROUP ZOOM MEETING](#)

21 Monday, 9:15 am to 11:30 am

[PRESIDENTS' DAY WORKSHOP](#)

"Living in the Principles of OA"

26 Saturday, 1-3:30 pm

[UNITY DAY](#)

"All are Welcome!"

26 Saturday, 3 to 4:30 pm

[CRAFT & CHAT](#)

APRIL 2022

1-3 Friday, 6 pm to Sunday, 3 pm

[VIRTUAL REGION 7 SPRING ASSEMBLY](#)

MAY 2022

6-8 Friday, 5 pm to Sunday, noon

[FINDING THE POWER WITHIN THE STEPS](#)

45th Annual Region 7 Retreat

Have an Announcement?

If you wish to publicize a flyer or news item about an OA event via group email and on the website, send it to

"The 12 Steps Within Committee" at

12stepwithin@oanova.org

Please include your contact information so you can be reached for any questions.

Intergroup Board of Directors

Chair: Amy A
Vice Chair: Nicole L
Secretary: Alice T
Treasurer: Hortense

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You are receiving this email because you opted in via our website:

OANoVA.org

Our mailing address is:

OA NOVA
P.O. Box 1992

New Interactive Meeting Calendar

Work has been completed on OA NoVA Intergroup's website calendar to include fast interactive links to all meetings. Meetings are viewable by a week, a month, or by meeting agenda. When viewing the one-week display, meetings are color-coded green for phone, blue for virtual, purple for hybrid, and pink for in-person. One click on a meeting tab opens a new window with detailed information about the meeting, including Zoom and phone links. Check out the new meetings page [HERE](#).

If you would like to add your meeting's Zoom link, please provide your virtual meeting's invitation to 12stepwithin@oanova.org as soon as possible.

"Lifeline" Reinvented

Lifeline: Stories of Recovery will be our new blog where we can share our experience, strength, and hope both to inspire each other and to attract the still-suffering compulsive eater who is searching online for a solution. As we shift to a digital format, [LIFELINE: STORIES OF RECOVERY](#) will mark a new chapter for our sharing by welcoming text, images, audio, and video submissions from members while taking care in processing these submissions to maintain anonymity. Look for *Lifeline* to launch in February 2022. —World Service

New Face-to-Face Meeting

A new Face-to-Face meeting is coming to you LIVE the second Sunday of each month at your nearest Unity Club, 116 W Broad St, Falls Church. Join REAL OAers on Sunday, February 13, 8:30-9:30.

Unvaccinated must wear masks. Click [HERE](#) for more information about the Unity Club.

Thank You

to all readers, writers, & proofers who have helped bring this issue to life!

The topic for the March 2022 NoVAtions is anything about Step Three. Share your experience, strength, and hope through an article, poetry, or artwork. Please attach articles in a Word doc. and artwork in a photo file. Mail to:

novations@oanova.org

Submission Deadline: midnight February 20.

In Warmth and Abstinence,
Marie L, Editor

A Life Philosophy



This puzzle is a word search puzzle that has a hidden message in it.

1. First find all the words in the list. Words can go in any direction and share letters as well as cross over each other.
2. Once you find all the words, Copy the unused letters starting in the top left corner into the blanks to reveal the hidden message. (Need help? See the answer in March NoVAations.)

N O A M M A H A R B A S W O U
 Y T I N U O N T O F G T I U O
 I L L T N E P O H C A N L N W
 V A L E N T I N E S C E L H T
 A U S H T I A F N G G D I E A
 Y T I R G E T N I R T I N D W
 Y I S E H E P A O S M S G I A
 E R U T V A N U D O H E N S R
 C I O E N O N O D U E R E C E
 I P Y G A D L E M H G P S I N
 V S O R H M E I A T A O S P E
 R U J O N R L P T R R O F L S
 E W G E F I P O R U U R Y I S
 S C A G T Y N C H S O A N N G
 E T H Y E F U T U T C R E E K

- | | | |
|------------|-------------|-----------|
| Abraham | awareness | courage |
| discipline | faith | freedom |
| George | groundhog | happy |
| honesty | hope | humility |
| integrity | joyous | love |
| presidents | service | spiritual |
| trust | two | unity |
| valentines | willingness | |



STEPS 1, 2, 3 = GIVE UP.
 STEPS 4, 5, 6 = OWN UP.
 STEPS 7, 8, 9 = MAKE UP.
 STEPS 10, 11, 12 = GROW UP.



ANSWER TO
 JANUARY'S PUZZLE
 Steps are a rebuilding of
 my personalitty
 and a healing
 of my soul.



Second Step Prayer

God,

I know in my heart that only you
can restore me to sanity.

I humbly ask that you remove all twisted thought &
addictive behavior from me this day.

Heal my spirit & restore in me a clear mind.

Amen.