



NoVAtions

August 2022

THE MONTHLY NEWSLETTER OF NORTHERN VIRGINIA INTERGROUP OF OA

Keeping My Eyes on My Journey

I look back to my part, to me
I don't look back at them, to their part
There is no Step 7.5 where they put me on their list
This is my recovery, this is my list

I look down to the list, to my list
I don't look up and away
This is my self-discipline
This is my recovery, this is my list

I don't look forward to Step 9, to the future
I can keep that for another day
This is Step 8, not Step 9
This is my recovery, this is my list

I don't look alone, my Higher Power is with me
I can do this with their help
This is my journey, but I am not alone
This is my recovery, this is my list

What About the People Who Harmed Me?

When I learned about Step Eight I thought about the people who had harmed me. Why should I put them on my list? They were the bad ones, they caused me pain. Because of this I suffered. I carried the weight of my resentments. I waited, hoping that one day they would come to me with their apologies and changed behavior. I wanted to go on their lists. I wanted amends from them.

Then I realized that my list was not for them, it was for me. I realized that by putting them on my list I was not saying that their behavior was acceptable, I was saying I had a part and I need to make amends for my part. I cannot change others, I can only change myself. It is admitting I had a part, that I needed to make amends, that helped me to forgive them. Once I could own my part I felt empowered. I got control of my life back and my resentments lifted. I did not do that alone. I needed my High Power to help me. I needed to be willing and I needed my High Powers help to give me the willingness.

—Adrienne C

The Journey is my Home

"Welcome to Overeaters Anonymous. Welcome Home!" And there, the journey begins. When I think of August, I think of vacations and trips, an opportunity to get away and (hopefully) return with renewed insights and energy. It's also the opportunity to renew old friendships and family relationships, or make new friends and have new adventures.

I think of my experience in this Program in much of the same way. Whether it's taking time to myself to do Step work and journal or attend a meeting, I come away with renewed insights and energy. What I've learned has helped me navigate and improve relationships with family, friends, and co-workers. When actively seeking to do the next one right thing, life becomes a journey of adventure.

Part of my adventure includes editing NoVAtions. August marks two years since my journey with this newsletter began. And this journey, like Program, is one that can't be taken alone. I feel overwhelming gratitude to all my fellow travelers: proofers, writers and creators, sounding boards, encouragers, and readers. I think of you as my friends!

"Just do the next one right thing at a time, and it will take you home."

—Marie L.



Step Eight

Made a list of all persons we had harmed and became willing to make amends to them all.

Step Eight Spiritual Principle

Self-discipline

Tradition Eight

Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Tradition Eight Spiritual Principle

Fellowship

Zoom, Zoom...

I found the amazing power of Zoom during the COVID era. Before COVID, I would go to the same in-person meeting everyday, recovering with people just like me. When our group moved to Zoom, a whole new world literally opened up. I still loved the St. Charles Sunrise Meeting, now on Zoom. Our group grew from 10 to 25 or more recovering overeaters on any given day.

After a few starts and stops on ZOOM, my sponsor "suggested" I go to a meeting everyday. While not exactly jumping for joy, I was willing to do what she asked. The OA.org website had easy-to-find virtual meetings listed all over the world. Zoom took away any excuse for not attending a daily meeting. What a drag.

So, Zoom, Zoom here, and Zoom, Zoom there, everywhere I go is Zoom, Zoom. Watch out world! I finally figured out the complete freedom of Zoom and the complete isolation. I found wonderful meetings around the world. I also found it easy to bury myself--a different meeting each day for 30 days! Perfect for me!



I could tell my sponsor, truthfully, that I was going to a meeting every day. However, I didn't have to tell her that I didn't share and was hiding in the meetings, or most importantly, I wasn't opening myself up to recovery. The consequences of that were dire, though. Isolation and loneliness allowed the addiction part of me to take control of the recovery part of me. Now I go to the exact same meetings each day of the week. Although it isn't the same as seven consecutive days and seeing the same members as in the good old days of face-to-face.

Miracles are happening in my life. I have a much larger OA network: from Florida, to California, to Wisconsin and even in Australia. The most important things I learned are that 1) we are a worldwide fellowship; 2) I am exactly like any other compulsive overeater; and 3) the Overeaters Anonymous life is so much better when I let it be better. My journey through OA isn't finished. In fact, it's just beginning. So, Zoom away. —Kelly P.

Hung up on the Second Step

For a long time, I thought that the Third Step was what I was getting hung up on. It's really hard to surrender to God, my Higher Power. Like many OA's, I am a control freak and find it very hard to let go and let God. However, while doing some thinking about the steps, I realized that maybe my issue is with Step Two. Step Two states that we "came to believe in a Power greater than ourselves that could restore us to sanity." I thought that I had no problem with Step Two since I have always believed in God.

Earlier today, while I was thinking about Step Two, it really hit me what this step actually means. Step Two is not only about believing in a Higher Power but also about believing that this Higher Power can restore me to sanity. Maybe the reason I have a hard time surrendering is because I don't trust that God can restore me to sanity. Obviously, if I don't believe that God can restore me to sanity, I am not going to be willing to surrender to Him. I have seen countless people be returned to sanity through the power of God and have seen the workings of God in my own life; therefore, there is no reason for me to not trust that I can continue on my journey of returning to sanity. The more I try to trust that God can transform me, the easier it is to surrender.

--Elizabeth

Treasurer's Observations

for June 2022

"Self-discipline" as the spiritual principle associated with Step 8 does seem important to the job of Treasurer. I think I have it, then prove myself wrong: I logged into the PayPal account for NoVA OA today (July 20th) and found a \$20 donation made in June that I didn't see or report on in June. For those of you reading this, you too can be Treasurer, make mistakes, and admit them publically

Income in June (\$1,076.63) made up for the lower amount in May. June's donations aligned with the monthly average over this fiscal year. It was contributed by eight individuals and one group. The amount received in June covered our three monthly expenses that support meetings and members: Zoom lines, information distribution via email, and maintenance of the OA NoVA website.

Two expenses in June were unusual, One was a mistake "the bank made" when I incorrectly arranged the automatic payment to the website manager—two monthly payments were made instead of one (deep sigh). The second unusual extraction from OA NoVA's bank account was \$2,500. This amount reduced our bank account so that we don't keep money we won't need. Our Intergroup conscience directs that "excess funds" be distributed to either or both OA World Service and OA Region 7. —Cont'd on page 3

Upcoming Events

AUGUST

14 Sun, 3:00 to 4:30 pm

[VIRTUAL REGION 2ND SUN WORKSHOP](#)

"Practicing these Principles in all our Affairs"

20 Sat, 10 am to 12 noon

Virtual [IG MEETING](#)

19-21, Fri to Sun

[SPONSORSHIP DAY](#)

SEPTEMBER

16-18, Fri, 6:00 pm to Sun, 1:00 pm

In-person [REGION 7 FALL ASSEMBLY](#)

23-25, Fri 7:00 pm to Sun 1:00 pm

In-person [REGION 7 RETREAT](#)

"We're All Together Now"

23 Fri to 25 Sun

In-person [PIEDMONT IG SPIRITUAL RETREAT](#)

"Mountain of Miracles"

Sponsored by The Piedmont IG, Charlotte, NC

NOVEMBER

4-6, Fri to Sun

In-person [REGION 7 CONVENTION](#)

Ocean City, Md

"Swimming the Seas of Recovery"

Intergroup Board of Directors

Chair: Amy A

Vice Chair: Nicole L

Treasurer: Alice T

Secretary: Hortense D

NoVAtions Needs You!

NoVAtions is published on (or as near as possible) the 1st of each month. Submission deadline is midnight on the 20th of each preceding month. Submit your experience, strength, and hope through artwork, poetry, jokes &/or cartoons to:

NoVAtions@oanova.org

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Personal stories express the experience, strength, & hope of the individual member, and not OA as a whole.

World Service News

NEWCOMER PAMPHLET *Where Do I Start?* Now Free to Download. As approved by majority group conscience at WSBC 2022, our popular newcomer pamphlet *Where Do I Start?* has been updated and made available as a [free download](#) from the [oa.org](#) Document Library under the category "New to OA." Send newcomers a copy of *Where Do I Start?*, and watch our membership grow!

Where Do I Start? pulls vital wisdom from varied OA literature sources, including *A New Plan of Eating*, in order to give a concise and compassionate introduction to the OA program. As the Fellowship knows, beginning the journey out of compulsive eating and compulsive food behaviors toward recovery can be difficult, but *Where Do I Start?* aims to help, giving direction, advice, and answers to frequently asked questions in its brief pages.

Professionally printed copies and e-book versions of *Where Do I Start?* can still be purchased for US \$1 each from bookstore.oa.org and popular online retailers.

POST YOUR LOCAL OA EVENTS to OA's [social media page](#) by clicking the "Send Message" button on that page. Include all event information and a contact email address that maintains member anonymity. You may also drag-and-drop your event flyer into the message. The Third Quarter 2022 issue of *A Step Ahead* is now available for download. [View it online](#) or [download](#) and print copies for your group!

Treasurer's Observations... Cont'd from page 2,

Our Region confirms that it does not need funds since so much of its activities were virtual; however, WSO does need funds from its continued staffing and production activities.

June's finances conclude NoVA OA's fiscal year. Our Intergroup had a total income of \$10,150 and total expense of \$10,251. Well done folks! All income was from your donations. The major expenses related to technology (Zoom and website management) that kept this a we-Program. These operating expenses totaled \$2,750; the surplus of our income was sent to WSO and Region 7 (\$7,500).

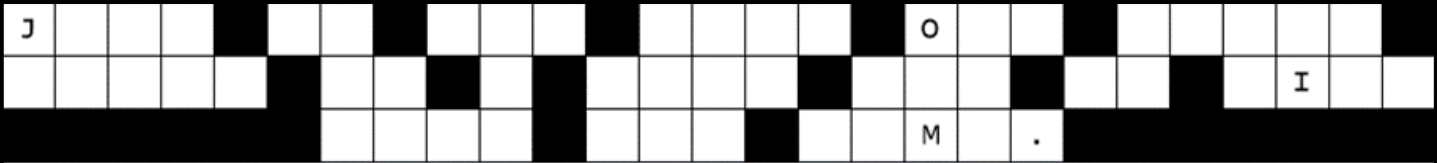
Our new year's (JUL '22 - JUN '23) budget targets income and expenses of \$10,600. This includes four large annual expenses: \$2,000 for any in-person meeting wanting "tech support"; \$1,600 for security and as-needed updates of the website; \$3,800 for IG delegates to attend in-person meetings with Region 7 and World Service; a \$1,000 contribution to those service bodies. Any funds not used for these major expenses will be sent to Region 7 and/or WSO.

—Alice T., Intergroup Treasurer

How to Get There

To solve the puzzle:

- 1) Across the grid, there are 27 columns of 3 letter squares.
- 2) Below each column are up to 3 letters; each letter belongs in one of the 1-3 squares in the column directly above it. (Four squares have already been filled in.)
- 3) Once you've used a letter, cross it off. Each letter can only be used once.
- 4) Once all the squares are filled in, the message will be revealed by reading across from left to right.



O A N M E
 U S T A A T H T I U E T O N T G T
 T H I N G D T T K E E Y O E X H A N D E I R I W H L L

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Three days earlier, Gary asked God to eliminate from his life all temptation.

"I finally told my suitcases that we wouldn't be going away for a vacation this year. Now I don't know how to deal with all the emotional baggage."



I don't want to brag or make anybody jealous, but...
I can still fit into the same earrings I wore when I was in Middle School.

**ADDICTION IS
THE ONLY PRISON
WHERE THE LOCKS ARE
ON THE INSIDE.**



**RECOVERY DIDN'T OPEN
THE GATES OF HEAVEN
AND LET ME IN.**

**RECOVERY OPENED
THE GATES OF HELL AND
LET ME OUT.**

Answer to July's Puzzle

Why Did the Chicken Cross the Road?
To prove to the opossum that it could,
indeed, be done.



Eighth Step Prayer

Higher Power, I ask Your help
in making my list of all those I have harmed.
I will take responsibility for my mistakes and be forgiving to others as
You are forgiving to me.
Grant me the willingness to begin my restitution.
This I pray.