

Becoming teachable

has been a very long journey. First, I had to learn to trust, then I had to be honest, and finally I had to be willing. That's a tall order for sure. About six months ago, I finally took the leap into the great unknown and found a new sponsor. Originally, I "just" needed a food sponsor, and I was terrified of asking for her time. I finally worked up the courage and she said "yes!" Yippee!

I started small by asking for 15 minutes of her time each week. I mean, I only binged 15 minutes a week, right? It just made sense that I ask for a "small" amount of her time. Here, I say "small." In reality, it's *huge* because time is something that can never be given back, so I truly appreciated that 15 minutes.

Day after day I texted her the food and talked weekly. I still ate, but had become honest about it. I was terrified she would say she wouldn't continue to be my food sponsor. Finally, she made a "suggestion" that I did not like at all:

Food Sponsor: You need to go to a meeting every day.

Me: OK, I'll consider your suggestion, thank you.

Food Sponsor: (*10 to 15 seconds of silence on the other end of the phone*)

Me: OK, I'll go to a meeting every day (I had thought I'd better jump in there before the silence grew into some sort of lengthy meditation.

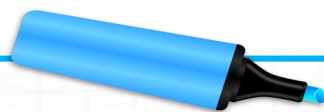
Food Sponsor: Good, that wasn't a suggestion.

When she said it, her voice was filled with all the love in the world. In that moment, that split second of willingness, I realized that I was ready to be teachable. Also in that moment, unbeknownst to either of us, she became my sponsor. It's been almost six months now, and I go to a meeting every day. If I miss my regular meeting, I go to a different one.

I've grown by leaps and bounds since I started attending a meeting every day. And, I *want* more. I *want* to experience food neutrality, I *want* to put down my alcoholic foods, I *want* everything this program has to offer me. And I'm willing to work for it.

—Anonymous

THE FIRST THREE STEPS
TAUGHT ME
HOW TO GIVE UP.
FOUR, FIVE, AND SIX
TAUGHT ME
HOW TO OWN UP.
SEVEN, EIGHT, AND NINE
TAUGHT ME
HOW TO MAKE UP.
TEN, ELEVEN, AND TWELVE
TAUGHT ME
HOW TO GROW UP.



Step Nine

Made direct aments to such people wherever possible, except when to do so would injure them or others.

Step Nine Spiritual Principle

Love

Tradition Nine

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Tradition Nine

Spiritual Principle

Structure





Learning to Know My True Higher Power

I have always had a Higher Power, I just didn't recognize it. First it was tobacco, then I quit smoking. Next, it was alcohol, then I quit drinking. Next it was people, then I went to Alanon. Finally, food became my higher power, my God, my best friend. When I ate, I was "invincible." I felt at ease around people, and could live in my own skin. Then it stopped working. I isolated, hid my food, and even ate food that was "reserved" for the family, as they started putting their name on everything.

If I have always had a Higher Power in my life, then why was taking Step Three so difficult? What was so difficult about having faith in a loving, kind, and merciful God? I had faith and used every other addiction as my Higher Power for a long time. I didn't know what would happen if I indulged in my addictions either, so why not give this Higher Power we learn about through living the Steps of Overeaters Anonymous a chance?

I came to OA because I was a lost soul. My recovery and all the time in recovery never brought me closer to my Higher Power. I knew something was missing. I felt empty and went to my first OA meeting. At first, I wanted only to understand my relationship with food, I did not come to OA to lose weight, or stop eating compulsively. I knew I had some weird food habits, but didn't think I was addicted.

Through going to meetings, I came to learn that

I was attempting to fill up the emptiness in my soul with food. Food was interfering with all my relationships: family, co-workers, friends, my Higher Power, even my dog. Food was destroying my life; I was living in food, any type of food—sweet, sour, old, new, frozen, food off the floor, food in the trash. I didn't even know I was actually living in an addiction and that it was getting worse and worse. It turned out that for years, I'd been looking for a faith and Higher Power outside of myself. That's where my food addiction manifested itself.

However, when reading the Big Book (ed. 4, p. 55), I learned it actually says:

We finally saw that faith in some kind of God was a part of our make-up, just as much as the feeling we have for a friend. Sometimes we had to search fearlessly, but He was there. He was as much a fact as we were. We found the Great Reality deep down within us. In the last analysis it is only there that He may be found. It was so with us.

When I recognized that HP was in my heart and soul, not outside of me, that's where the healing began. That's when I started having faith in this Higher Power. I still have temper tantrums when I don't get what I want. I always get what I need.

—Anonymous

Anorexics and Bulimics are Welcome Too!

I'm Elizabeth. I'm an anorexic and bulimic. I have been to meetings before and have been the only one who introduced myself this way. I used to think that OA was only for people who needed to lose weight. Even after looking on the website and finding that anorexics and bulimics were welcome, I doubted that people would welcome someone who wasn't doing the program to lose weight. Thankfully, I still came to a meeting and found that I was very welcomed! OA is not about the weight. It is about using the program to recognize my powerlessness over food.

While we all have different food behaviors and they may affect our bodies in different ways, we can all unite in our powerlessness over food. In OA, I have met anorexics, bulimics, overeaters, under eaters, over exercisers, people who need to lose weight, people who need to gain weight, and people whose weight is just fine. I have been able to connect with all of them over our powerlessness over food. Together we are working towards food freedom and the promises. —Elizabeth

Treasurer's Observations for July 2022

So we greet September. Spiritual principle of *Tradition 9* is Structure. Perfect description for the attitude of a Treasurer:

*Despite the doldrums beheld in August,
To write for Novations as Treasurer, I must.
The income looked grand,
The outlays, quite bland
To believe someone cares, I just must.*

Income in July (\$932.47) adhered to the average since I've been bookkeeper. It was contributed by 11 individuals and 2 groups (Sunday Delray, and Monday Miracles). The amount received covered our three monthly expenses supporting meetings and members: Zoom lines, information distribution via email, and maintenance of the OA NoVA website. \$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; \$1,000 contribution to those service bodies. Income in excess of this \$183 expense

—Cont'd on page 3

Upcoming Events

SEPTEMBER

9-11, Fri 4 pm to Sun noon

[JUST RUSTIC ENOUGH RETREAT](#)

OA Men's Fellowship Weekend

11, Sun 3 to 4:30 pm

[VIRTUAL REGION SECOND SUNDAY WORKSHOP](#)

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

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

23-25, Fri 7 pm to Sun 1 pm

In-person [REGION 7 RETREAT](#)

"We're All Together Now: Reuniting in Fellowship"

Sponsored by the Philadelphia Area IG

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"

World Service News

CHECK OUT OUR NEW [EVENT CALENDAR](#) on [oa.org](#)! The next time your registered OA service body or group hosts an event, send us the details using the [Event Calendar Submission form](#). We'll publicize your event for maximum exposure. Right now, you can find the new Event Calendar in the main navigation menu at [oa.org](#) under "News and Events," but we'll be integrating it with the home page in the future. [Check out the NEW Event Calendar!](#)

FIND OA MEETINGS 24/7.

Go to [OA.org/find-a-meeting](#).

LIFELINE IS BACK! We are now sharing stories of recovery through OA's Twelve Steps at [lifeline.oa.org](#).

You can help *Lifeline* grow by sending in your story, whether it is written, recorded as an audio file, shot on video, or is an image of your own making. Send us your recovery-focused story via digital media, and we will put it in the queue for eventual publication. Read the new [Contributor Guidelines](#) for suggestions and use our [submission form](#), found at [oa.org/lifeline](#), to send us your submission. Thank you for your service!

—From World Service

NEW In-person Meeting!!

THE WESTWOOD PHOENIXES

Westwood Baptist Church, Room 108

Literature & Sharing

Thursdays 7-8 p.m.

[MORE INFORMATION](#)

NoVAtions

To all who have contributed in the creation of this issue: **Thank you for you service!**
And thank you to all readers!

NoVAtions is published on the 1st of each month. Submission deadline is midnight on the 20th of the preceding month. Share your experience, strength, and hope through written word & artwork 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.

Treasurer's Observations... Cont'd from p. 2

total is ready to apply to any of the four large budgeted annual expenses: \$2,000 for any in-person meeting wanting tech support,

Many of us now attend Zoom OA meetings well outside Northern Virginia. They are available nearly any hour, day or night. Ask your regular meeting if it sends anyone to Intergroup meetings. One advantage of on-line meetings is that anyone, anywhere can be a group rep. Forty-five meetings are registered in NoVA OA, but more than half aren't represented at our IG meetings. Being a group rep is a wonderful service opportunity that can help you and your group stay even more in touch with the 12-Step way of life.

—Alice T., IG Treasurer

What Happened to Herman?



- This is a word search puzzle with a hidden message.
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. Starting in the top left corner, copy from left to right the unused letters into their corresponding blanks below.
 3. When all the blanks are filled, the message will be revealed.

- AMENDS
- ASTER
- AUTUMN
- CATS
- COURAGE
- ELEVENTH
- FAITH
- FELINE
- HAPPY
- HONESTY
- HOPE
- HUMILITY
- INTEGRITY
- JOY
- JUSTICE
- LABOR
- LEARNING
- LOVE
- MEMORIAL
- MEOW
- NINTH
- PENTAGON
- PLAY
- PRAYER
- SANITY
- SAPPHIRE
- SCHOOL
- SERVICE



From Pinterest

Life ISN'T ABOUT WAITING FOR THE STORM TO PASS, IT'S ABOUT LEARNING TO DANCE IN THE RAIN.



IT'S NEVER TOO LATE TO HAVE A HAPPY CHILDHOOD.

Answer to August's Puzzle

How to Get There

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



Ninth Step Prayer

Higher Power,
I pray for the right attitude to make my amends,
being ever mindful not to harm others in the process.
I ask for Your guidance in making indirect amends.
Most important, I will continue to make amends
by staying abstinent, helping others &
growing in spiritual progress.