



# NoVAtions

October 2022

THE MONTHLY NEWSLETTER OF NORTHERN VIRGINIA OVEREATERS ANONYMOUS INTERGROUP

## Stepping Out of Fear

One of my favorite passages from the OA *Twelve and Twelve* is this from Step Five: “Most of us find that fear is at the root of many of our damaging emotions and actions. As we grow in the Twelve Step way of life, we learn that our fears usually stem from our inability to trust that our basic needs will be met. Perhaps we have good reasons for our mistrust; perhaps people have failed us, placing us in situations we were not emotionally prepared to handle. Still, we find we have to outgrow our doubts. If we are to recover, we must learn to trust other people and entrust our lives to a Power greater than ourselves” (p. 43).

This really speaks to me. I didn’t have a bad childhood. I was loved and cared for. I was not

neglected or abused. Yet somehow, I picked up two deep-seated and contrary beliefs: 1) others could not be trusted to protect me and others, and it was up to me to do so; and 2) I was not enough—not smart enough, attractive enough, gifted enough—to protect myself and others.

So I have had fear as a bedrock emotion. All my life, I’ve fought with fear and tried to escape fear. I’ve fought fear by relying on my own willpower and arming myself with knowledge and skill. I have tried to escape fear by compulsively overeating and engaging in distraction.

Since coming to the Twelve Steps, I’ve found a totally different way to live. I don’t fight fear. I don’t try to escape it. I use the Steps and prayer and meditation to see and accept my fears and let them go, turning them over to God. That’s how I have come to trust God to give me what I need, guide me, and take care of outcomes while I just do my part. I don’t do this perfectly, but I am improving.

In doing my Twelve Step footwork, my old, dysfunctional habits of mind, body, emotions, and spirit have diminished. This includes my compulsive overeating. I see more and more how these old ways of living have harmed me, others, and my relationships and have kept me from functioning at my best. I am so grateful.

— Cait W. (Reprinted from *Lifeline* Oct 2020)

### *Step Ten*

Continued to take personal inventory and when we were wrong, promptly admitted it.

### *Step Ten Spiritual Principle*

Perseverance

### *Tradition Ten*

Overeaters Anonymous has no opinion on outside issues; hence, the OA name ought never be drawn into public controversy.

### *Tradition Ten Spiritual Principle*

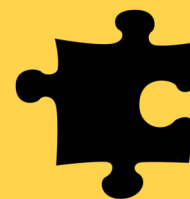
Spirituality





## *It's Puzzling!*

Working a Daily Tenth Step Inventory



I've been thinking a lot about Step 10—you know, reviewing my behaviors throughout the day, doing daily inventories, making immediate amends and starting all over the next day.

Well, I love doing jigsaw puzzles, mostly to avoid doing my daily Step 10 work.

Below is a table that proves jigsaw puzzles are much more relevant to a calm life than doing a Step 10 inventory.

### COMPARISON CHART: JIGSAW PUZZLE AND STEP 10 PUZZLE

#### JIGSAW PUZZLE (1000 pieces) and STEP 10 PUZZLE Similarities

Step 10 - Eating Pro	Jigsaw Puzzles - Puzzle Pro
Step 10 looks overwhelming!	1000 tiny pieces look overwhelming!
People are a mystery.	Puzzles are a mystery.
We get tangled up.	The pieces get tangled up.

#### JIGSAW PUZZLE (1000 pieces) and STEP 10 PUZZLE Differences

Prepare by working through Steps 1-9.	Anxiety—what if I don't find all the pieces?
Assess negative emotions—ego, pride, jealousy, etc.	Scared to look at pieces—there are so many!
Look carefully over day—positives and negatives.	Uncertainty—where are all the end pieces?
Acknowledge daily negative actions.	Panic—none of these pieces are fitting!
Share with God and sponsor.	Leave me alone! I'm working here!
Calmly make daily amends.	Throw the pieces on the floor!
Yippee! Amends Finished!	Suspense—do I have all the pieces?!
Freedom! A clean slate for tomorrow!	Angry—I'm still working on this stupid thing weeks later!
Sleep with assurance knowing I can start all over the next day On Awakening (pp. 86-88 BB)	Awake all night looking for that one more piece. Oh, found it! And another piece—ADDICTION!

Hmmm. I have to admit, there seem to be quite a few differences. It looks like completing a Step 10 inventory daily leads to peace and serenity. On the other hand, skipping Step 10 will push me further and further into chaos and my addictions. Today, I surrender to the freedom of Step 10 instead of the traps of addiction.

—Cont'd on page 3





## Working a Daily Tenth Step Inventory

—Cont'd from p.2

I am a person who prides myself as being responsible, accountable, and open-minded with people, in everyday situations (except when I'm wrong). Then, I pride myself in being able to out-think, out-talk, and, of course, out-eat you). I thought winning at any cost was rational, normal human behavior. Turns out, it's not.

When I started living in the Steps of Overeaters Anonymous, I found a whole new world. Today, I have positive relationships in all areas of my life. That's where the problems come in--having a Higher Power, relationships with people, and being a member of society. And that's precisely why it is so scary doing Step 10 daily. I continuously have to be aware of my behaviors and actions, admit I'm wrong, and make immediate amends.

I know the steps are effective only when I live them. Doing a regular inventory is just so important, but how was I going to motivate myself?

Well, I started by figuring out how I don't want to live. Then I went to my sponsor, and she gave me these key words, which I never thought of:

- ◆ Trepidation—experience of fear or alarm that often results in trembling or quivering.
- ◆ Berserk—to cover up rational human behavior.
- ◆ Perdition—the state of final spiritual ruin or eternal damnation to which the wicked are condemned.

If those words aren't convincing enough to immerse myself in Step 10 every day, I don't know what words would work. Living in fear, being irrational, and experiencing spiritual ruin does not sound like fun to me.

It seems, then, avoiding a daily inventory has dire consequences--my life would be over. I came to Overeaters Anonymous to have experiences that are happy, joyous, and free.

—Kelly P.

## Halloween or Not



Look, look see the witch  
Hide, hide from my sponsor

Look, look see the black cat  
Hide, hide today's behaviors

Look, look see the skeletons  
Hide, hide today's reality

Look, look see the the red morning sky  
Run, run from darkness

Look, look see my sponsor  
Run, run towards relief

Look, look see my actions  
Run, run from deceit, dishonesty,  
hypocrisy

Look, look see my behaviors  
Run, run from my pride, ego, jealousy

Look, look see reality  
Run, run towards amends

Look, look see the darkness  
Run, run towards freedom from food  
obsession, clean slate,  
good night's sleep

Halloween or not.

—Kelly P.

## Parenting & Grandparenting in Recovery

*How to stay abstinent in the many phases and stages of parenting*

**October 9, 2022**  
**1PM – 2:45PM ET**

Zoom Link: <https://us02web.zoom.us/j/86386200340?pwd=ZGJuTnFITzA2WXZQWjVDYVExTjhJZz09>

Meeting ID: 863 8620 0340  
Passcode: 12x12x12

**Hear and share on different perspectives and topics, such as:**

- Birth parents
- Stepparents & Adoptive parents
- Single parents
- LGBTQIA+ parents
- Grandparenting
- Pregnancy
- Maintaining serenity
- Juggling responsibilities
- Changing bodies
- Achieving physical, emotional, and spiritual abstinence
- Sharing the message
- And more!

**All identities encouraged to attend.**






# Swimming

## THE SEAS OF RECOVERY!

### NOVEMBER 4-6

OCEAN CITY, MD

**CONVENTION  
REGISTRATION LINK**  
[www.oaregion7.org](http://www.oaregion7.org)

**REGISTRATION COST**  
Early Bird Registration until 9/30/22 - \$45  
Regular Registration until 10/31/22 - \$55  
On-site Registration (11/4-6/22) - \$65  
Meals (Lunch & Dinner on Saturday) - \$85

**GENERAL INQUIRIES**  
Maria G: [mtg7176@gmail.com](mailto:mtg7176@gmail.com)  
Rob L: [rob.lepre@gmail.com](mailto:rob.lepre@gmail.com)

**SEE FULL FLYER**

**Where: Princess Royale Oceanfront Resort, 9100 Coastal Highway, Ocean City, MD 21842**

**Hotel Registration:** Calling information: 1-800-476-9253

Please reference the following:

- a) the check-in date;
- b) the group name: Region 7 OA
- c) the block code: REGION22

## *Treasurer's Observations for August 2022*

**7** or those not at the recent NoVA OA Intergroup meeting (please visit soon!), the monthly financial report for July & August is consistent with monthly data in the past year. Monthly income averaged \$885, and the three monthly expenses (Zoom, website, email) totaled \$183. The annual fee to maintain the postal box in Annandale, \$276, was paid in July. The spiritual principle of Step 10, perseverance, was manifest by you dedicated contributors—19 individuals and five groups. Hats off in thanks.

**7** he spiritual concept of clarity  
Veers into a mindset of charity.  
Financially speaking  
I use zero tweaking:  
The numbers reveal healthy verity.

member of your IG Board, as a recipient of many blessings of working the Steps, as a person enabled by this Program and an HP to live a life of “sane and happy usefulness” (see Big Book pg. 130), I am not neutral on the “inside issue” of service. In our Zoom age, the physical service seems to be getting harder to see. Can I, can you, poke another hole into our disease of isolation by showing up in service to OA? I confess my impure motive: we need folks in Intergroup! Two hours max. What can you lose? What might you gain?

Neutrality is the spiritual principle of Tradition Ten (“.. no opinion on outside issues.”). As a

Thanks for reading.  
—Alice T, IG Treasurer



## Upcoming Events

### OCTOBER

9 Sun 1 to 3 pm

#### WORKSHOP

“Parenting & Grandparenting in Abstinence”

Sun 3 to 4:30 pm

#### VIRTUAL REGION 2ND SUN WORKSHOP

“How to 12-Step a Problem”

15 Sat 10 am to Noon

Zoom INTERGROUP MEETING

### NOVEMBER

4-6, Fri 6 pm to Sun Noon

In-person REGION 7 CONVENTION

Ocean City, Md

“Swimming the Seas of Recovery”

## 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 your service!**

And thank you to all readers!

—Marie L, Editor

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](mailto:NoVAtions@oanova.org)

November's Theme: “Grateful Choices”

### EDITORIAL POLICY:

This is your newsletter! We encourage your contributions, comments and experience in the OA way of life. We reserve the right to edit, and it is understood that other OA groups, without permission, may reprint all copy.

You are receiving this email because you opted in via our website: [OANoVA.org](http://OANoVA.org).

Our mailing address is:  
OA NOVA, P.O. Box 1992,  
Annandale, VA 22003.

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

## World Service News

**LIFELINE IS BACK!** We are now sharing stories of recovery through OA's Twelve Steps at [lifeline.oa.org](http://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](http://oa.org/lifeline), to send us your submission. Thank you for your service!

**NEW AUDIOBOOK!** *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition* is more accessible than ever! Now you can tune in with popular audiobook formats and listen to the heart of our program while commuting, gardening, exercising, or even when waiting in line. The new *Twelve and Twelve* audiobook is read by a single narrator and runs 4 hours and 43 minutes. Find the audiobook by visiting these links:

Audible: <https://adbl.co/3K2bper>

Amazon: <https://amzn.to/3K5qYIF>

Apple Books: <https://apple.co/3R0415Q>

These same audiobook links are also available on the *Twelve and Twelve* product page in our online bookstore at [bookstore.oa.org](http://bookstore.oa.org).

### NEW! SECOND EDITION OF VOICES OF RECOVERY:

*A Daily Reader* Rediscover this classic OA book, recommended for newcomers and longtime OA members alike. *Voices of Recovery: A Daily Reader, Second Edition* retains the timeless wisdom shared by OA members in the first edition while bringing all references to the OA program, such as available literature and program policies, up to date. Visit the *Voices of Recovery, Second Edition* product page at [bookstore.oa.org](http://bookstore.oa.org) to purchase your copy or for links to e-book formats.

—From World Service

Do you need to publicize a flyer or news item about an OA event? Send it to [12stepwithin@oanova.org](mailto:12stepwithin@oanova.org) and “The 12 Step Within Committee” will post it via group email and on the website. Please include your contact information so you can be reached for any questions.

## Intergroup Board

Chair: Amy A

Vice Chair: Nicole L

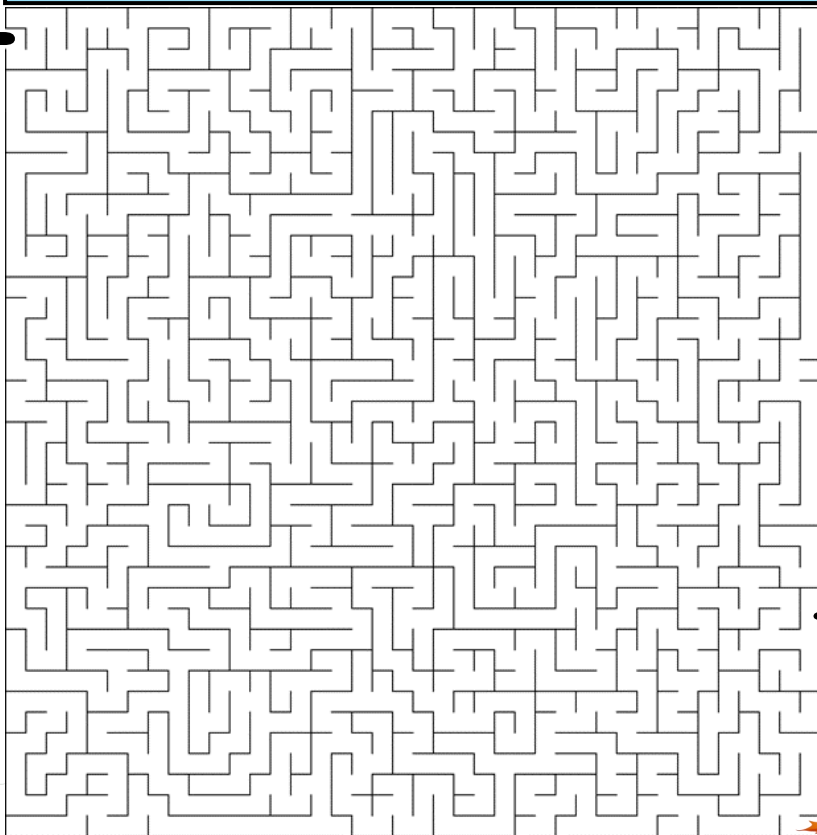
Treasurer: Alice T

Secretary: Hortense D

FLUFFY

START

# Help Fluffy Find Spike!



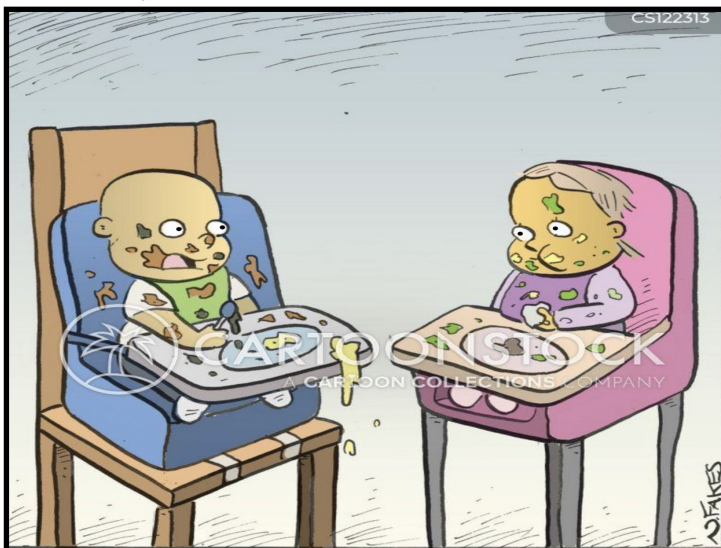
FINISH

SPIKE



**A YEAR FROM NOW, SOMEONE WILL NEED YOU TO HAVE MADE IT THROUGH WHAT YOU'RE GOING THROUGH RIGHT NOW. DON'T GIVE UP.**

Submitted by Alan S.

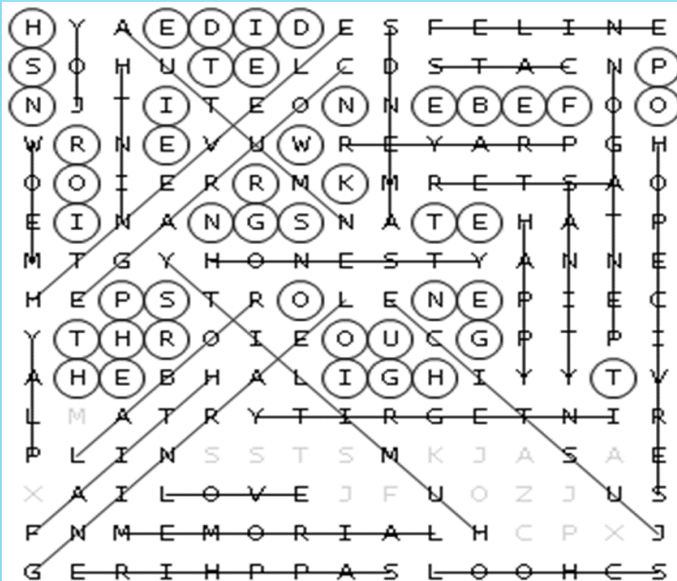


"I think a lot of adults are overweight because they put ALL the food in their mouths."

## Answer to September's Puzzle

What happened to Herman?

He did Step Nine before working Steps One through Eight.





*Tenth Step Prayer*

God,  
please help me  
review my day.

Please grant me the willingness  
to see what you would have me see,  
in the light you would have me see it;  
free from morbid reflection,  
fear, obsessive guilt,  
and dishonesty.

Amen