



NOVATIONS

December 2022

THE MONTHLY NEWSLETTER OF NORTHERN VIRGINIA OVEREATERS ANONYMOUS INTERGROUP

Celebrating Fellowship

I've been a member of Al Anon since 1983, AA since 1986 and OA since 2021. It took me a very long time to get to OA. Well, I did come to OA in the 90's but I wasn't really ready. I didn't understand what abstinence was, and if I couldn't do it perfectly, I thought I was failing.

Over the years, I have been on many diets and pay-and-weigh plans. I had some success, and instead of yo-yo-ing 80 pounds up and down, I only went up 10-20 pounds before I lost it again. But I knew I was still a slave to food. I was sponsoring people in AA knowing all the while that I was addicted to food. I felt hypocritical.

I started coming to OA over Zoom in April 2021. By August I had found an abstinence that works for me. I am maintaining my healthy body weight with the support of my sponsor, the tools, and my dietitian. I am no longer drawn to high sugar or salty/crunchy foods. When I see some of those foods, it immediately reminds me of the misery and hopelessness I felt when I was 90 pounds heavier. I absolutely love wearing normal size clothes and looking my best even at 66 years old.

A big key for me has been finally allowing the fellowship into my life. I am texting, "WhatsApp" chatting, emailing or calling someone in OA multiple times a day. I ask for support before and after a challenging social occasion and get the strength I need that I do not have on my own. Years ago, my mother had a refrigerator magnet with the following prayer:



*I sought my soul but my soul I could not see.
I sought my God but my God eluded me.
I sought my brother and I found all three.*

❄️—William Blake ❄️

In AA I got in touch with my soul and my God, but I didn't feel like I truly belonged there. When I started in OA, I couldn't wait to get to know the other members, and I was delighted to be among people who knew my pain. My wall of isolation began to crumble and now I'm hooked!

This past Thanksgiving my family was out of town, which I enjoyed. I fixed my own food and enjoyed some well-earned time to myself. My OA home group had a Thanksgiving Marathon and I had signed up to do service for several of the hour slots. I enjoyed being supportive to those who were surrounded by food and being with my fellowship of men and women who trudge this road of Happy Destiny with me one day at a time.

❄️ Diane M., Louisiana



Step 12

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Step 12 Spiritual Principle

Service

Tradition 12

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

Tradition 12 Spiritual Principle

Spirituality

Fair Trades

I often still look for that numbing and soothing affect that a lifetime of overeating once provided me. However, I have become increasingly willing to trade it in for a very promising solution. So far on my journey I am willingly trading in my:

- ✿ Isolation for connections in this fellowship
- ✿ Despair for faith
- ✿ Dishonesty for integrity
- ✿ Selfishness for love
- ✿ Resentment for contentment
- ✿ Fear for calm
- ✿ Perfectionistic expectations for acceptance
- ✿ Gluttony for abstinence

I have a deep gratitude for my progress. I've traded in 15 lbs so far for a life that now seems worth living one day at a time.

✿ *Gigi G.*

Swimming the Seas of Recovery

I attended our OA Region 7 Convention in Ocean City, November 4-8. Karen B, of Ellicott City, Maryland, gave the closing remarks. She challenged us to go home and share with fellow members the fun we experienced being back in-person:

- ◆ "This convention is the first time for many to be back in a face-to-face meeting. If you had fun seeing people below the neck and not just their Brady Bunch screen versions, then go to a face-to-face meeting."
- ◆ "Zoom is not a savior, it's a tool. It was a necessary tool during the shut-down, but no longer needed. What is necessary is that we bond with each other."
- ◆ "Sharing with people over a cup of coffee or a meal bonds me to them."
- ◆ "Our old saying, 'Suit up and show up' used to be true for in-person meetings but is not true for Zoom meetings, because we don't have to suit up."

Now it's nearly a month later and I still carry with me the warmth of being in the physical presence of fellow OAers. There are now several in-person meetings in our area which I attend as often as I can. Why don't I attend via "easier" Zoom? Because true presence make me feel like I'm truly welcomed home.

✿ *Marie L.*

Our Treasurer's Observations for October 2022

I am writing this immediately after the end of the monthly NoVA Intergroup meeting. It was fun. It took an hour of Zoom time, ten minutes before then to reread the pre-distributed documents. For ten minutes of the monthly IG meeting, we each worked in a Zoom breakout room. My colleagues there agreed to write "three sentences" on why we do service. I do it because it is one of OA's tools for recovery. I want recovery which I believe is a "daily reprieve contingent on the maintenance of my spiritual condition." The 12-Step Program has lots of suggestions on how to have recovery (12 Steps, 9 Tools come to mind). Furthermore, each step has an attached spiritual principle. It's very convenient to this assignment that the Twelfth Step's spiritual principle is service.

There is no Treasurer's limerick today.* The Treasurer's Report for the month ended October 31, 2022 is: income is at \$792, slightly below average. Seven individuals and one group contributed that sum. Expenses were irregular: the Zoom account that benefits our meetings charged their annual \$300 subscription and the monthly line-size fee; MailChimp charged its \$11 fee so our membership can receive these announcements; the maintenance of the OA NoVA website cost zero this month because I'd paid it twice in June; finally, I sent \$3,000 to OA World Service Office so that our Intergroup bank account is not excessive.

Remember, **OA is not a "diet and calories club."** A food plan is a tool for recovery. For recovery, read my rant above. Thanks for letting me share and do service as the 2022 IG Board Treasurer.

* *See page 3*

✿ *Alice T., IG Treasurer*



December is Election Month!

Our Intergroup (IG) Board is seeking nominations for all four positions: Chair, Vice-chair, Treasurer, and Secretary. To read the job description for each service position, click [HERE](#). See page 10, "Board Officers."

To qualify for election to the IG board, an individual must:

- A) Be working the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA Service to the best of his/her ability for one year.
- B) Have six (6) months of current abstinence and continually maintain abstinence throughout the entire term of office. (NOVAIG endorses the Statement on Abstinence and Recovery as it appears, as amended, in CEM 1988b.)

To submit a nomination, go [HERE](#) and fill in your name and email address. In the message box, state the position you are seeking to fill and briefly describe your interests and qualifications. Applications must be received by Friday Midnight, December 16 to be considered for nomination at the monthly IG meeting the following day. Elections will take place at the monthly IG meeting on Saturday, December 17, 10 a.m. to Noon.

For questions, contact any current Board member [HERE](#). Scroll down to "Board Contacts."



NEW

In-person Meeting!!

Computer-free, phone-free, camera-free;
only people & recovery!

Greenspring Village, Springfield, VA
Tuesdays at 2 p.m.

To get further directions to attend the meeting, text or leave a message for Juanita at 571-274-9474.




Do you need to publicize a flyer or news item about an OA event?

Send it to 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



Heard at the Region 7 Convention:

"I worship my shame through such character defects as self-centeredness, perfectionism, and low self-esteem."




It seems impossible that 2022 is nearing a close! Thank you again to all who have helped keep NoVA-tions alive and well through contributions, the service of proofing and feedback, and to all who read it.

NoVA-tions is taking a January break, so the next issue will be February. The next due-date for contributions is midnight January 20th. The theme for February is Step 2.

My prayer for each of you is that this season of holidays be filled with abstinence and serenity...and a lot of laughter!

❄️ Marie L.



*There's an OAer named Alice T.
Who's *Treasurer* in this IG.
She got too busy in November
To write a limerick for December—
So here's my present to she.

❄️ Anony Muss



Upcoming Events

DECEMBER

- 3, Sat 10 AM to 1 PM
[VRTL HOLIDAY BOOSTER WKSHP](#)
“Experience, Strength, & Hope Through the Holidays”
- 4, Sun 2 to 3 PM
[VRTL HOLIDAY CHALLENGES WKSHP SERIES:](#)
“Celebrate or Commiserate?”
- 11, Sun 3 to 4:30 PM
[VIRTUAL REGION 2ND SUN WORKSHOP](#)
Step 12: Sponsorship
- 12, Mon 7 to 8:30 PM
[WORLDWIDE 12TH STEP WITHIN DAY—](#)
Freehold Virtual Mtg
- 13, Tue 7 to 9:30 PM
[RELAPSE PREVENTION & RECOVERY](#)
“The Keys to Surviving the Holidays”
- 17, Sat 10 AM to Noon
Zoom **[INTERGROUP MEETING](#)**

NoVAtions

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

NoVAtions is published on the 1st of each month with the exception of January. The next issue will be published in February. Submission deadline is midnight on the 20th of January.

Share your experience, strength, and hope through written word & artwork to:

NoVAtions@oanova.org

The theme for February is Step Two.

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**.

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

LITERATURE PRICES WILL INCREASE IN 2023; Order Now to Save

Effective January 1, 2023, Overeaters Anonymous will increase the prices of our print and digital literature. OA's shipping prices will also increase.

OA, like so many, has been impacted by higher prices due to recent global factors. With OA's books and pamphlets, we are seeing increases in the costs of paper stock, production, and shipping/postage.

OA remains committed to the purpose of carrying the message of recovery to those who still suffer, and our literature is an essential tool for carrying out our purpose. Raising prices was not an easy decision; however, to continue to bring quality OA recovery literature to the Fellowship, OA must do this to offset higher costs.

OA literature is available in multiple formats: print, e-book, PDF download, print-on-demand, and audiobook. Some formats, such as e-books, do not have a shipping cost. No piece of literature is available in all formats.

To purchase OA literature, go to **bookstore.oa.org**. Product pages include links to third-party vendors authorized to sell our literature.

DECEMBER 12: TWELFTH STEP WITHIN DAY: A day for OA service bodies, meetings, and individual members to reach out to those within the Fellowship who are still suffering from compulsive eating behaviors.

TWELVE CONCEPTS PAMPHLET PUBLISHED AS E-BOOK *The Twelve Concepts of OA Service* is the newest OA pamphlet to be made available on popular e-book platforms for US\$2:

[Amazon Kindle](#)

[Barnes and Noble Nook](#)

[Apple Books](#)

The Concepts—from the ideas of unity and trust to delegation and dialogue—help OA members, groups, and service bodies apply the Steps and Traditions effectively in their service work. Use *The Twelve Concepts of OA Service* as a jumping-off point to a weekend service retreat, to introduce business meetings, or to simply meditate on the different Concepts during your daily reflection time.

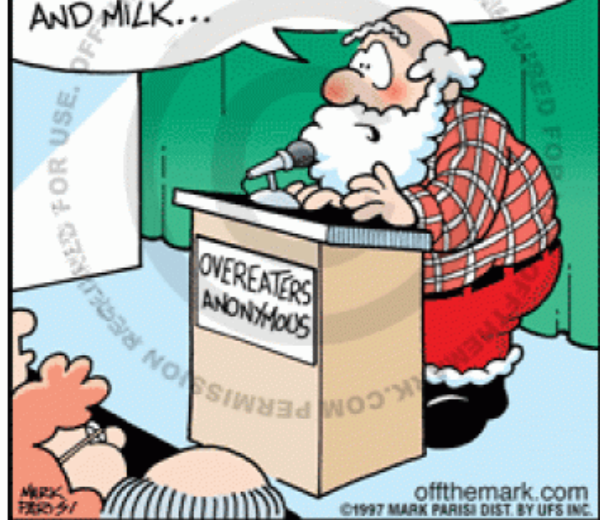
For printed copies and all e-book links, go to the **[Twelve Concepts product page at bookstore.oa.org](http://bookstore.oa.org)**.

 World Service Office



To announce any OA meeting changes to our Northern Virginia Intergroup area, go to **OANOVA.org** and click on “Contacts.”
Or click **[HERE](#)**.

IT'S ALWAYS THE SAME... I'M GOOD FOR 364 STRAIGHT DAYS, THEN IN **ONE NIGHT** I BINGE ON A HUNDRED MILLION SERVINGS OF COOKIES AND MILK...



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WHAT IS A HIPPIY'S WIFE CALLED?

MISSISSIPPI.

Oh Great You're Here!



The Tree Just Fainted!

"I'M A PERFECTIONIST— JUST NOT A VERY GOOD ONE."



It's ok, they will just think Santa ate them.



So the night before Christmas, Adam turned to his wife and said, "It's Christmas, Eve."

November's Puzzle Answers

2	4	4	2	4	14
5	3	5	1	5	16
4	1	4	2	2	19
5	0	5	3	3	13
5	0	0	3	2	16
21	8	18	11	16	10
					14



Twelfth Step Prayer

Dear God,

My spiritual awakening
continues to unfold.

The help I have received
I shall pass on & give to others,
both in & out of the Fellowship.

For this opportunity I am grateful.

I pray most humbly to
continue walking day by day
on the road of spiritual progress.

I pray for the inner strength & wisdom
to practice the principles
of this way of life
in all I do & say.

I need You,
my friends,
& the program
every hour of every day.

