



A Mini NOVATIONS

Happy New 2023!



THE MONTHLY NEWSLETTER OF NORTHERN VIRGINIA OVEREATERS ANONYMOUS INTERGROUP

No More New Year's Resolutions!

PART ONE: FREEDOM FROM BONDAGE:

I was one of "those people"—you know them—the ones who make a New Year's Resolution which lasts maybe one day! And you know what that resolution was: *Starting January 1, I will start a diet and stick to it.* Right?? Before I came back to OA eleven years ago, this was a regular occurrence. And usually the more I tried this the more I failed and the more weight I gained. The more weight I gained the more my self-image plummeted. And finally, the more I felt that I was a failure.

Coming to OA and living the OA program of Abstinence, the Steps and a relationship with a Higher Power have freed me from the bondage of making those resolutions...and their consequent failure! It feels great—trust me. I now know the freedom of living in the solution. Food no longer has me by the neck (or maybe more accurately by the tummy) and I can choose to eat healthfully, practice the principles and steps of OA, and live in a great space with a Higher Power who helps me each day.

What could be better than that?

—Alice McD.

Step One

We admitted we were powerless over food—that our lives had become unmanageable.

Step One Spiritual Principle

Honesty

Tradition One

Our common welfare should come first: personal recovery depends upon OA unity.

Tradition One Spiritual Principle

Unity

For upcoming events:
<https://oanova.org/meetings/>

First Step Prayer

Dear Lord,
I admit that I am powerless over my addiction.
I admit that my life is unmanageable
when I try to control it.

Help me this day to understand
the true meaning of powerlessness.

Remove from me all denial
of my addiction.



NoVAtions

The next full issue of NoVAtions will be available February 1st. Our intergroup newsletter provides a unique format where members can share their experience, strength, and hope through articles, jokes, poems, and artwork.

Send submissions to: novations@oanova.org
Deadline: Midnight, January 20

"To promise not to do a thing is the surest way in the world to make a body want to go and do that very thing." —Mark Twain

(For Today, December 30)