

NOVATIONS

September 2023

The Monthly Newsletter
of the Northern Virginia
Overeaters Anonymous
Intergroup



Step 9: Open to Surprise

Good Day, Good Readers! I am Alice M, and I am powerless over food! This is a story of one of my 9th Step Amends...

Early in my second year of OA (I was still a “baby”) the time came for the 9th Step. As the Big Book and the OA 12 & 12 say, my list of amends arose from my 4th Step. There was one woman who was high on my amends list.

The event occurred 30 plus years ago, but I still remember it as one of the very few times when I was simply not a nice person. I can still see the room where we sat. She asked me to comply with some specific limitations with which I disagreed. The ramrod went straight up my backbone and I became cold, adamant, and stubborn. While not openly rude, I know the vibrations I emitted were obnoxious. Despite her explanation of why she wanted me to comply with what she was asking, I flatly refused. I stated that even though I knew how she felt about the situation, I would not comply. Period. And I didn't.

This memory haunted me for years. I am not that kind of person. Usually I'm a team player, gracious, and open to adapting. I sure wasn't on that occasion. I was a downright mule!!! When the 9th Step came about in my program, I knew right away that I had to make this amends.

I decided to write to her. I crafted my amends letter, shared it with my sponsor and, with her blessing, sent it off. I had no expectations. This was for ME and my recovery. It was not to re-establish any kind of relationship, get positive strokes, or make her like me. I was at peace about it.

Several weeks passed until I received a reply. I was surprised to hear from her and even more surprised that she had absolutely no memory of the occasion! She accepted my amends and went on to recommend a book, written by a spiritual author she had been reading. It is about the second half of life and since I am in that stage of my life, I figured, “Why not?” I ordered and read the book.

That led to more book and author recommendations. Reading one particular book transformed my concept of and relationship with Higher Power. So, a simple amends morphed into a deep change in my spiritual life. Who'd a thunk it???

Making amends is not always easy; but from this experience I can say that if we stay open, an amends could result in a wonderful surprise!

~Alice M.

Tradition 9 with its Principle: Structure

Tradition 9 – OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Principle for Tradition 9: Structure

Time and again, I've seen how adhering to the 12 Traditions has helped groups remain vital and focused on carrying the OA message, and following Tradition 9 is no exception. Tradition 9 guides us to spend as little time as possible on the “business” aspects of running a meeting. Then we can spend the maximum amount of time sharing our experience, strength, and hope. It keeps the emphasis on fellowship which, for me, is a key strength of the program. This keeps me coming back. I'm not sure I would have stuck around for long if there seemed to be a lot of bureaucracy involved in the meetings.

The first time I encountered a meeting when the scheduled speaker was unable to be there, I felt a slight panic, thinking the meeting would descend into chaos. Instead, there was a simple request for a volunteer, a member gave service by telling their OA story, and the meeting proceeded just fine.

I've seen how well the Group Conscience process works, too, despite the fact that no one person governs the group. I've become more comfortable with the reality that if the group makes a decision that doesn't work out as well as intended, it's usually a simple matter of holding a new Group Conscience meeting. As the Tradition 9 chapter in our Twelve & Twelve says, our groups make mistakes, but we learn from them and grow stronger!

I also like that the Tradition 9 chapter reminds us that we have a responsibility to speak up when the Traditions are not being followed, and then reminds us that once we speak up for the Tradition, we need to accept the results, and that may mean our words are not heeded.

As I find with all the traditions, this tradition has been hugely helpful to me in the outside world as well as within the rooms of OA.

-Kerrie S.

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Slogan: Welcome to OA Welcome Home!

WELCOME HOME

I can't speak for anyone else, but for me feeling different was often at the core of my eating compulsions. Isolation was also a huge part of my disease. Being able to enter the rooms took so much courage. The idea of being rejected on any level, or excluded due to any difference, would have been unbearable. I was born and raised a Muslim, never practicing, but identified as such. We were immigrants to the United States, and I had always felt like an outsider. I think for the first time, in OA meetings, I feel a part of something.

I believe it's extremely important that OA be accessible to anyone and everyone, and that efforts are taken by each of us to ensure that no one feels excluded. I appreciate the emphasis on the newcomer in many meetings. It is that kindness and welcoming that kept bringing me back into the rooms. One Day At A Time (ODAAT) we are all newcomers and that same warmth is extended to all.

No matter where I go, I feel I belong in OA. There are plenty of meetings all over the world happening simultaneously. Some are a better fit than others. Everyone can find their place at any time, in any language - if you're Neurodiverse, LGBT+, bariatric, and so much more. I'm so grateful to have this amazing opportunity to embrace all our differences, and to heal and grow through our interactions together. My HP (who I call, Allah) guided me home. Welcome to Overeaters Anonymous. Welcome Home. - Gigi G.

Upcoming Events

September Sponsorship Workshop: September 9 from 2-4pm EST on Zoom. Need a Sponsor? Becoming a Sponsor? Workshop by Baltimore, NOVA, So. New Jersey, and DC Intergroups.
Flyer:

<https://oanova.org/manage/assets/uploads/2023/07/Region-7-Convention-2023-JULY-2023.pdf>

Registration for 2023 Region 7 Convention: Early Bird discounted registration by Sept 30!
Sail Into Recovery - Nov. 3-5, 2023
in Ocean City, MD

**FOR MORE INFORMATION ON ALL EVENTS SEE:
oanova.org**

From our Editor

Readers - we are working to bring you articles to support your recovery and information about Overeaters Anonymous Region 7 in Northern Virginia. If you are new here or returning, welcome!

If you are interested in writing about a Step, Tradition or a Spiritual Principle (that corresponds to the month, e.g. Step 10 for October) and that you have worked through, please contact me for details.

Keep Coming Back, Cathy C., Editor
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**Visit: oanova.org
for
NoVA Region meeting
times/places
and Upcoming OA Events**



OA 9th Step, 9th Tradition and 9th Principle for September

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition 9: OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Spiritual Principle of Tradition 9: Structure