

NoVAtions

February 2025

The Monthly Newsletter
of the Northern Virginia
Overeaters Anonymous
Intergroup



Welcome Home!

When people first attend an Overeaters Anonymous (OA) meeting, they may feel as if the members of OA are speaking a different language. However, once the people at the meeting start sharing their experience, strength, and hope, something happens to visitors and newer members.

OA members talk about our common problem around food and food behaviors. Before coming to this program, most of us had never met anyone who openly admitted these thoughts and behaviors. Could these people really openly talk about these things with understanding and even humor?

The answer is a resounding “Yes!” because we have been there. In these rooms, we’ve found a solution to our eating and food problems and no longer carry the weight of our insanity around food. Is it easy? No. Is it simple? Yes.

If you are new to OA or coming back after leaving to try some “controlled eating,” you are welcome here. Can we promise you recovery? If you are willing to follow our program of recovery, if you can be honest with yourself and others, there is every chance that you can find what we have found in these rooms.

We are so happy you are here. Keep coming back and we will always welcome you with open arms. Welcome to Overeaters Anonymous. Welcome home!

Cathy C,
Editor



*See Page Two for
Upcoming Events
and Announcements*

OA Step Two Promises

All statements are from: *The Twelve Steps and Twelve Traditions of Overeaters Anonymous – 2nd edition*

- “Little by little, we saw how much pain our way of living was causing us. Gradually, we came to believe we needed to change.” (p. 12)
- “Little by little, as we experienced changes for the better in our lives, we came to believe in a Power greater than ourselves that could restore us to sanity.” (p. 13)
- “We failed to understand that God loves us in our totality and is willing and able to help us in everything we do, that God will help us with every decision, even food choices and amounts.” (p. 14)
- “We became willing to start fresh with our Higher Power.” (p. 14)
- “We became willing to let go of any concept about God that wasn’t helping us to recover from compulsive eating.” (p. 15)
- “This willingness to act on faith, then, was the key to Step Two. It was the beginning of the healing process and relief from the food compulsion.” (p. 15)

Anonymous



OA 2nd Step, 2nd Tradition, and 2nd Concept

Step Two: Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition Two: For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Concept Two: The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.

Upcoming Events

February 07 - Virtual Monthly 12 Step Workshop:

6:30-7:30 PM US Eastern Time.

Language: English

Sponsored by Miami-Dade and the Keys Intergroup.

Speaker, Journaling Sharing

February 16 - Share the Love Workshop: Virtual

Sunday 1PM-3PM US Eastern Time.

Language: English

Sponsored by Greater NY Metro Intergroup

FOR MORE INFO and ZOOMCODES

FOR THESE EVENTS SEE: oa.org

Visit: oanova.org
for
NoVA Intergroup
meeting times/places
and Upcoming OANova Events



Themes for NoVAations 2025

From the Editor
 We are looking for NoVA OA members to submit poems, favorite slogans, articles, and ideas for specific topics. Planned topics for 2025 are listed on the chart to the right. Questions? Want to contribute?

Contact Cathy C at novations@oanova.org

2025 Month	Theme	Step/Trad	Concept* See oanova.org for details
February	Wecome Home	Two	Conscience
March	Surrender to HP	Three	Trust
April	Bozos on the Bus	Four	Equality
May	Being Real	Five	Consideration
June	Follow Direction	Six	Responsibility
July	Responsibility	Seven	Balance
August	Abstinence	Eight	Delegation
September	Structure	Nine	Ability
October	One Day at a Time	Ten	Clarity
November	Gratitude	Eleven	Humility
December	Service	Twelve	Spiritual Foundations
Other	Poems	Slogans	Events