

NoVAtions

March 2025

The Monthly Newsletter
of the Northern Virginia
Overeaters Anonymous
Intergroup



Swimming in the Pond

When reading Step Three, I thought of a story I once heard:

As the sun rose on a new day, there were two young frogs sitting on a log at water's edge. They sat looking at the pond, which was full of life. The first frog dared to jump in while the second one did not.

By day's end, the second frog was still sitting on the log, tired and disheartened. Why? The second frog never made the decision to jump in. Without that decision (Step Three), he was stuck and couldn't jump in (steps 4-9).

Daily, when I look at Step Three, I ask myself which frog I want to be? I am grateful that today, by the grace of HP, I am swimming in the pond.

Jeanne J.



See Page Two for
Upcoming Events
and Announcements

Ode to a Little Gray Feather

Emily says, "Hope is the thing
with feathers

That perches in the soul."

No matter the emotional weather

The message makes me whole,

Saying lighten up -- you can cope

The voice of my ancestors gives me

Courage and Hope.

It occurs to me now that when
that bird loses that feather,
another one grows back. When
something is lost, whether it be ice
cream or a loved one, something
new can grow back if I have
courage and hope.

Marion V.

written Feb 17, 2025

OA 3rd Step, 3rd Tradition, and 3rd Concept

Step Three: Made a decision to turn our will and our lives over to the care of God as we understood Him.

Tradition Three: The only requirement for OA membership is a desire to stop eating compulsively.

Concept Three: The right of decision, based on trust, makes effective leadership possible.

Upcoming Events

2025 Region 7 Spring Assembly

March 29, 2025

8:00 am - 7:00 pm **One-day Virtual Assembly - all are welcome!**

For more info cut and paste this link:

<https://oaregion7.org/events/2025-region-7-spring-assembly-virtual/>

Region 7 2025 Convention

November 7, 2025 - November 9, 2025

8:00 pm - 1:00 pm

Registration by 3/31 \$70

Registration by 7/31 \$80

For more info: <https://oaregion7.org/events/2025-region-7-convention/>

FOR MORE OA INFO & EVENTS SEE: oa.org

Visit: oanova.org

for

**NoVA Intergroup
meeting times/places
and Upcoming OANova Events**



Themes for NoVAations 2025

2025 Month	Theme	Step/Tradition	Concept* See oanova.org for details
April	Bozos on the Bus - Kerrie S.	Step Four - assigned	Consideration
May	Being Real	Five	Responsibility
June	Follow Direction	Six	Balance
July	Responsibility	Seven	Delegation
August	Abstinence	Eight	Ability
September	Structure	Nine	Clarity
October	One Day at a Time	Ten	Humility
November	Gratitude	Eleven	Spiritual Foundations
December	Service	Twelve	Events
Other	Poems	Slogans	

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