

# NoVAtions

**MAY 2025**

The Monthly Newsletter  
of the Northern Virginia  
Overeaters Anonymous  
Intergroup



## **Another Bozo on the Bus**

I've come to value the phrase, "Just another Bozo on the bus" as a key factor in my recovery that keeps me "right-sized." It helps me remember two important concepts in our program: humility and equality.

When I'm driving, I can easily fall into the trap of thinking that I'm the best driver on the road, and others are driving like crazy people. I need humility. Never mind the possibility that others might objectively be driving like they're crazy – this is a dangerous mindset to let myself get into! At other times, I place myself below others, letting that interfere with my serenity. That can happen to me even during a simple activity. Sometimes when walking around my neighborhood, I can hear an inner voice say, "Oh, their front walkway is so much more stylish than mine!" Yes, I seem sometimes to be that stereotypical "ego maniac with a self-esteem problem" that we've heard about.

Luckily for me, our literature lets me know that I am no better and no worse than anyone else: I'm equal. As well as the experience, strength, and hope sincerely shared in meetings, the trials and tribulations that are disclosed reassure me that I am one of many, and a part of a community that values each of us just as we are.

It was completing my Fourth and Fifth Steps that really allowed me to feel equal to others. Discussing my fears and resentments with my sponsor, and listening to her share some of hers, convinced me that I no longer needed to feel apart from the rest of the world. Continuing to listen to shares at meetings just reinforces the notion that in this fellowship, we are equals, and share a common solution.

If my fellow OA members are the other "Bozos on the bus", then that is a bus I will gladly board!

-- Kerrie S.

## **Upcoming Events**

### **OA NOVA Intergroup**

#### **New and Growing Local In-Person Meetings:**

+Springfield Thursday is now at **7:30 PM**  
at Westwood Baptist Church,  
8200 Old Keane Mill Rd., Springfield.  
Come in Door #5, go up the stairs and  
through the kitchen to Whitten Hall.  
+Monday 6:30pm Arlington is growing.  
4435 N. Pershing, Arlington  
Room MPR C on Level B.

#### **Next VIRTUAL Intergroup Meeting:**

May 17, 10-11 AM

All are welcome!

#### **Link:**

[https://us02web.zoom.us/j/81528747246?](https://us02web.zoom.us/j/81528747246?pwd=V2xBbTREZ3JKL0s4RDlmUjJkU3hMZz09)  
[pwd=V2xBbTREZ3JKL0s4RDlmUjJkU3h](https://us02web.zoom.us/j/81528747246?pwd=V2xBbTREZ3JKL0s4RDlmUjJkU3hMZz09)  
[MZz09.](https://us02web.zoom.us/j/81528747246?pwd=V2xBbTREZ3JKL0s4RDlmUjJkU3hMZz09)

**Meeting ID:** 815 2874 7246.

**Passcode:** 12x12x12

*Check oanova.org and oa.org  
for more events and information*

### **OA Step Four, Tradition Four, and Concept Four**

**Step Five:** Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

**Tradition Five:** Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.

**Concept Five:** Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.

See Page Two for more  
of May 2025 NoVAtions

## Use Your Voice To Inspire Others To Serve

When I started OA, the thought of being a meeting host or the timekeeper was intimidating. What if I messed up? The entire meeting would know I messed up! Luckily, for my own recovery, I am working through that worry and have been able to help my meetings and help myself by doing service. So if you have been hesitant to do service during your meeting, I completely understand.

But did you know there are ways to support your meeting that are not so public? One of those ways is to get involved in helping with our Intergroup.

The purpose of OA NoVA Intergroup is to promote the unity within the Intergroup, to provide a forum for the exchange of ideas, to be aware of and serve the needs of member Groups and to carry the message of Overeaters Anonymous to the compulsive overeater who still suffers, by:

- Support for local groups and their events
- Zoom links to meeting
- The monthly NoVAtions newsletter
- Website
- Phone line
- Hold events

**(This article is continued at the top of the next column)**

### From the Editor

OA members are encouraged to submit poems, articles and thoughts for NoVAtions, and for answers to any questions

Cathy C, Editor

novations@oanova.org

June NoVAtion Themes: Step/Tradition 6

Following Direction and Responsibility

June articles due by May 20<sup>th</sup>, by 12 midnight

## **Use Your Voice To Inspire Others to Serve (Continued from column 1)**

You do not have to make commitments for years at a time. You can help out by writing an article like this one or join a special commitment that might tackle a short term project. And just your being present to hear what is being discussed is a blessing.

OA NoVA Intergroup meetings are usually held the third Saturday of each month from 10:00 to 11:00 AM ET via Zoom.

You can find information on these meetings on our Events Calendar on the website at <https://oanova.org/meetings/>. All are welcome to attend and I hope to see you there!

-- Bill L.



**Visit: [oanova.org](https://oanova.org)**  
**for**  
**NoVA Intergroup**  
**meeting times/places**  
**and Upcoming OANova Events**