

NoVAtions

The Monthly Newsletter
of the Northern Virginia
Overeaters Anonymous
Intergroup

September 2025



Traditions - What are they? How do they keep us in unity with our fellows and OA as a whole?

O.A.'s Twelve Traditions apply to the life of the Fellowship itself. They outline the means by which O.A. maintains unity and relates itself to the world about it, the way it lives and grows.

“The Twelve Traditions embody spiritual Principles for living. *The Twelve Steps and Twelve Traditions of Overeaters Anonymous - Second Edition - Page 89*

The Twelve Traditions of Overeaters Anonymous provide a safety net for individuals, groups, intergroups, and the World Services as a safeguard against any one individual or group taking control of the fellowship. They are the stepping stones towards freedom from our isolation and addiction; freedom to become usefully whole to our fellows and loving towards others, though most of all, they provide the guidelines to live in harmony with our fellows and our groups.

My obsession is food. Recovery is simple. All I have to do is live the Twelve Steps, right? Well, not really. My food addiction encompasses all that goes with it too: wanting to control, managing others actions, controlling outcomes, doing things my way and the list goes on and on and on. The steps help me clear away the wreckage of the past, and teach me the future is of no consequence. They prepare me to live in the present moment, just for today.

The traditions teach me that I am no longer running the show, I don't have to live in isolation, and more importantly, I don't have to dominate any outcomes. My job, being guided by my Higher Power, is to participate to keep O.A.'s singleness of purpose alive and well.

Traditions show me that with my Higher Power, I can become useful to others. I can become open-minded and honest and practice humility. I know this because the Traditions have been proven to work, and I believe they will continue to work for those that come after me.

I have something to live for and be grateful for: helping others. I can be part of something greater. I can participate at the group, intergroup, region and World Services levels. I can help the newcomer, listen to “old-timers” and love you all at the same time.

Traditions, are the lifeline of our fellowship. The unity, understanding, and love resulting from them can be used everywhere in our lives.

By Kelly P.

Welcome, Newcomers !! **Special 3-page Edition**

From the Editor:

This special edition is giving primary focus to newcomers in OA, and to those who are looking to renew their OA focus. We welcome you to our number and hope that you will find this is a place where you fit in, where you learn, and where you find healing.

Welcome to Overeaters Anonymous.
Welcome home.

Cathy C., Editor of NoVAtions

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Food Plans and the OA Program: Where to Begin?

Food Plans and the OA Program: Where to Begin?

Thoughts from a long-term, “imperfectly abstinent”, member of OA

I am committed to doing what works: aiming for consistent healthful choices that encourage physical, emotional and spiritual well-being. I am committed to personal growth and a deeper, more settled understanding.

I no longer have significant shame about weight or food. That was the work of decades ago. I practice mindfulness and have a rich spiritual journey. I attend Overeaters Anonymous 3-5 times a week and yoga about 10 times a week and I continue to journal and meditate. I am extremely disciplined about my meals. I avoid processed foods (sugar) and eat according to the clock. It has worked well since 1988. I've kept off a great deal of weight – 75 pounds – for all of that time.

Right now, recovery for me includes: being part of a specific OA group, going to meetings, sponsoring others, doing a reasonable amount of service, asking for help, doing the next right thing now, yoga, Pilates, some walking, focus on nutrition, and satisfaction of food choices. All of this, along with an attitude of acceptance.

There are some OAers who insist that one's good plan must be perfect to be abstinent. Bless them. My personal take is that I have boundaries that are not to be crossed: no recreational sugar, no allergy foods (for me that is wheat, dairy), no large bags as portions, and discernible meals. A mistake here and there is a red flag that I need to recalibrate. I think the folks who claim an extra string bean as equal to a gallon of ice cream do themselves and our program a disservice. I believe there is more hope available for the fellowship (as well as for myself) when I say I have been imperfectly abstinent since July 1988 than if I were to say I have some number of days because I ate a slightly larger meal last week.

I used to try so hard to fit in, to diet, to please others, to be invisible, while always hoping to be seen for myself. That was super tough because I didn't know who I was. I always tried changing into who I thought others wanted me to be. Then I came into OA and was told that I could follow the "suggestions" offered in the literature and talk to other people to find out what worked for them. At first it felt totally uncomfortable, like a container placed around my life. I was afraid and concerned that I was going to lose myself by “following orders”. What happened instead was that when limits were placed around food and around my reacting spontaneously from fear, I had space to find my true self. Still a work in progress!

By Amy A.

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Poem: The Quilt

Upcoming Events

**Ninth Step, Tradition &
Concept**

Upcoming NoVAtion Themes

- 1. Steps or Traditions 10-12.**
- 2. How to deal with holidays from
October thru December!**

All OA members are invited to submit poems, articles, thoughts, for NoVAtions by the 20th of the preceding month.

Contact: Cathy C, Editor
novations@oanova.org

The Quilt

So many different colors, so many different fabrics,
so many different patterns –
With one outcome. Beauty.

The beauty of love, spirit, and energy.
The beauty of interconnectedness.
The beauty of life itself.

Where does it begin and where does it end?
There is no beginning or ending to the love in our
hearts.
It's natural, all-inclusive and all encompassing

I let the tapestry of life move beyond me -
somewhere, sometime, some place
The Universe creates the quilt, the interwoven
pieces, the very nature of heart and soul and mind
and body.

I am in Overeaters Anonymous - Recovery.
The center of good times, happy laughs,
and amazing friends.
The center of the quilt.

By Kelly P.



Northern Virginia Intergroup
of Overeaters Anonymous

Step Nine, Tradition Nine and Concept Nine

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

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

Concept Nine: Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

Upcoming Events

OA NOVA Intergroup

Next VIRTUAL Intergroup Meeting:

All Are Welcome and Encouraged to Attend
Intergroup meetings at 10-11 AM
on the **3rd Saturday of each Month**

Direct Link:

<https://us02web.zoom.us/j/81528747246?pwd=V2xBbTREZ3JKL0s4RDlmUjdkU3hMZz09>

Meeting ID: 815 2874 7246

Passcode: 12x12x12

Upcoming Workshops and Events

(See: <https://oanova.org/resources/news/>
for details and more events)

***Region 7 Virtual Convention**

Posted 8/25/25

Mark Your Calendars! The OA Region 7 Virtual Convention will take place Saturday, November 1, 2025 from 9:00 a.m. until 4:30 p.m. EST. This year's theme is "Balanced in Recovery", and we're planning a fun day of inspiration, learning and connection.

Copy and paste this link for more info:

<https://oanova.org/manage/assets/uploads/2025/08/Region-7-Convention.png>