

NoVAtions

The Monthly Newsletter
of the Northern Virginia
Overeaters Anonymous
Intergroup

October 2025



Tradition One: Personal Recovery

Tradition One - Our common welfare should come first; personal recovery depends upon OA unity.

Our common welfare should come first. But who cares? I am recovered. I live OA's twelve steps. Why would I care about anyone else, let alone put anyone before me? Ohhh. There's more to this tradition: "my personal recovery depends upon OA unity".

During my time in Overeaters Anonymous, I have come to understand that I am not the center of OA. In fact, I am only one person out of millions, but I still want to control everyone and everything in the organization, including the outcomes. It took me a long time to understand that the group is my lifeline, a tool for a better life both in and out of the rooms. Tradition One freed me from running the show, playing everyone's 'Higher Power,' and most of all it taught me respect for individual opinions.

Tradition One comes to the forefront in the opening and closing of meetings, the suggested individual meeting formats, and even guidelines on how to start new groups – in many other ways it guides O.A. as a whole. It is an important tradition because it emphasizes I only become whole when I accept that Unity depends on me too. It taught me that the whole is greater than the one.

Kelly P.

Upcoming Events

OA NOVA Intergroup

Next VIRTUAL Intergroup Meeting:

All Are Encouraged to Attend Meetings:
10 AM ET online on the
The 3rd Saturday of each Month

Direct Link:

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

Meeting ID: 815 2874 7246.

Passcode: 12x12x12

Upcoming Workshops and Events

More details at: <https://oanova.org/>

***OANOVA Virtual Event!**

Living With Dying: Recovery in Loss
Oct 11, 2025 1-3 PM ET

[https://us02web.zoom.us/j/89947701602?
pwd=K1s7aXAbBMW6sKW1p4pxIW8Nn
1iNdb.1](https://us02web.zoom.us/j/89947701602?pwd=K1s7aXAbBMW6sKW1p4pxIW8Nn1iNdb.1)

OR:

Meeting ID: 899 4770 1602

Passcode: 840310

***OA Region 7 Convention:**

Balanced in Recovery -
A Virtual Experience
Saturday, Nov.1, 2025

For complete information, go to:

[https://oaregion7.org/events/2025-region-7-
convention-virtual/](https://oaregion7.org/events/2025-region-7-convention-virtual/)

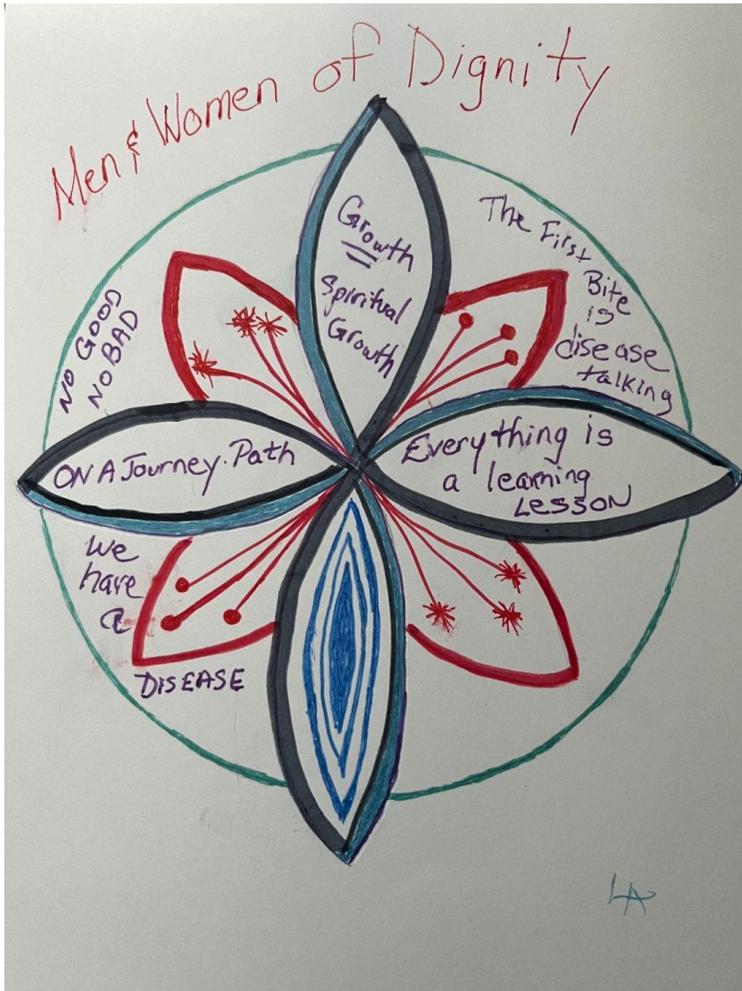
Step Ten, Tradition Ten and Concept Ten

Step Ten: Continued to take personal inventory and when we were wrong, promptly admitted it.

Tradition Ten: Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

Concept Ten: Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

Artwork below:
donated by Loretta A,
OA member



From the Editor

Thank you to all who contributed to this issue. - Cathy C.

You! Yes, you are invited to submit poems, articles, artwork and thoughts for NoVAations.

Upcoming NoVAation Themes:

- Step/Tradition/Concept 11 & 12,
- How to Handle Holidays centered around food and family!
- Welcoming Newcomers to OA

NoVAations Articles Due:
on the 20th of each preceding month by 5 PM ET.

Send questions/suggestions to
Cathy C, Editor
novations@oanova.org

All opinions in this newsletter belong to the writers, and may not reflect the views of OA as a whole.



Visit: oanova.org
for
NoVA Intergroup and
OA Meetings Info. &
Upcoming OANova Events