

# NoVAtions

**November 2025**

The Monthly Newsletter  
of the Northern Virginia  
Overeaters Anonymous  
Intergroup



## Sought through Prayer and Meditation

**Step Eleven: Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.**

A lot of people get stuck when working OA's Step One. Some people question the idea of OA members being powerless over food or that our lives are unmanageable: "Hey I came here for hope - not to admit defeat in the first step!" Others aren't sure about the idea of depending on God for recovery. Either they aren't religious, or they *are* religious but their prayers for recovery seem to have gone unanswered.

After working Steps One through Ten, hopefully we have learned a lot about ourselves and how the OA spiritual program works. One of the key phrases helping both religious and non-religious OA members is the concept, "the God of our understanding."

Many who have struggled with the spiritual aspect of our program find this phrase to be an open door to spiritual growth. Some begin with the suggestion to write a "Want Ad" for the kind of Higher Power that they would trust to help them. Then they act as if that Higher Power is helping them. Is it a mind trick? I don't think so. But if it is a trick, it is a good one!

I attend a weekly meeting where our host guides us through a 10 minute meditation. I never thought that would work for me. It begins with inhaling a breath slowly and then exhaling slowly, noticing where our bodies feel tense, then letting the tension "leave" with each exhale. Our guide may make a simple suggestion like, "What can I do today that brings joy to others?" The minutes fly by and then we share. Dedicated time for prayer and meditation in meetings are no longer foreign to or resented by me. Instead, this Step Eleven suggestion brings me full circle to a new understanding of Step One!

Anonymous

## Upcoming Events

### OA NOVA Intergroup

#### Next VIRTUAL Intergroup Meeting:

All Are Encouraged to Attend Meetings:  
10 - 11AM ET online on the  
The 3rd Saturday of each Month

Direct Link:

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

Meeting ID: 815 2874 7246.

Passcode: 12x12x12



#### \*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/>

## Step Eleven, Tradition Eleven and Concept Eleven

**Step Eleven:** Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

**Tradition Eleven:** Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.

**Concept Eleven:** Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.

### Family Fests or Feats!

During the winter months, there are family gatherings aplenty. Even if you are on good terms with your family, it is said that family knows how to push your buttons, because they installed them! Now add food to that mix and many OA members truly feel challenged by the idea of “Happy Holidays!”

I asked around and here are some suggestions I heard from others who sometimes dread gatherings around food/feasts, especially on holidays with traditions and memories (good and bad).

- Make a plan in advance. If you know the traditional meal, come up with your plan and bring something to add if there will not be enough of your abstinent foods available.
- Talk to a sponsor or program friend before the meal.
- When the plan involves eating at a restaurant, go online and look up the menu. Make food decisions in advance so you won't feel so overwhelmed.
- “Bookend” your meals by texting someone before and after the meal. This is an amazing help.
- Avoid non-abstinent beverages. Avoid beverages that don't fit into your food plan. Some of us have trouble with sugary and alcoholic drinks.
- Concentrate on the people instead of the food.

I hope these help!

Cathy C.

### From the Editor

You! Yes, *you* are invited to submit poems, articles, artwork and thoughts for NoVAtions. Thank you to all OA members who contributed to this issue.

#### Upcoming NoVAtion Themes:

- Step/Tradition/Concept 12, 1-3
- Goals and/or looking forward to 2026.
- NoVAtions Articles Due:  
on the 20<sup>th</sup> of each preceding month by 5 PM ET.

Send questions/suggestions to

Cathy C., Editor

novations@oanova.org



### We ARE the Message

**Tradition Eleven: “Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media communication.”**

Early in Alcoholics Anonymous' development the members were aware that many newcomers came to meetings because of a newspaper article, or a story on the radio or television.

AA, and later OA, accepted that other entities could publicize stories as long as OA members remained anonymous. Both groups chose the principle: Attraction Over Promotion.

OA learned from AA that our members may choose to share personal information with one another, but that at the level of the press, or any public venue, we do not use our full names.

This keeps us all safe from misrepresentation of our program and does not limit our ability to draw others to OA. We are encouraged to share our story through “Attraction.” In other words, as OA transforms the way we live our lives, as well as our bodies, we will have the opportunity to share our experience, strength, and hope with those who notice our changes and ask about them. We don't just carry the message, we ARE the message!

-Anonymous



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

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