

Novation

The newsletter for the OA NOVA Intergroup

April/May, 2009

Overeaters Anonymous...

Is a Fellowship of individuals, who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively.

There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues.

Our primary purpose is to abstain from compulsive overeating and to carry the message of recovery to those who still suffer.

Step Five:

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

Free at last!

For most of my life I have kept secrets about myself to myself and from myself. I always had tremendous fear in admitting anything about me—especially if I did something wrong. I kept living my lie—I mean my life. I would run from all of my problems. I would hide like a little kid. I would never admit any wrong doing and if you didn't see me do it, I thought I got away with it. I kept myself in to keep you out.

Then I put the food down and started working the steps with my sponsor I was afraid of doing step 5. I didn't want to have to tell him any of my secrets. I had heard so many stories of how scary it was telling your deepest secrets and that you had to tell everything or else. What I also had heard throughout all of this was that “we are only as sick as our secrets”. I was tired of being sick and fat. I was more afraid of not doing it than doing it. During my 4th step my sponsor set a date for me to do my 5th step. This helped me keep on track with doing my inventory and kept me accountable for my 5th step.

Before meeting my 5th step my sponsor had told me to pray, bring my inventory and bring my higher power. He lit a candle to signify the presence of God in the room. We said the serenity prayer and got started. The first thing he asked me if there was anything I wanted to get off my chest right away. Then he asked me what I wasn't going to tell him. I started talking and got into my inventory. I was afraid and at the same time I was feeling relieved. I noticed he wasn't yelling at me or laughing at me. He was

just listening to me. I finished telling him everything except the thing I wasn't going to tell anyone. He asked me if I had anything else to tell him. I said yes. He asked me again, and I told him what I had told no one else. I cried, I was done lying to myself and others. I wasn't going to live in that cage anymore! I was free at last! I went home that day and prayed. I read the big book and prayed some more. I thanked God and my sponsor. I began to look the world in the eye for the first time in my life. I had done my 5th step and I didn't die! My sponsor still took my calls. It was a miracle that I was abstinent and I was grateful for my life!

Over the years I have done a couple Big 5th steps. It seems my recovery is so much like an onion. By working the steps God has always revealed more to me. I am so grateful for this program of recovery and using OA as a solution for my compulsive overeating.

~A truly grateful abstinent COE

Reprinted from The Society Pages of the Unity Intergroup of Minnesota

Carry our message to
those who still.

Tradition Five states this
To be our group's will.

Our primary purpose?
Share experience, strength, and love.

To encourage a faith
In our Higher Power above.

Not a diet and calories club
Or to stand on a scale.
But to heal our wounds
And self-esteem so frail.

Not to get caught up
In popularity contests.
Remember we are equal
Not one better than the rest.

A program of attraction
Instead of promotion.
Gently grow in recovery
Not cause a commotion.

Do what we could never do alone,
Showing compassion and concern.
By reaching out our hands,
Together we can live, love and learn.

-S.T., Frederick, Maryland
-Reprinted from Lifeline May 1999

An opportunity for 12th Step Service

The service of answering the NOVA Intergroup hotline—a Tracfone—turned out to be a valuable tool for me as well as those who called in. By helping someone get on the road to recovery, I was taking myself along as well.

The calls came in about three per week. With a Where and When handy, I directed them to one of the 65 meetings we have in Northern Virginia and answered their questions. It's not a matter of being on call 24/7. Most calls went straight to voice mail and I returned them as soon as I was able.

One caller needed a sponsor. Another wanted to know about meetings in her area. A third was a student seeking information. When still-suffering compulsive overeaters reached out through the Overeaters Anonymous Hotline, I was there to guide them into the rooms.

The phone was in my hands only temporarily, but those weeks allowed me to carry the OA message to other compulsive overeaters.

Taking calls from those taking the first step toward recovery is a valuable service. The volunteer receives the phone at an Intergroup meeting and returns it the following month. Volunteers can also arrange with an Intergroup representative to receive the phone or pass it along at the end of the service period.

If you are interested in providing this service, please contact Sharon S at ses0317@hotmail.com or call 703-909-2012, or Gail VB gailvb@comcast.net or 703-754-1337 for information. - Sharon S.

Northern Virginia Intergroup Invites You To Its 3rd Annual OA Retreat “Weekend of Joyous Recovery”

May 29-31, 2009
Camp High Road
Middleburg, VA

For information call Sharon S. at 703 909 2012
Email: special_events@oanova.org

We are looking for groups to sponsor a monthly workshop on the third Saturday of the month. The church where we hold intergroup is open to us most months from 1-4 PM. Find a topic that speaks to your group and share your experience Strength and hope with the rest of us. It can take any format, a workshop, a series of speakers, or whatever. Please have your IG rep bring your idea to the next Intergroup meeting.

The Springfield Earlybirds meeting is hosting the June and July workshops. Look for flyers soon for more information.

June 20 from 1-4 the topic will be about the problems COE's face parenting children who have or might have an eating disorders
July 18 from 1-4 The topic will be about Sponsorship.

Workshops are held on the third Saturday of the month after Intergroup.

Meeting Location:
Hope Lutheran Church
4604 Ravensworth Rd
Annandale, VA 22003

Do you have any other questions about intergroup? Please know that all are welcome to attend IG meetings - you do not have to be an intergroup rep - even though that's a great service. You can also contact your intergroup leaders:

CHAIR: Maria P 301.275.7093 chair@oanova.org

Vice chair: Karen K vicechair@oanova.org

Secretary Jess B secretary@oanova.org

Treasurer Gail V treasurer@oanova.org

Region 7 2009 April Assembly

Hello OANOVA Intergroup! Thank you all for the fantastic opportunity to be a part of the Region 7 Assembly for the fourth time! I just wanted to share my experience of the Region 7 April 2009 Assembly.

People thank me for the service but the truth is I'm getting much more out of it than I can ever express.

I also had the opportunity to be acting Recording Secretary for the Assembly. It was such an honor (and incredibly cool ☺) to be on the Board. I was copied on several e-mails and meetings leading up to and including the weekend. (It's good to be in "The Know.") The members of the board are dedicated and passionate. They all have several (over five at least) years of abstinence. Our R7 Treasurer Glenn and our R7 Trustee Donna celebrated 18 and 16 years respectively.

The fellowship at the assembly knocks me out every time. I often feel like I'm back on campus in college. In fact, Sunday morning I went down to the lobby in my pajamas to get some fresh decaffeinated coffee. It was 6:15 and I thought, "Nobody's going to be down there!" Alas, the treasurer was down there at the table and four new friends from the South Jersey IG were going to breakfast. They teased me and asked me if I wanted to join them in my PJ's! Many nights I fall asleep to the sounds of people or sirens. But at Rehobeth, we fall asleep to the sound of the waves crashing on the ocean.

Did you ever notice that people who live at the beach are always in a good mood? ☺

The lunch they serve is carefully and respectfully planned for us. The staff is used to the multiple questions that we food addicts ask. The vegetables were plentiful and delicious; and they cater to vegans to boot! We also had a speaker at the luncheon. It was a treat to be sure.

The entire assembly itself was fairly low key. Each committee requests its funds in October. And for us at Ways & Means, getting an R7 budget together was a huge step. Our Ways & Means Chair had done his homework before we met and we were ready to go!!!

About 45 people attended the Assembly. Our Intergroup can send seven (7) representatives but only Gail and I attended. Please join us in October!! The requirement to go is one year of abstinence and six months of service at the Intergroup level.

The first year I went it was challenging. Sitting through Business Meetings is tough- even for the Intergroup Chair. But it's being in the Committees and working with others *in recovery* that makes it all worthwhile.

Maria Puhalla, R7 Representative

Region 7 Report

Region 7 donated \$7,500 to World Service. Woo hoo!!!

Meeting Treasurers: the Region 7 Treasurer will no longer be sending a payment receipt in the mail. This will save time & money. The Treasurer *will* however be keeping track of group donations and posting it quarterly. Region 7 has a Google electronic message board. It is:

HYPERLINK "<http://groups.google.com/group/oa-region-7-group>" <http://groups.google.com/group/oa-region-7-group>

If you haven't signed up, please do! You can keep up with all the latest information on our Region that way.

The Region 7 Convention for November 2009 is underway. All committees and subcommittees are filled except for Fundraising.

In **Ways & Means** we discussed fundraisers for the Region. I am in charge of the fundraising. Woo hoo! We have decals that we were selling but not too successfully.

