



NOVATION!

NOVA Outreach Intergroup
April 2003

Note from the Editor

We made it--another issue! With the monthly deadline approaching and no articles in hand, I was afraid that we would not have an issue this month. But several members kicked in just in time with articles. Higher Power--acting through other members of the Fellowship--always provides!

I hope you enjoy the articles as much as I did. If you feel inspired to write a few lines of your own on the Fifth Step or other recovery-related issues, send them to me by 14 May. You can reach me via the website @ oanova.org or fax them to me @ 703/578-4285. Thanks!

K2



Reflections on the Fourth Step

I am sitting here late on Saturday night and welcome the chance to do service (which I don't do enough of) and share a few thoughts on the Fourth Step: "Made a searching and fearless moral inventory of ourselves."

For the last few weeks, I have been made aware of my defect's from several sources, including arguments with friends, confrontations with people at my place of worship and workplace, and just in my own heart. It has

slowly) entered my head that it's time to do another comprehensive Fourth Step.

This slowness to realize that I need to look at myself is related to one of my defects--defensiveness. When people criticize me, my first reaction is to blame them. I am willing to admit my own shortcomings when it is safe and comfortable to do so--I say to myself, "I can be very honest. I know when I am wrong" --but let someone else point something out, and I feel either angry and attacked that they DARED to criticize me, or weepy because the old "I'm a horrible person" tapes start to roll. This allow me to feel sorry for myself and not have to change anything. Also, my blowing up makes it difficult for someone to come to me if they have a problem, and then I can judge them for being weak and "passive aggressive."

That brings me to another way this disease loves to keep me eating--being judgmental. I am just full of irritable, snappy remarks (at least in my head) about the way people around me eat, speak, work, dress---almost anything. When all this irritability surfaces, it is a sure sign I have unfinished business inside--resentments or things I am feeling guilty about

While the fourth step is not fun, it will make my life better. Since I did my first "big fourth step" seven years ago, my relationships are ten times more loving, more open, more supportive, less selfish. I cleared away so much fear and self-hatred with this

This DOESN't mean I have to accept unacceptable behavior or be a doormat. I have not yet learned from my H.P. how to deal with unacceptable behavior. But the Big Book promises I will eventually "intuitively know how to handle situations" that still baffle me.

Anger still causes me to have a painful reaction. Something happens to my mind and I feel horrible. It unsettles me when someone else lashes out--maybe because I allow it to. Program teaches that pain is necessary while misery is optional, and pain points the way to a spiritual solution. I can turn my life and my will over to the care of my H.P. It is possible try be happy, joyous and free, despite some pain,

I can do all this and not compulsively overeat--if I pray for willingness and accept that I may not feel good all the time. Just for today it is crucial to remain abstinent in all my affairs. When I don't want to keep to my food plan is when I need it most.

Anonymous, from the Internet

**Meeting Spotlight: Falls Church
Wednesday Night Hopefuls**

Looking for a friendly mid-week meeting close to work or home? Try the Wednesday 7:30 meeting at Columbia Baptist Church. Every week we read different conference-approved literature and share our experience, strength, and hope. There's always plenty of time for sharing and a lot of acceptance and laughter.

Here's how to find us: the

church is located just north of the intersection of Route 29 and Route 7 in Falls Church. Enter through the chapel door and go down to the basement. Turn left and look for Room 111. See you there!



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We meet the third Saturday of each month at 10 am at Immanuel Methodist in Annandale, Heritage Drive, near Route 236 & Beltway. Show up for service!