

# Novations

The Newsletter for the OA NOVA Intergroup

December, 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.

## NOVA INTERGROUP CALENDAR

November 21- I.D.E.A. Day, Hope Lutheran Church

November 26th- Thanksgiving (known to some of us as *Amateur Day*) Thanksgiving Marathon at St. Charles in Arlington

December 5th- A.M. Relapse/Recovery Workshop in FREDERICK, MD email [loveyalady@yahoo.com](mailto:loveyalady@yahoo.com) for details

P.M. Intergroup Operations, Intergroup Rep Appreciation Day

December 19th- December Intergroup 8 a.m. Meeting/ 9 a.m. Business Meeting followed by Potluck Lunch

January 16th Intergroup Meeting 8 a.m. Intergroup 9 a.m.

January Workshop- Step One Writing Workshop sponsored by the Friday Night Hundred Pounder's Meeting.

## Feeling Good

Often times, when I am feeling good, it feels so awfully tentative. I am feeling one of several different feelings:

- I don't deserve to feel good or
- I feel guilty for feeling good or
- This feeling good is not going to last or
- Man, this feeling good feels weird

Then invariably, either consciously or unconsciously I do something to sabotage those good feelings.

I am doing that less and less now. Recovery feels good. It's what life is supposed to feel like. I am entitled to feel good---about myself, about my past, present and future. It's my birthright. And I like the feeling. It's evidently a normal feeling. Go figure. I'll take it though.

I am also entitled to be happy for you. Not jealous of you. Not resentful of you. This is no zero-sum game. I am not supposed to be keeping score. If I am not happy, it does not mean you can't be as well.

We all are entitled to it. I am entitled to want the best for you and to pray for you to get the same peace of mind, happiness and serenity that I want for myself.

So today, I am just feeling good. I'm running with it. I'm not running off a cliff with it in pursuit of euphoria, I am just taking a second to acknowledge a higher power gently reminding me by saying: "See, what happens when we do it my way?"

I wish you guys the same today and always. Regardless of how I feel good or bad, I always wish you:

Peace and Happiness,

Anonymous

REGION 7 ASSEMBLY

Hey everyone – check out the new and improved [www.oaregion7.org](http://www.oaregion7.org) – the site was unveiled at the Website Committee meeting and it is really terrific!

While you are visiting the website, the Unity Committee invites you to take a few minutes to read Intergroup Insights. This packet is chock-full of information to help meetings and intergroup function well. The committee will be making updates for future additions and they will be voted on at the April 2010 Assembly.

Does your meeting have a great idea for an area-wide public outreach? The Public Outreach Committee asked for and received increased funding this year to help groups and Intergroups do more widespread events. Bring your ideas to an Intergroup meeting and we can work on funding together.

One of the most exciting things that happened at Region was the election of our own Maria P. to the Vice Chair position. While we hate to be losing her from Intergroup, we will continue to benefit from the workshops that the Vice Chair presents throughout the year.

This Assembly was the last for my term and I have gotten so much out of participating during the last two years. Thank you for allowing me to serve as one of our Region 7 Delegates.

ODAT, Gail VB

# Thanksgiving Marathon

Thursday November 26, 2009

*Arlington Sunrise Overeaters Anonymous*

OA 12 Steps – 1 Step each hour for 12 hours

Regular meeting 7 am – 8 am

Marathon begins at 8 am with Step 1 and ends at 8pm with Step 12

St. Charles Borromeo Catholic Parish (upper room)

3304 N. Washington Blvd., Arlington, VA 22101

Intersection of N. Washington Blvd and Kirkwood St.

1 ½ blocks from the Clarendon Metro. Opposite George Mason Law School

Look for the OA sign on door. The entrance is off the church's parking lot

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**For information, please contact: Joan 703.527.6592, Donna 703.998.5364 or Joanne 703.740.3652**

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Intergroup needs your help - please take the time to fill out the following surveys or go online at the URLs provided and fill them out there. You can mail them in or give them to your IG rep - if your meeting has one. **Thank you for participating—your feedback helps!**

## 2009 OA NOVA Intergroup Participation Survey

We have put together this COMPLETELY ANONYMOUS survey to get feedback regarding participation (and lack thereof) in our Intergroup. Unfortunately, we generally have 12-15 people at our monthly Intergroup meetings.

We want to know what is stopping YOU from joining us in fostering recovery in Northern Virginia. Please be honest—we can't present a solution until we know more about the problem!

If you would like you can also save paper and postage by going to [http://www.surveymonkey.com/s.aspx?sm=CXbU8tNZpdCXWE\\_2f3H\\_2fxLmg\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=CXbU8tNZpdCXWE_2f3H_2fxLmg_3d_3d) and completing the survey there.

### 1. Have you ever been an Intergroup Representative?

Yes  No

### 2. If you have been an Intergroup Rep, what did you like about it? (Please check all that apply)

Carrying the message

Giving service

Meeting other members of the fellowship

Learning new skills

Working with others to put on events

Other (please specify): \_\_\_\_\_

### 3. If you have been an Intergroup Rep what DIDN'T you like about it? Do you have any suggestions for improving the experience? (Please check all that apply)

Too much time required

Too much work

Not enough was accomplished

Unsatisfying work

Suggestions for improvement (please comment below):

\_\_\_\_\_

**4. OANOVA Intergroup currently meets on the 3rd Saturday of the Month from 10a to Noon. Would you prefer a different day and/or time? (Please check all that apply) *If the current day/time works well for you please let us know in the comments field below.***

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

**Sun**

**Morning (after 8am)**

**Afternoon**

**Evening (before 8pm)**

Comments? \_\_\_\_\_

**5. What prevents you from being an OANOVA Intergroup Rep? (Please check all that apply)**

\_\_\_ I can't make the time commitment

\_\_\_ I don't know what is involved

\_\_\_ I don't have any experience

\_\_\_ Lack of transportation

\_\_\_ I can't get to Saturday morning meeting time

\_\_\_ Other (please specify): \_\_\_\_\_

**6. What do you think OANOVA Intergroup could do for your meetings?**

\_\_\_\_\_

**7. What are you willing to do for OANOVA Intergroup?**

\_\_\_\_\_

**Please mail your responses to Gail VB  
P.O. Box 231 Catharpin, VA 20143-0231  
*Thank you for participating—your feedback helps!***

## 2009 OA NOVA INTERGROUP RETREAT SURVEY

Please complete this short survey by December 31, 2009. Or go online here. [http://www.surveymonkey.com/s.aspx?sm=5u07163YS0DnJxcQizpZ0w\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=5u07163YS0DnJxcQizpZ0w_3d_3d)

We wish to design retreats that attract participants and provide you with the best recovery experience possible.

### 1. In deciding to go to a retreat, what length of stay do you prefer?

\_\_\_\_ One Full Day

\_\_\_\_ One Day and One Night

\_\_\_\_ Two Days and Two Nights (Friday night to Sunday afternoon)

### 2. In deciding to go on a retreat, how important are the following factors in your decision? (Please check all that apply)

Extremely Important  
Cost

Somewhat Important

Not at all Important

Location

Topics

1 hr or less drive

### 3. What kind of accommodations do you prefer? (Please rank in order)

\_\_\_\_ Most Preferred  
Private room/ private bath

\_\_\_\_ Somewhat Preferred

\_\_\_\_ Not at all Preferred

Private room/ shared bath

Shared room/ private bath

Shared room/ shared bath

Dorm style

Rustic camp style

### 4. When you are on a retreat do you prefer to have your meals prepared or to bring your own meals?

\_\_\_\_ Prepared meals

\_\_\_\_ Bring your own meals

**5. What time of year do you prefer for the OANOVA Intergroup retreat?  
(Please check all that apply)**

\_\_\_ Spring

\_\_\_ Summer

\_\_\_ Fall

\_\_\_ Winter

**6. What topics would most likely entice you to attend a retreat/workshop?**

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**7. What other retreat activities/amenities would attract you to a retreat?**

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**8. Do you know of any local retreat centers we should look into for upcoming OANOVA Intergroup retreats?**

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**9. If not covered above, please list any issues that have kept you from coming to past OANOVA retreats/workshops?**

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**Please mail your responses to Gail VB  
P.O. Box 231 Catharpin, VA 20143-0231**

***Thank you for taking the time to answer these questions. Your valuable input will help us to make future retreats even better!***

## Promises Meeting

The first “Promises Meeting” in Northern Virginia area was held on December 19, 1992 in a church basement in the Clarendon area. Hank N. brought the concept from California and graciously facilitated. What a joy it was to be part of this fellowship as nearly 100 people crammed into the meeting space. I remember everyone with candles, 12 wonderful speakers, the warmth of the room and people arriving late with the challenge of finding a new location. It was the beauty of fellowship though that really touched my heart. I had gone to dinner with some program friends who are still in the rooms today; many people went out afterwards to keep the spirit of the meeting alive.

Hank asked me to be one of the speakers and my sponsor recommended that I do the service. I was barely one year abstinent, releasing 55 pounds to HP. I can't tell you what promise I spoke about 17 years ago; and little did I know at the time that I was pregnant.

Thanks to the strong recovery in Northern Virginia and the DC metro area, the Promises meeting has continued throughout the years. Most recently it has been in the fall months but many times the winter months were enlightened by the spirit of the promises.

The past two years the Promises Meeting has been sponsored by the Big Book meeting that meets at Hope Lutheran Church on Sunday evenings at 5:00 p.m. We have been fortunate to do this service with the support of Intergroup and many others in this fellowship.

As always, this year we had 12 awesome speakers share their experience, strengthen and hope on the 12 promises from AA's Big Book, p. 83-84. It was a cold, rainy October night and still over 40 people “trudged the road to find happy destiny” to Annandale. Many thanks to Tavis, Ruth M, Jessica B, Danielle, Jill K, the 12 speakers, and those who helped with the set up & clean up. Everyone in attendance provided service for this evening with their presence. Also, thank you to the Hope Lutheran Church for providing space for OA meetings, workshops and our Intergroup business meetings at their handicap accessible facility for over 10 years. I look forward to many more Promises meetings in the years ahead to allow other members to share their experience, strengthen & hope from the disease of compulsive

# Thanks Giving ABC'S

This Thanksgiving why not try a different way do make a gratitude list? Why not try this for yourself?

A is for **A**bstinence

B is for The **B**ig **B**ook

C is for **C**aring

D is for the **D**esire to stop Eating Compulsively

E is for **E**xercise

F is for my **F**ood Plan

G is for **G**ratitude

H is for **H**igher Power

I is for **I**nspiration

J is for **J**ust for today

K is for **K**eeP Coming Back!

L is for **L**ove

M is for **M**eetings

N is for **N**ewcomers

O is for **O**ne day at a time

P is for **P**owerless over food

Q is for **Q**uality of Life

R is for **R**igorous Honesty

S is for **S**erenity

T is for the **T**welve steps and **t**raditions

U is for the God of my Understanding

V is for a **V**ision for you

W is for **W**illingness

X is for the two less "**X**'s" in my clothing size

Y is for I can' do this without **Y**ou

Z is for a new **Z**est for Life

