



# NOVATION!

## NOVA Outreach Intergroup FEBRUARY 2003

### Editor's Note

We have a really full issue this month, and I'd like to thank everyone who contributed material. Please send articles on the Third Step or other recovery-related topics to [kristinkristk@aol.com](mailto:kristinkristk@aol.com) for the March issue. The deadline will be Tuesday, 11 March. Thanks!

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### Mark Your Calendar: Unity Day is 22 February

NOVA Intergroup will celebrate Unity Day between 1 and 4 pm at Church of the Holy Cross, 2455 Gallows Road in Dunn Loring, a short walk from Dunn Loring Metro Station. We will be hosting DC/MD Intergroup this year, and the theme will be Traditions Three and Five. One of the nicest parts of Unity Day is joining hands with other members to say Rozanne's pledge. The suggested donation is \$3, but don't stay away if you can't pay. Come on out and see everyone.

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### Reflections on Step TWO

Came to believe a Power Greater than ourselves could restore us to sanity.

The AA Twelve and Twelve (paraphrased slightly) asks: "What are

we to make of the person who says he believes but is still reeking of junk food?" I experienced a shock of recognition when I read this passage, which continues: "The addict who prays and means well but can't get sober is a riddle to doctors or clergy who try to help him." Not to 12 Steppers, however. Here is the diagnosis:

- Lack of true humility. We are not accepting at a gut level that we are no better and no worse than anyone else.
- Superficial religiosity or wallowing in emotionalism. We alternate between going through the motions of spiritual disciplines and moaning about how terrible we are and feeling we can't approach Higher Power. This is an ego problem of a different sort!
- Asking for something for nothing-- basically asking to be relieved of the obsession without working for it by making amends and practicing rigorous honesty. In other words, we have failed to clean house so that our HP's grace can enter us and expel the obsession.

If God can bring life to the (apparently dead) earth each spring, then He can and will heal us--if we do the housecleaning.

Anonymous

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### Meeting Spotlight: Acceptance. Acceptance and More Acceptance!

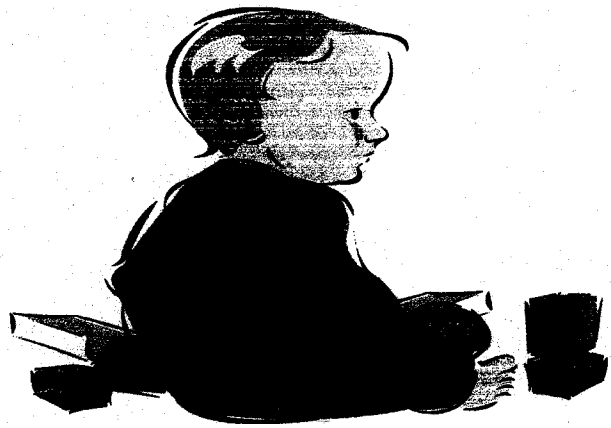
Did you know?...that the **Tuesday 10 am Dunn Loring "Acceptance"**

meeting offers baby-sitting?

The "Acceptance" meeting has been my home group now for more than 4 years (hard to believe it's been that long!) I came in to OA following a horrible overeating Thanksgiving; after which I could not stand to look at my holiday pictures. After some abstinence and success, I got pregnant and had to go through the process of accepting that I was gaining baby weight. I also had to "accept" that the pregnancy would not go exactly the way I planned (I had pre-eclampsia and needed to be on bed rest, missing one of my scheduled final exams). Then I needed to accept that the baby would radically change my life...

To make a long story short, my life since deciding to have children (we now have a four-year-old and a 6-month-old) has been a journey in--you guessed it--acceptance! Every week I find there is something to share on this topic. This meeting reads the acceptance passage from "Doctor, Alcoholic, Addict" in the Big Book, has a speaker, and then we share.

**And did I mention the baby-sitting?** When I first came to the group, I didn't pay much attention to the nursery and play area next door to the meeting. Now, how grateful I am that it is there! I'm home with my kids most of the time and find a great need for daytime meetings, since evenings are more difficult with baths, stories



and bedtimes. I also really need the support and companionship of other moms, especially 12-Step moms (my very favorite kind!) And it's tough to be home all day without feeling the need for a (sugar-related) "pick-me-up", especially around that "dead zone" of 3-5, when lunch is long over and diner not yet arrived. During the dead zone, I can pick up the phone and call another mom at home instead of eating.

Baby-sitting at Dunn Loring makes it possible for me to attend meetings regularly with minimum baby-sitting hassles. I bring the kids with me, leave them in the room next door with friends and toys and sit in the meeting with a sigh of relief.

And the cost? Just a suggested donation of \$2 per child in the 7th tradition basket (suggested donation only, the meeting supports child care, so even if you can't pay, you can still bring the kids).

So, if you're looking for a great daytime meeting with the added bonus of baby-sitting - what a deal!--check out the Dunn Loring 10 am Tuesday morning Acceptance meeting. The

meeting is open to all. From week to week we have a different mix of young moms, retired people, college and grad students, and people with evening/night schedules. See you there!

Laura B.

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### Program Zingers

Anything worth doing is worth doing imperfectly.  
Laughter means we're getting better.

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### Picking up the Phonel

A new sponsee recently shared that "making the daily call at the designated time each day was difficult," because she was used to being "very independent and self reliant." I was glad to hear that kind of honesty from her. I know exactly how she feels. I resented calling my sponsor when I was new. I felt awkward; I did not know what to say. I felt like, "Why should I have to call you?!" I felt I did not need to call anyone.

Basically, we keep a sponsor at all times. In the beginning, when we are particularly vulnerable--confused, struggling with feelings, acting out character defects, having difficulty with abstinence, food thoughts, angry feelings, roller coaster emotions, etc--we find that it is important to make a daily connection with someone who has been practicing the principles for a while. .

Also, making the call is an act of humility, not humiliation. Admitting to

ourselves that we cannot beat the disease alone is a daily surrender. Asking for help was extremely difficult for me in the beginning. It is hard to let go of the idea that we can manage our lives just fine, thank you anyway. But our own best thinking and acting landed us in OA, spiritually, emotionally, and physically broken, demoralized, desperate and sometimes suicidal. Sponsors are recommended for good reasons: Once a newcomer crosses the foggy bridge on their own (1<sup>st</sup> step), . sponsors are waiting on the other side to take us by the hand and lead us down this very different road from the one we were on. The concept of powerlessness. is contrary to our past way of thinking and acting when we were in. the food. Do not fret. Here in OA **TO SURRENDER IS TO WIN!**

"Who cares to admit complete defeat? Practically no one, of course. Every natural instinct cries out against the idea of personal powerlessness. It is truly awful to admit that, glass (food) in hand we have warped our minds into such an obsession for destructive drinking (eating) that only an act of Providence can remove it from us." (Step One, AA Twelve .and Twelve p 21.)

Just keep coming back. Don't quit before the miracle happens! And when those voices in your head begin to list reasons why you should not go to a meeting today or call your sponsor, remember that hearing those voices means you must do the exact opposite

What do we mean by 'program calls'? Whom do we call and what do we say? I strongly suggest you pick up a 'program' phone book to be exclusively used for OA phone numbers. Take phone numbers from the we care list at each meeting. (Yes, even if you do not know who these people are.)

Use these numbers when you are struggling with anything--wanting to over or under-eat, fighting with a spouse, struggling with a boundary or decision, or simply do not know what to do between meals. Even if you just have questions about the program, connections to others in the program will help you. Simply say "This is \_\_\_\_\_, and I am making a program call. Do you have time to talk?" They will understand why you are calling. If you want a call back, be sure and say so.

Call before you eat, and remember these numbers are not for picking up the opposite sex.

Marla

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### Meeting News

**Sunday 11<sup>th</sup> Step Meeting is moving!** Effective 2 March, the meeting will return to 11 am and move up Gallows Rd to the Inova conference center at 2990 Telestar Court. Newcomers' meeting will move back to 12 noon.

**Sunday Afternoon Workbook Meeting beginning!** The meeting, which will run from 5 to 6 pm Sunday afternoons, will begin 2 March at Hope Lutheran Church, 4600 Ravensworth Rd in

Annandale. Join the group anytime in March, then members will meet for about 18 months to work the steps. Call Diane @ (703) 813-6313 for more information.

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### Contact Info on Website

The December issue of Novation called for input regarding the posting of contact information on the OA NOVA website. Though the response was minimal, we went forward with discussions and a vote at the January Intergroup meeting.

The consensus was that this was a personal concern for the contact, rather than a decision to be made at the meeting or intergroup level. Given this view, we decided the first name and phone number of meeting contacts would be posted--with the consent of each individual contact.

This decision did not come lightly and it will not go into effect until late February or March when folks have had a chance to read this article and spread the word. For an explanation of the various concerns/risks related to this decision, please read the December Novation, available at meetings or on our website at <http://www.oanova.org>.

Here is the full decision.

1. The committee overseeing the meeting list will call each meeting contact to let him/her know of this decision and ask for permission to post this info on the website.
2. The contact info will only be available in the searchable database

on the web site and not on the complete listing or printer-friendly version

3. Contact info will be visible for a single meeting at a time when a user selects a meeting from a list of search results.
4. The database is password-protected and in a hidden directory on the web site. Only the webmaster will have direct access to edit meeting information.
5. E-mail addresses can also be added with the consent of the contacts. E-mail addresses containing the full name are discouraged for reasons of anonymity.,

Making these changes--adding email addresses and notes--will put our meeting data in a format that facilitates updates to the WSO database. We have sent a message to WSO with a listing of all NOVA meetings and a request to include a link to the OA NOVA website as well as the intergroup info page that is shown for each meeting.

I am grateful for the opportunity to help carry the message a step further with these changes to the, web site. I welcome suggestions for further enhancements. Contact me at [webmaster@oanova.org](mailto:webmaster@oanova.org).

Bret S.

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**Would You Like to be a Newcomer Contact?**  
So far, I have one volunteer for the newcomer contact list. If you'd like to help, send me your name and number!



### NOVA IG BOARD

Chair	Karen S.	7/536-5269
1 <sup>st</sup> VC	Toby G.	7/528-9563
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	Paul 8	7/765-1465

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### We Need Your Support

NOVA IG meets the third Saturday of each month at 10 am at Immanuel Methodist Church in Annandale. The church is on Heritage Drive in Annandale, a half-mile from Route 236 and the Beltway. Find out more by showing up and serving on a committee or becoming an IG rep.

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Support OA 60/30/10