



NOVATION!

**NOVA Outreach Intergroup
February 2004**

STEP TWO

"Came to believe that a Power greater than ourselves could restore us to sanity."

In the AA 12 and 12 it talks about taking Step Two "piecemeal." I, too, came at Step Two (maybe all the Steps) piecemeal. I started out mouthing the words. First of all, I did not see the line between doing the footwork on Step One and actually controlling my eating. In the beginning I could easily be led astray by that distinction. I kept trying to take over control of my food. My ego would get in the way and "I" would get too confident about my new found "diet".

For me step one is a constant affirmation that I, alone, can not solve my food eating. And Step Two is about finding a personally accessible Higher Power. Before, God was an abstract concept. I had moments of breakthrough but no consistent day-to-day sense of conscious contact. Today through working the steps, I have more conscious contact than ever before. I still try to grab things back every once in awhile, of course, but as I continue to work my program I can see more clearly when my ego is trying to control.

Because of my program but I have insight into my day to day life that I did not have before. Sometimes I get messages I don't want. Sometimes I have to relinquish food and behaviors I would rather hang on to.

If I stay in the here and now and listen for God's wisdom it is always there. It is up to me to continue practicing the willingness and the "listening."

--Anonymous



Please write for NOVATION! It is your newsletter, and your source of local OA information and experience, strength, and hope. The Step/Tradition of the month is always appropriate, as is sharing on recovery. You can reach us through NOVA's website or through the editor's e-mail listed in the directory at the end of this issue.



"PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS"

I have just had a chance to practice the 12 Steps in a very irritating situation. Returning home from a brief vacation in Florida, my flight was delayed, making it impossible to catch my connecting flight. As I worked with the ticket agent to find an alternative flight, I could feel myself becoming anxious and irritable. When she informed me that the only flight she could put me on would not arrive home until 10:45 pm, I could feel my spirits sink because I had to be at work early the next morning.

I managed to maintain my composure and to say thank you, but self-pity was oozing up through every pore. Thank goodness, I had Program literature in my purse and the Big Book in my brain! After reading Lifeline, it occurred to me to turn to the inside front cover and to mentally recite the Steps, adding the words "the airline industry" to the First Step. Feeling a little silly, I mentally recited, "We admitted we were powerless over food and the

airline industry; that our lives had become unmanageable.”

When I came to Step Four, the moral inventory, it occurred to me that the character defects I was manifesting included a healthy dose of self-centered fear--I was afraid I wouldn't get what I needed--self-will, and impatience. I asked myself, "How important is it really? How important is getting to Washington when I want to compared to my serenity, my emotional sobriety?"

Then I began writing about my character defects in this article as a way of admitting them to God, to myself, and to another human being. I then asked God to remove these defects, reviewed my behavior to see if I owed any amends, and revised my plans for when I returned home.

Feeling considerably better, I continued my journey home without losing my temper--or visiting any of the junk food establishments in the airport.

-K

Directions from the Capital Beltway: Exit Braddock Road east. Make left at first traffic light, which is Ravensworth Road. Proceed about one mile north. Church is on the left across from the big open field of St. Michael's Catholic Church. If you get to Little River Turnpike, you've gone too far. J



COMING IN MARCH:

NOVA's Annual Promises Meeting

- ✂ When: Saturday, 20 March at 7 pm
- ✂ Where: Fellowship Hall, Hope Lutheran Church, 4604 Ravensworth Rd, Annandale
- ✂ What: Experience, Strength, Hope
- ✂ Who: Sponsored by NOVA IG and Alexandria Men's Meeting
- ✂ Suggested donation: \$3.00--but don't stay away if you can't pay!



NEW LOCATION FOR INTERGROUP

Let's admit it--Intergroup's previous meeting space was not the greatest. If you were discouraged from coming to Intergroup meetings because the room and the chairs were so cramped, Hope Lutheran Church in Annandale is the new location for NOVA IG meetings. Starting this month, we meet at Hope Lutheran on the third Saturday of each month, between 10 and 12 in the Fellowship Hall.

The church address is:

4604 Ravensworth Road, Annandale, VA 22003.
Phone number of the church is 703-256-9040. E-mail address: hopeannva@aol.com.

PROGRAM ZINGERS

- ✂ I came for the vanity and stayed for the sanity!
- ✂ If I have a problem and I eat over it, I now have two problems.
- ✂ Not Using The Steps=NUTS



MEETING NEWS

The Friday Night Ashburn Meeting has changed rooms. The new room, 116, is a comfortable classroom with plenty of chairs and round tables. No

more chilly nights on kiddie chairs! Enter through the new wing (the white brick building) under the large cross.

The Sunday Men's Meeting at Alexandria Hospital would like to let everyone know that, because of security concerns, the doors to the Health Education Center are locked on weekends. Attendees need to enter through the hospital's main lobby and watch for signs to the Health Education Center, Rooms 1&2.

Please note: the Sunday Morning Eleventh Step Meeting in Fairfax offers only a brief orientation to OA right after the regular meeting. The 12 noon orientation session is really intended to allow newcomers to ask questions and get literature and is not a full meeting.



SUPPORT NOVA IG

We meet the third Saturday of each month at 10 am at Hope Lutheran Church, 4604 Ravensworth Rd, Annandale. This is the place to get new Wheres and Whens, NOVATION, and the latest flyers for retreats. Come see what you have been missing.



Please write for NOVATION! It is your newsletter, and your source of local OA information. Send articles to novation@oanova.org.



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Contact		jessicabeau@yahoo.com
Where &	Kate B	(703) 671-0380
When		specialk@ioip.com
Editor		
P. O. Box	Fran B.	(703) 256-7544
Coordinator		
Special	(vacant)	
Events Co-		
Chair		
Novation	Kristin K	(703) 444-3867
Editor		k2lovesrabbits@earthlink.net
OA WSO	Bret	(703) 887-4237
Delegates:		bhscales@toast.net
	Dick	(703) 521-1999
		novadick@comcast.net
Region 7	Karen	(703) 536-5269
Reps:		bswinston@aol.com
	Cindy	(301) 563-6198
		cindyhaynes596@hotmail.com
	Dick	(703) 521-1999
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	Faye M	(703) 549-4481
	Bret	(703) 887-4237
		bhscales@toast.net