

# Novations

The Newsletter for the OA NOVA Intergroup

February, 2010

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

January 16 Workshop 1:00-4:00 PM - Step One Writing Workshop sponsored by the Friday Night Hundred Pounder's Meeting.

February 27th Unity Day in Annapolis.  
Field Trip for Unity Day! We are joining up with the Annapolis, Baltimore and DC Metro Intergroup to celebrate Unity Day on February 27th. Join your friends and travel to celebrate with your fellow Recovering Compulsive Overeaters.

LOCATION: Calvert United Methodist Church  
ADDRESS: 301 Rowe Boulevard, Annapolis, MD 21401

DATE AND TIME: Saturday, February 27, 2010 10 AM to 4 PM  
(Lunch on your own) (Come for all or part of the day)

CONTACTS: SANDY R. 410-757-6311 LINDA S. 301-294-0566

DIRECTIONS: Take Rte 50 East to exit 24, Rowe Blvd. South. Merge onto Rowe Blvd/MD-70E. Church is in a few blocks on the right (after Taylor Ave.) Lost? Call Sandy R., 410-353-1881 (cell)



March 20th OA Open House for the "public" (but not professionals per se) at Hope Lutheran from 1-4 p.m.

Do you have a friend who's in relapse or looking for a solution to compulsive overeating? We will have speakers addressing the physical, spiritual and emotional miracles of recovery!

NOVA Intergroup (IG) Meetings are held from 10:00 - Noon on the 3rd Saturday of every month from 10 to noon at Hope Lutheran Church, 4604 Ravensworth Road, Annandale, VA, 22003.

\*\*\* Speakers meeting held before intergroup at 9:00 AM \*\*\*

Report from last Months Intergroup meeting:

Did you hear all of this? No? Could that be because your meeting doesn't have an Intergroup rep?

We have no Board members except our Treasurer, Gail.

Karen K is staying on as Where & When Editor

THANK YOU to Diane F for all her service!

March 20, 2010- OA Open House at Hope Lutheran Church- come join us!

Unity Day- we will celebrate it in Annapolis!

We approved the latest Procedures Manual- woo hoo!

Writing Workshop- January 16th at Hope Lutheran from 1-4 p.m. Be there!

Want to celebrate OA's 50th Birthday? Visit our Oldest and Newest OA Meetings.

The 6:15 P.M. Commuter Meeting in Arlington is closed

Are you a Where & When Contact? We want your e-mail address to send Intergroup information!

BIG BOOK STUDY- Save the Date! We will be having an intense BB Study May 15-7.

TRACPHONE- Want to do service? Answer calls on the OA Hotline! We have the number forwarded to a cell phone. Take calls from newcomers or struggling members! Contact Gail if you'd like to do this service. Her email is: [gailvb@comcast.net](mailto:gailvb@comcast.net).

Dear Friends,

Northern Virginia Intergroup needs your service.

As of today, the OANOVA IG board consists of one member--our Gail VB (who is amazing, and has given our wonderful service as a Rep, World Service Rep, and who also served last year as the of the OANOVA IG board). As a former board member and meeting rep, I am saddened to see this lack of participation. now we are blessed to have over 60 wonderful meetings in area, but on any given 3rd Saturday of the month over the last years, a fraction of meetings have been represented at IG.



Treasurer,  
Region 7  
Treasurer  
IG  
Right  
our IG  
two

Many of you have commented to me over the year about how great the monthly IG workshops have been and the other events such as the Promises meeting and annual IG retreat. You have probably come to rely on the Where & When, the OANOVA IG website ([www.oanova.org](http://www.oanova.org)), monthly newsletter, *Novations*, and the

OANOVA hotline. Without more participation at the IG level, it will become increasingly difficult to continue to provide such great outreach events and resources.

Search your hearts, talk with your sponsors, pray about it, think about it. If your meeting does not currently have an IG rep, find out what the requirements are for your particular meeting, and seriously consider helping to carry the message by being a meeting rep. Consider service at other levels (IG board, committee Chair, Region 7 Rep, World Service Rep). Giving this kind of service doesn't take as much time as you might think and my experience has been that I've received so many gifts by giving this service (call me to find out more!). The requirements for board members and Region/World Reps can be found on the IG website under Intergroup News (on the homepage, click the left-hand side link then click on Resource Library link on that page.)

To those of you who are giving this kind of service to OA, Thank You! To those of you who haven't yet, or who have been away from IG for a while--Please get involved! Make OANOVA IG what you want it to be by having your say. If you can't give this kind of service right now, consider encouraging and supporting others to do so. This is how our fellowship works--from the bottom up--every individual member is a leader.

We are talented, creative, and smart people who are recovering from a terrible disease. By sharing our talents and gifts, we each have an opportunity to strengthen and grow our fellowship, to reach out to others inside and outside the rooms who are still suffering, and to share what we have. And this is our primary purpose.

Doing it with you, one day at a time,  
Jess B

### THE BLESSINGS OF ABSTINENCE

I've chosen to give my addiction to God and experience the blessings of abstinence. Its so easy to focus on the things that go wrong throughout the day. It's what we train ourselves to do when letting our addiction run our lives. Constant separation from God brings us nothing but misery and when we choose food or any substance for that matter over God we are separating ourselves from His grace.

When I trust God and let him have my compulsive overeating: I experience clarity of mind, There's a bounce in my step, I can focus on and connect with the people in my life whom I love, I have hope, I sleep better, I'm more organized, I don't struggle so much with important decisions I have to make, I'm a better more honest worker, I desire to stay positive, I feel healthier overall.

After experiencing an abstinent day: I live guilt free, I can go to bed at night and be truly grateful for the Gift of abstinence which God has graced me with, I don't have the anxiety of hoping my clothes are not tighter tomorrow, I don't obsess over my how I will get time alone so I can binge and I'm generally and genuinely happier about everything in my life.

Today I don't want to focus on what's wrong in my life and I know that positive attracts positive. Living in recovery I can pray for and be continuously Graced with the Blessings of Abstinence only by the Grace of God.

Joe M - Reprinted from the OAsis Newsletter of the North Jersey Intergroup

