

NOVATION!

NOVA Outreach Intergroup JANUARY 2003

Editor's Note

It's hard to believe that we're more than halfway through January. Miracle of miracles, I'm still feeling happy and full of anticipation about what the year will bring. I always used to wonder how the hopeful feeling I had at the beginning of each new year could disappear so fast. Now I know-- compulsive eating destroyed it. Every year would start with a resolution that I would stop eating compulsively, and every January I would do it again. Sounds like I needed Step One, if only I had known it. And I still do, because all I have is a reprieve for today.

We're a little short of material this month. Please send articles on the Second Step or other recovery-related topics to kristinkristk@aol.com for February's issue. The deadline will be Tuesday, 12 February. Thanks!

Unity Day Celebration Coming Up

NOVA Intergroup will be celebrating Unity on 22 February between 1 and 4 pm at Church of the Holy Cross, 2455 Gallows Road in Dunn Loring. The church is 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 you haven't seen in a while to say the Serenity Prayer together. The suggested donation is \$3, but don't stay away if you can't pay. Come on out and see everyone.

Reflections on Step One

We admitted we were powerless over food, that our lives had become unmanageable.

Wow! what freedom those words brought to me. I didn't get it at first of course. I thought I did, maybe I got enough of what I needed at the time. But today, many years into the program I still get new insights each time I read the steps.

- "We" --it's not just my problem. I am not alone. I am not terminally unique.
- "Admitted" --I could finally admit that I had a problem, not that people couldn't tell as I hauled my disease around for others to see. For the first time in my life I told another person - in fact a room full of people exactly what I weighed, nobody laughed nobody said "Oh my God!" -- they just accepted me.
- "Powerless." I had tried so many times to "go on the wagon," "just eat this," "don't eat that." The "this" diet, the "that diet" --none of them ever worked, or at least never worked for long. In the end I was back in the food. I



felt weak, defeated, stupid, a failure. But I found out it wasn't my fault--I had a disease!

- "That our lives had become unmanageable." I had a hard time grasping this at first. "My life wasn't unmanageable," I thought, "I just need to get a handle on my food and my weight and then everything would be fine!"

If only that were true. I always had money for the drive-thru, but not to pay my bills. I'd go weeks without checking the mail, I'd run out of gas, I'd be late for work, I would break dates, not show up for social gatherings, I had no close friends, I was single without hope or plans, my clothes wouldn't fit, they wouldn't be clean, the seams would split, I couldn't fit in a lot of places, such as planes and subways and bathrooms. But my life wasn't unmanageable; I was just getting along fine, thank you! This disease is truly cunning, baffling and powerful!

What a gift Step One was for me. Over the years I have been able to see how well it works for other areas of my life as well. I am powerless over my car, my computer, my boss, the guy ahead of me in traffic, whatever. It is that powerlessness which in fact gives me hope. A place to start my journey of recovery.

Anonymous

Meeting Spotlight: R & R Meeting Offers Experience, Strength, Hope

If you experienced a relapse over the holidays or are afraid that you

might be sliding into one--or if you are just looking for an honest meeting, try the Thursday Relapse and Recovery meeting at St. Paul's Lutheran Church on Idylwood Road at 7:30 pm. The group is especially designed for members who have gone through this painful experience or are struggling with it now. As the preamble to the group meeting states, relapse brings shame, fear that we are among those who will never "get the Program," and doubt in our Higher Power's ability to help us recover.

As the Program saying goes, we're as sick as our secrets, and relapse often starts as a dirty little secret we're afraid to share. Many of us have hesitated to discuss it openly in meetings. Perhaps we are in denial or afraid of others' disapproval. Or perhaps we don't want to scare newcomers away. Whatever the reason, not talking about it compounds the problem. All too often we try to hide what is happening until it begins to appear on our bodies as extra pounds. Then the feelings of shame increase further.

The Thursday night meeting offers an honest place to share about relapse and the road back to recovery. The group reads from the green New Beginnings book and alternates between journaling and sharing on the stories. Come on over to Falls Church and check it out.

K2

Program Zingers

If you like everyone you meet in the Program, you're not going to enough meetings.

No one comes to the Program on a winning streak.

Because there is no express elevator to serenity, we have to take the Steps.

If nothing changes, *nothing changes*.

Progress, not Perfection ☺...

There were two mistakes in December's issue. I left out the address for the 18 January Candlelight Promises meeting; also Toby is no longer a Region VII rep. Apologies to all.



Helpful Phone Numbers

NOVA IG BOARD

Chair	Karen S.	7/536-5269
1 st VC	Toby G .	7/528-9563
2 nd VC	(acting) Bret S.	7/887-4237
Secty	Dick D.	7/578-1999

Treas	Joan H.	7/527-6592
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WSO Delegates	Toby G.	7/528-9563
Reg VII Reps	Dick D.	7/578-1999
	Fay M.	7/549-4481
	Paul B	7/765-1465

Would You Like to Be a Newcomer Contact?

Our list was getting old and tired. If you'd like to do this service, send me your name and number!

Intergroup Needs Your Support

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

Support OA 60/30/10

After meeting group expenses, it is suggested that a prudent reserve be set aside and the remainder sent 60% to your local IG, 30% to WSO, and 10% to Region VII.

You could be filling this space with your experience, strength, and hope. NOVATION needs you.