

# Novations

The Newsletter for the OA NOVA Intergroup

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

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

NOVA Intergroup (IG) Meetings are held 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 \*\*\*

We still need people to give service as Intergroup officers - You must have 6 months of current abstinence and have served for 6 months on the intergroup level. Your service does not have to be current - you can have served on Intergroup at any time or for any intergroup. Please ask your HP and your sponsor if this might be your turn to serve!

Novations needs your help also - Please consider writing something for a future issue.

In 2010 - we would like to focus on a step and a tool each month. Please feel free to write about the steps and any tool you wish. Novations also would love to publish your reports from workshops, retreats and conventions, as well as share anything else OA related that you would care to share.

### OA and the Holidays

Over the years i have been in many different phases of my recovery during the holidays. I've been where I could say to myself – “It’s a holiday, everyone else is having some, I’ll just have one and start again tomorrow” – which by the way – never worked. And I've been in the place where I go to more meetings and make more phone calls and do things like go to a marathon or listen to the phone marathons as the holidays approach. Putting deposits in my spiritual bank account as I have heard it said.

This by the way worked much better. Whichever path you choose, whatever holiday you celebrate – I suggest that you spend some of it with your Higher Power and your OA family too. Getting a little unconditional love as a gift for yourself by giving it a little is always a good way to celebrate.

## **Step One - We admitted we were powerless over food, that our lives had become unmanageable.**

When I first came to OA someone told me I had already taken step one. I had admitted that I couldn't do anything about my weight and my eating problem and I had come to OA and asked for help. If only that was really true.

Sure - it was a big step, walking into the rooms that night, but I had a long way to go before I really understood what it meant to be powerless over food, let alone that my life was unmanageable. I still thought it was a problem about what I ate and how much I ate and once I got a handle on that the rest of my life would only get better.

And it did! I got abstinent pretty quickly. I Lost most of my weight and I started getting more involved in life and I started going to fewer meetings. I didn't have time, life was going great. I guess you know where this is going don't you? I went into relapse. The weight came back on and my life stopped being so great after all.

Then one day my higher power sent me a message. It was a friend calling to say she hadn't seen me around for awhile and how was I doing? I told her that things were not going well, that I was back in the food and I was too embarrassed to come back. My friend just listened and said why don't I meet her for coffee and maybe we would go to the meeting together? Somehow I said yes.

I walked back into OA that night and no one was judging me. People were actually happy to see me. I had been so hard on myself. I finally realized that I could not be in charge. I started again that night. It's been rocky at times but I have been abstinent. The weight is coming off in God's time. I had to learn a new way of acting on life rather than reacting to everything around me. One day at a time - I have made it through so much. A job change, deaths in the family, all sorts of trouble, fears and anxiety, but I haven't had to eat over any of it. Besides it never would have changed any of those things anyway.

Today I use the tools and work the steps. My first job each day is to be abstinent. To do the things that I need to do and let my HP take care of the rest.

Anonymous.

### Surrender, honestly

To me the first step is all about honesty and surrender.

What made the difference for me was finally getting honest about my food and my feelings. Rigorously honest, not holding anything back - as I had heard so many times - we are only as sick as our secrets, and I was indeed a very sick man.

I started by writing down all of my binge foods and all of my food behaviors, and my food secrets-things like eating in the car, eating out all the time,

hiding food, eating food that wasn't cooked or had gone bad, taking it off of other peoples plates. And then I shared it all with someone. I got rid of it. It was no longer a secret. It was like doing a 4th and fifth step on my food. And it felt great.

Then i learned that I had to surrender the control of my food. I couldn't make a good decision about my food if you paid me!. So I went to a nutritionist who understood food addiction. Not someone who would let me get away with my old behaviors. And I was honest with her. When she suggested something I knew I couldn't handle I told her. And we left it out. Then I started writing my food down everyday and committing it to my sponsor - after that I didn't have to think about it again. If I have to make a change I call a sponsor first - that way I'm not making the decisions around my food. It feels clean. Finally I surrender my food to my Higher Power. I thank him every night for an abstinent day and ask every morning for his help and guidance for another one.

Anonymous

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Your submissions for articles are more than welcome. Please think about contributing articles to a future Novations. Please send submissions to The Novations editor at [novation@oanova.org](mailto:novation@oanova.org) or [rah135@aol.com](mailto:rah135@aol.com)  
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