

# Novations

The newsletter for the OA NOVA Intergroup  
Overeaters Anonymous...

July, 2009

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.

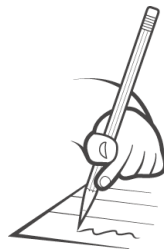
There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues.

Our primary purpose is to abstain from compulsive overeating and to carry the message of recovery to those who still suffer.

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## Tool Time: **Writing**

In addition to our writing our people we have harmed, most of has been an indispensable tool Further, putting our thoughts and describing a troubling incident, understand our actions and often not revealed to us by simply them. In the past, compulsive eating was our most common reaction to life. When we put our difficulties down on paper, it becomes easier to see situations more clearly and perhaps better discern any necessary action.”



inventories and the list of us have found that writing for working the steps. feelings down on paper or helps us to better reactions in a way that is thinking or talking about

I used to hate this tool. “ I don’t like to write” “I don’t like my handwriting” “it takes too much time” “What if someone reads it” were just some of the excuses I used. The truth was that the tool worked for me and I just didn’t want to face my stuff in black and white. I have learned a number of ways to write for my recovery. I write my food down everyday before I commit it to my sponsor. I do writing assignments to work the steps. I don’t journal but as it says when I put my thoughts and feelings down on paper it really does help me to better understand them. So when something comes up now I do just that.

A great way to do that for me has been working something called a slip inventory. It works great for seeing the connection between facts and feelings and where I was powerless in the incident. What you do is this. First, you write exactly what happened but leave a couple of extra lines for each line you write. Describe it like you were watching a movie of it. Start long before the incident that you wanted to write about actually happened. Second go back and read it again and this time describe your feelings with each thing that happened. The third step is to go over it again reading the facts and your feelings and then add what you were powerless over. The final step is to read it again out loud to your sponsor or someone else in program.

I don't want to take the space here in Novations to do a whole slip inventory but let me try to give you an example of what one did for me.

The other day I skipped my salad with dinner and then for the next 12 hours was consumed with the desire to get on the scale. I decided to do a slip inventory on the skipped salad as it represented me taking my control back over my food.

I started writing about that morning where a friend who mentioned that it looked like I was losing weight. My day was fairly normal but that night I was home alone and I weighed and measured the rest of my dinner but never made the salad I was supposed to have. Before bed I had a strong desire to weigh myself which I still had the next morning. I didn't and I talked to several people in program about my desires and my feelings and I remained abstinent.

My feelings over that 24 hours ran the gamut of emotions. Fear about what people would start saying as I lost my weight. Anger at my friend for saying something. Pride about what I had accomplished, Grateful for my willingness to work my program, anger over eating later than I should; I think you can see my emotions were all over the place.

What was I powerless over? Well food, obviously. Also other people, what they say and think, my time debting, that my addiction makes me a liar, my desire to lose weight, and my feelings.

Doing the writing I was able to connect that the comment that was made that morning led to my unconscious action of restricting food 12 hours later and my obsession with the scale. By writing about it and sharing it with my sponsor – it was all lifted by my Higher Power.

## Workshops, Workshops, Workshops

We are well underway for our Intergroup sponsored workshops. This coming Saturday will be the first in what I know will be a series of phenomenal workshops hosted by the FANTABULOUS groups in Northern Virginia.



"Parenting the Young Compulsive Eater" is hosted by the Saturday morning Springfield Early Bird meeting. They meet at 8 a.m. at the Westwood Baptist Church- 8200 Old Keene Mill Road. It is a strong meeting with excellent recovery. It's early but it's worth it!

They will *also* be sponsoring the workshop in July on sponsoring. In August, *one* of the Hundred Pounder's meetings will be sponsoring a workshop...either on Body Image or Plans of Eating. Both are incredibly powerful topics to discuss indeed!

We'll have a fuller schedule for you in our next Novations. The fall promises to have much many functions to attend as well as the unveiling of our Intergroup Orientation. This is a way for newcomers to Intergroup to see what it's all about.

Thanks for doing it with us.

Workshops will be held at:

Hope Lutheran Church  
4604 Ravensworth Rd  
Annandale, VA

They are from 1 p.m. to 4 p.m. Bring a brown bag lunch to sit with your fellow compulsive overeaters in recovery and "talk shop."

We will see you there! Maria P, IG Chair

**Information from last month's Intergroup meeting  
and from the recent World Service meeting**

From Intergroup:

Novation needs your articles – please contribute your writing.

A revised approved new definition of abstinence from World Service:

Abstinence is the act of refraining from compulsive eating and compulsive food behaviors

12/12/09 12 Step Within Day– It's Official

World Service has established a new fund for translations of our literature—donations may be sent directly to OA World Service.

World Service formed a website committee there will be more support from World Service for local websites.

Lifeline—encourage subscriptions.

Phone meeting will be doing a Memorial Day marathon.

World Service update:

Approximately 200 people attended.

International attendees: Iceland, Costa Rica, Sweden, Germany, and more.

Global fellowship—translation of OA materials was discussed. Because OA is a bottom-up organization local groups should take the lead on translation if they feel it is needed.

OA.org website will be trilingual: English/Spanish/French by end of 2010/11.

Lifeline is operating at a loss—OA is asking us to encourage people to subscribe. \$13 for online, \$23 for paper version.

Abstinence definition has changed: “Action of refraining from compulsive eating and compulsive food behaviors.”

Public Awareness campaign—radio PSA was developed from this fundraising campaign and is now being promoted. Groups can still send funds to specifically support Public Awareness.

OA now has a new fund for International Translation. Groups are being encouraged to contribute to this fund.

OA’s online presence is increasingly important. World Service will provide website templates and other support materials to help local groups develop and maintain their own websites. A Website Committee was formed.

All literature is reviewed by Conference Literature Review Committee every 7 years.

### **Overheard at meetings**



“ I learned I wasn’t the only one that had defects of character. My disease of isolation had told me that i was”

“ When I work steps 8&9 I made restitution to the people I had harmed and restored myself in the process. The more I restore my past – the better I am in the present”

“ My spiritual awakening was proceeded by many rude awakenings”

“Service fulfills the promise of sane and happy usefulness”

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The Leesburg Friday 10:15 meeting will be offering childcare during the  
summer.

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the 7:00 AM Fairlington HOW Meeting is no longer active – please  
be sure to announce this at your meetings until the next Where and  
when will reflect the change!  
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