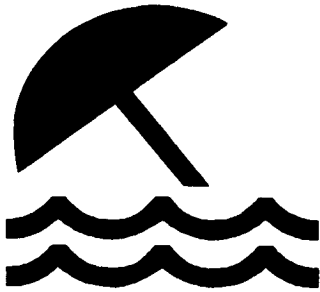


# Novation

## OA NORTHERN VIRGINIA OUTREACH INTERGROUP NEWSLETTER

June, 2002

20 cents



### New Heart, New Spirit, New Eyes to See, and New Ears to Hear

When people come into A.A. the old-timers tell them in a "tough-love" way, "If we want to know how to drink we will ask you. Take the cotton out of your ears and put it in your mouth, and listen." When I came into O.A./H.O.W. I did not have cotton in my ears - I had fat. I had a fat headedness that only a food addict can achieve. I wanted to hear what I wanted to hear, I wanted to do what I wanted to do, and see what I wanted to see, and in the program and in the O.A./H.O.W. concept they have a very strong way of eliminating any sort of wiggle room.

Another program saying is, "If you want what we have you will do what we do." I want half measures to avail me half, but half measures will avail me nothing. If you want what we have, you will do what we do. I saw what I wanted in O.A./H.O.W., but I was afraid of the people (too happy and present). But even from the edge and back of the room I could see and hear (with out touching or talking with anyone) what I wanted. I saw people with right-sized bodies, long-term abstinence (many with double digits!), and clarity of action, thinking and speech. If you want what we have you will do what we do.

I secretly slid out and got a scale to measure my food portions, and went to a qualified professional for a food plan. I did part of what "they" did, but I could not bring myself to work with a sponsor. Half

measures availed me nothing, and I proved that. Through prayer I came to see that I had convinced myself that God did not love me enough to give me the abstinence that people had in O. O.A./H.O.W., but the members started to call me, and include me and notice me. The love in the rooms melted the fat from my body, from between my ears, and from around my heart. I belonged! I was needed! I was wanted!

I had to believe that God had given up on me to see the love that God really had for me, because I needed the people of the program of Overeaters Anonymous to show me God's love. The scary people in O.A./H.O.W. became my friends, and fellows. What a gift!

God gave me: - A new heart to love with! - A new spirit to have a deep and abiding joy with! New eyes to see with! And new ears to hear with!

I have been abstaining in O.A./H.O.W. for over five years. I am maintaining a 150 pound weight loss and all of that by taking the fat away from my ears and heart. Thank all of you.

### From This Corner

Leftovers can be lethal for a compulsive overeater. For an editor, they are a rich blessing. This June issue of *Novation* didn't come about the way the editor had it planned. Lucky for me I had enough material from the February, 2002 issue to fill this June issue and then some. These articles were provided by the Northern Virginia HOW meetings. Thanks again to those who submitted articles for this issue. "More is to

be revealed."

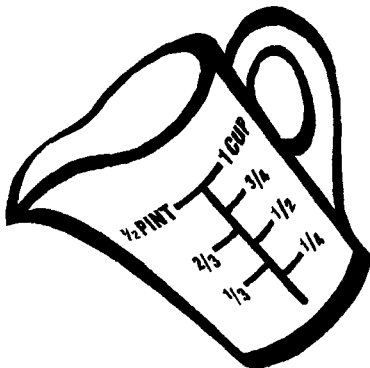
Dick D., Editor

## Measuring in Public

What turned me off about H.O.W. was the thought of weighing and measuring my food at a restaurant. It was bad enough being overweight but to suffer the additional humiliation of publicly weighing was just too much, I thought. During my first 70 days, I did not eat out to avoid the problem. That worked fine until my wife and I journeyed to Walt Disney World for a four-day vacation. The plane was late and I was really hungry when we arrived at Spoodles on the Boardwalk behind Epcot. Without thinking, I put my scale, measuring cups, and spoons on the table. When the waitress saw them she immediately turned around and said that she would get the head chef. I had never received pampered treatment like that before!! The head chef cooked my breakfast!! The food and service was so good that we returned twice more for breakfast and once for dinner. Each Disney restaurant did everything to make sure that I was able to stay on my food plan. However, they did suggest that I telephone 24 hours ahead so they could be better prepared to serve me. The thought of eating an abstinent gourmet dinner at the Chefs de France in Epcot would have been unthinkable before but it too was done abstinely.

The easiest way to begin weighing in public is to dine with fellow H.O.W. people. Electronic scales provide an easy means of measuring in public because the scale is slipped under the plate and can be zeroed out before weighing each portion of food.

My wife and I have returned to Walt Disney World and are planning a trip in late January. Who would have ever thought that I could find a way of dining at Walt Disney World's finest restaurants and continue losing weight?



## O.A./H.O.W. and Traditional O.A. What's the difference? (One member's experience)

Having been active in O.A./H.O.W. and Traditional O.A. for 10+ years I thought I would reflect on the strengths I have seen in both approaches. I find that people in O.A. and H.O.W. with long term abstinence have much in common. They both have very clear definitions of abstinence. They both work closely with sponsors (usually) every day. They both work with the literature and attend Traditional meetings and do service.

There are some differences too. O.A. people with strong recovery often go to many meetings usually 3-5 a week and 7 meetings each week is not uncommon. H.O.W. people typically go to 2 H.O.W. meetings a week, though keep in mind, H.O.W. meetings are usually two hours.

While H.O.W. people attend fewer meetings, they make four phone calls each day to other H.O.W. members and have a lot of fellowship before and after meetings. It is very common for large groups of H.O.W. members to go out for a meal before or after a meeting. And of course all are welcome.

People in Traditional O.A. seem to make fewer phone calls and when they do make calls it is often for a specific reason like help with an issue or to turn over a 5th Step.

O.A./H.O.W. people do daily assignments. They start on Steps 1 through 3 and then continue with an H.O.W. 4th Step, which is a therapeutic autobiography that takes about six months. After that, O. O.A./H.O.W. people vary widely on where they go with their literature and the steps choosing from many sets of assignments. One of the weaknesses of O.A./H.O.W. is many people can go years and never go beyond Step 5.

People in Traditional O.A. with strong recovery are committed to working through all 12 Steps. They tend to stick to a traditional style 4th Step from the AA big book and keep right on going through Step 12. Typically most of their writing is about the steps vs. the on-going writing in O.A./H.O.W. that touches on many things that relate to recovery.

Anonymity is one other area that varies a bit between O.A./H.O.W. and Traditional O.A. Though not a rule most people in O.A./H.O.W. have an interpretation of anonymity that means never telling

anyone who your sponsor is and keeping all we learn about each other private - even if it is not something that one might think of as private and sensitive. In Traditional O.A. people are often very open about whom their sponsors are and while they respect the privacy of others, openly talk about each other in a loving way.

Weighing and measuring is also an area of difference. O.A./H.O.W. people typically weigh and measure at home and most weigh and measure at restaurants. Many Traditional O.A. people also weigh and measure. This is a personal thing that we all work out with our sponsors.

These are just my personal experiences from my time in both programs. I need both programs, O. O.A./H.O.W. for the structure and commitment to abstinence, Traditional O.A. for its commitment to the steps. In summary I have found that O.A./H.O.W. and Traditional O.A. have much in common - support each other -- and are the best ways I have found to live a life free from compulsive overeating one day at a time.

Anonymous



## What O.A./H.O.W. Has Given Me

When I first came to Traditional O.A. I had no idea what the program was about. Somehow I thought it was going to be another diet club but with more support. For three years I struggled with the concept of abstinence and how to use the tools, especially the Food Plan tool. I was becoming very discouraged.

My sponsor asked me to consider going to an O.A./H.O.W. meeting to see and hear the way others used the tools of the program. Well, at first I was totally against this idea. I had gone to a weekend mini retreat sponsored by O.A./H.O.W. and I left more depressed than when I went. There was no way I could be that disciplined and the idea of a sponsor dropping me was more rejection than I knew I could handle. Then I had tried the 9:30a.m. Saturday meeting and was just overwhelmed by the number of people at the meeting. I just knew I could never share with so many people. I was too scared. But when I saw the number of people in recovery, I had to admit that something was working

for them. Could it work for me?

So off I went to the Annandale Wednesday Night O.A./H.O.W. meeting at Fairfax Hospital. (It is now held at Annandale High School.) I was early so I helped the leader set up the room for the meeting. She was so warm and joyful. I wondered why she was so happy. There was going to be a celebration for an anniversary that night, so that must be why. As the people came into the room they were smiling and hugging and I thought - okay - what are these people taking? A lot of people welcomed me to the meeting and asked if I was a Newcomer. Well, I wasn't new to O.A., but I was to O.A./H.O.W. W. Many people told me that they started with O. O.A./H.O.W. the same way and hoped I would "Keep Coming Back." I listened for the first hour about what the program was and the methodology for O.A./H.O.W. I heard seven sponsors explain how they used the tools. At first I thought I would be bored with all this reading and listening, but to my surprise I wasn't! Many of the sponsors shared my story, except they were in recovery, even when trouble arose. The leader and the speaker shared their stories and how they lived today. I kept thinking, but I don't think it will work for me. The rest of the evening was for "positive pitches." I am in finance so the only thing I thought of a pitch being was a "sales pitch" or a baseball pitcher! I found out a pitch was sharing whatever you need to share, but with a catch. Each person would also talk about how they handled their situation and what tools they used to help them. Again, more about the tools. I started to see a pattern in everyone's way of working the 12 Steps. No matter how you do it - the tools are essential to your progress, along with the Steps and the Traditions.

Well, at the end of the meeting the leader came up to me and asked me if I would like to have a temporary sponsor to see if O.A./H.O.W. and I would be suited for each other. I don't know what came over me, but I said yes! "Yes," was I crazy? I already had a Traditional O.A. sponsor, now what do I do with another one? But it worked out just fine! Over the last 10 months, I have lost weight, but most of all, the cravings for food have been released. And even when those wicked voices do come around, I have so many people in the program that are willing to help me keep my abstinence. They listen to me, remind me I have tools to help me, and most of all, that I have a Higher Power who wants me to have a joyful and serene life.

Tea

## The Lowdown On H.O.W. Sponsors

When I attended Traditional O.A. meetings, the sprinkling of information I received about O.A./H.O.W. W. meetings and the O.A./H.O.W. concept, was all negative. The O.A./H.O.W. people, or now I know to refer to them as "HOWsters," had a reputation of being harsh, mean, and cold-hearted compulsive people. Those of us in Traditional O.A. might have been compulsive, but at least we were nice about it. I was told if you went to O.A./H.O.W. and didn't follow their program exactly, your O.A./H.O.W. sponsor would "drop you". With that statement I envisioned a football punter in full uniform, "dropping" me for a kick return and blasting me out of the stadium of life. And foremost, I did hear HOWsters referred to as "The Nazis of O.A." I imaged O.A./H.O.W. sponsors to be like the nuns of old grammar school, ready to slap me with a ruler if I didn't straighten up and do it right.

However, with time, oddly enough, even with these preconceived, negative opinions of O.A./H.O.W., I was attracted to explore O.A./H.O.W. I am told O.A./H.O.W. is a program of attraction, not of promotion, and that is exactly what happened. But to be honest, it was not "the program" that first attracted me; it was a person who happened to practice O. O.A./H.O.W. I met this person when I went over the 300-pound mark, and when I was told of their weight loss of 140 pounds, and maintenance of that weight loss for nearly six years, I decided to listen to this "thing" called the O.A./H.O.W. Concept. I had lost 100 pounds in Traditional O.A. and had gained back 80 pounds. Much to my amazement this person told me that they had lost the weight once in Traditional O.A. and relapsed and gained the weight back. As stated by this person "O.A./H.O.W. saved my life." Upon hearing these words, I would like to tell you that I jumped for joy and shouted "Hallelujah" but I did not. Instead, my response was with a sunken heart. My true response was "Damn...it looks like I too need O.A./H.O.W. OW.". And that was the beginning of my surrender.

I knew at my first meeting I needed the disciplined nature of O.A./H.O.W. In my opinion, O.A./H.O.W. isn't that different from Traditional O.A. The way I see it, is I make a daily commitment to my Higher Power, with my O.A./H.O.W. sponsor as a witness, to utilize each tool of the program. Before O.A./H.O.W. ow., I thought of the tools as "optional." Wasn't it lovely that these sweet little things called tools were there for me to utilize if I needed them? But it seemed as I sunk deeper into my relapse I consistently opted not to pick up a single tool.

In fact, I don't think there was ever a time in Traditional O.A. that I used all the tools on a regular basis. Traditional O.A. did not work for me; because I chose to let my disease lead me and not to work the 12 Steps and by utilizing the tools.

For me, the most important action I first took upon coming to O.A./H.O.W. was to admit that I could not do it alone. And in fact, God and I couldn't do it alone. I am a proud person, raised with a pioneer heritage from the Midwest. Self-sufficiency and independence were states of being to strive to obtain, not to disdain. I quickly learned in O.A./H.O.W. W. that my self-sufficiency was actually my weakness.

Next, and with time, I found a loving and nurturing O.A./H.O.W. sponsor. It had been suggested to me in Traditional O.A. to find a sponsor who was older than myself and of the same sex. I still think this suggestion is wise. By choosing such a person, even though she was only slightly older than I, she had experienced many of life's events that I was getting ready to face - such as dating after a divorce, surviving my children's adolescence, and seeing my children off to college. These life experiences offered her the opportunity to show me how I could work the steps of the program to deal with life's issues, on life's terms. She has unknowingly shared her wisdom when she shares her experience, strength, and hope.

Yes, there are sponsors in O.A./H.O.W. that might meet my personal preconceived opinion of "A H.O.W. W. Nazi." And that is OK. That method of sponsoring works for some people. I suggest, that if you are curious about O.A./H.O.W., but are intimidated by the harshness of the program rumors you may have heard, stay away from those types of sponsors. There are many O.A./H.O.W. sponsors in the rooms who are gentle, tender, and loving. These O.A./H.O.W. sponsors have opened their spirits to their Higher Power and feel they are present to do God's will, which includes sponsoring others who suffer from the disease of compulsive eating. These O.A./H.O.W. sponsors are the ones that may be more quiet, softer spoken, but radiate serenity and kindness. With God's grace I found these O.A./H.O.W. sponsors, and I have had back-to-back O.A./H.O.W. abstinence for nine months and have lost 90 pounds while practicing the O.A./H.O.W. Concept. Find these O.A./H.O.W. sponsors, and YOU too will stay and experience the promises of the program.

Pam Mc.

## How I Came to O.A./H.O.W.

I was 12-stepped into O.A./H.O.W. by one of my neighbors on Capitol Hill, who is an active member of A.A. and Al-Anon. I met her in the summer of 1995, shortly after I had been released from St. Elizabeth's Hospital for yet another manic-depressive breakdown. I was lonely and isolated, and as a matter of course, she started taking me to A.A. meetings. Although I first recognized that I was an alcoholic in a sociology class in college, I didn't drink very often so I identified out. However, at the time I weighed 214 pounds. She told me of a fiend of hers in A.A. who lost over 100 pounds in O.A./H.O.W. and kept it off for a long time. Did I want to meet him?

We met after an A.A. meeting in Old Town, and he told me his story. I identified in this time. I met him the next Friday night, September 1, 1995, at the Chinese restaurant on the corner of Stuart and North Fairfax Streets for the meeting before the meeting. The people were very friendly. Many of them, but not all, were weighing and measuring their food. The H. O.W. meeting was two hours long. I was very impressed with the sponsor line. People told of their longevity in the program, and spoke of their recovery. One of the women came up to me after the meeting and said that she would sponsor me temporarily if I would agree to call her every day, see a nutritionist to get a food plan, and agree to work the tools and the steps of the program. I didn't understand the concept of emotional or spiritual recovery, but I sure did want to lose weight, and many of the people there had done just that! You could say that I missed the whole point of recovery.

I called her every day. I got a food plan, followed it, and the weight started coming off. I worked with her through the initial questions of the first three steps, was going to several meetings each week, and stepped-up to become a sponsor on December 30, 1995. Until the spring of 1997, I worked the program assiduously, or so I thought, but I was caught up in the physical recovery more than anything else. I celebrated my one-year anniversary of clean, back-to-back, O.A./H.O.W. abstinence on September 1, 1996. I was thrilled! In the springtime, as I approached my 50th birthday, I started losing my grip. I still don't know if I was beginning another manic-depressive episode that pushed me away from my program, or whether I started slipping and that triggered the breakdown. I do know that for me the O.A./H.O.W. 4<sup>th</sup> Step questions, done without the context of professional therapy, were very destructive for my peace of mind and stability. Before I knew it, I was into relapse, and by June had gained 30 pounds. I was also back in St. Elizabeth's.

I tried to come back to the program, but did not feel

welcome. My A.A. fiend surfaced again and brought me into A.A. where I began to really work the steps with an excellent sponsor. She helped me laugh at myself when I played the game so many of us excel at, "My life has been harder than anyone else's." I was going to step meetings, speaker meetings, discussion meetings, and Big Book meetings. Although I am straight, I attend Gay and Lesbian A.A. meetings where I find acceptance as someone with bipolar illness. There is a great stigma attached to mental illness, which is something that my Gay and Lesbian friends understand all too well.

In the spring of 2000, one of my A.A. friends, Tim C., started going to the Gay and Lesbian Live and Let Live O.A. meeting in Arlington. Each time he spoke of it, I thought about the fact that I desperately needed to get back to O.A./H.O.W. In October, I was at the library across the street, and I ran into Kathy B. I have known her for God knows how long, and after my husband divorced me for being mentally ill, she took me into her home. She had started O.A./H.O.W. in August and was definitely on the pink cloud. I didn't have a car and she offered to take me to meetings. I went with her, having ballooned up to 267 pounds, the most I have ever weighed. I got a new food plan. My daughter Pru in California called to say that she was unable to sell her car in Williamsburg, and that if I wanted it, I could go get it. My Higher Power was providing for me yet again.

I celebrated my second one-year anniversary of abstinence on October 30, 2001. As of December 30th, I have lost 65 pounds. I regularly go to two O.A. and two O.A./H.O.W. meetings each week, and at least three A.A. meetings. I could certainly belong to several other fellowships, but this is my current limit.

I sponsor people in both programs, and serve as the treasurer of my O.A./H.O.W. home group and the G. S.R. of my A.A. home group. I meditate once or twice a day, and pray throughout the day. I am not in the least religious, but through my years in A.A. developed a much greater understanding of what spiritual recovery means. This year my youngest brother died of cancer. I went to California for 10 days in December for his memorial service, to visit my oldest daughter and her husband, and a dear friend and her family. It was a hard journey. I was so grateful to come home to my animals, Willy, the cocker spaniel and Daphnis, the black cat. More important, I got back to my meetings, my own refrigerator, and my friends. My wish for 2002 is that no one I know dies, and that I remain abstinent and sober.

Chris G., Capitol Hill



## Why I Like to Talk About Other People

### Anonymity

The 12 Traditions of Overeaters Anonymous: Tradition 11 - "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films, television and other public media of communication." Tradition 12 - "Anonymity is the spiritual foundation of all our traditions ever reminding us to place principles above personalities."

I am very aware of the importance of anonymity, which is a tool, as well as a tradition of Overeaters Anonymous. I am particularly grateful to O.A./H.O.W. W. for teaching me the spiritual significance of anonymity as well as the emotional healing that it provides. At every O.A./H.O.W. meeting we read an excerpt from the O.A. pamphlet on Anonymity, which reminds us that what we say in the meeting should not be taken outside of the meeting, not even to O.A./H.O.W. members who were not at the meeting. The reading encourages us to practice anonymity in our conversations with other O.A./H.O.W. OW. members, declining to name names or basically talk about other people, with the caveat that if a member is in trouble, and gives her permission for information to be shared, that we readily share it.

In addition, we read a statement that points out that for many, the O.A. rooms are the first place where we have no fear of being judged or criticized and where we may share without being told what we did wrong.

In O.A./H.O.W. meetings we cherish the safe sanctuary that observance of the anonymity traditions bestows on a meeting. I feel very lucky to be part of a fellowship where, at meetings, members feel

able to share the depths of their compulsive overeating illness and the true feelings that surface in abstinence from compulsive overeating.

Because of O.A./H.O.W.'s emphasis on anonymity, even between individual members, I have been forced to see in stark relief my inclination to talk about others. The efforts of other members to practice anonymity has brought the discrepancy between what I preach - anonymity - and what I practice - sometime initiating gossip to the light. This awareness has led me to examine the roots of my need to talk about other people and I believe I've found a major element.

### Judgment & Criticism

It seems as if the pain of relationships with family members and others is set off when I am criticized or someone tries to correct me. And then I judge that person for it. Recently I felt justified in telling anyone who would listen about a visit to a family member who I thought was unreasonable for telling me how to put the glasses in the dish rack, how to separate the garbage, and how to walk across the kitchen floor. Clearly the visit consumed entirely too much rent-free time in my head. But when my sponsor suggested to me that maybe the source of my pain was my judgment of this family member, I had to stop and think. It seems really hard to imagine not judging my critics. It seems even harder to spend time with these people and not be in judgment. That would take a whole new way of thinking. As much as I react to other's judgment of me and their judgment of others, I am having a difficult time separating myself from what feels like a God given right - to judge people when they are clearly being wrong. Judgment and criticism are toxic for me yet but I feel like a wimp if I don't have tough standards by which to judge others.

I also see that I judge a lot of people because it makes it easier to dismiss them. This sounds like a lame excuse, but given my problems with keeping the focus on myself and knowing how to properly set boundaries with people, it wouldn't surprise me if my judgment of others is somewhat of a survival skill. My critical assessment would work, it seems, to eliminate the unnecessary people from those with whom I have to cooperate and interact. Having gotten rid of a few, I can be less distracted with the ones with whom I really need to work. Not to excuse the behavior, but it seems to me that it's no wonder I want to narrow the field, considering how hard it is for me to deal with people. Fortunately for me, the program provides me an alternative to routinely tossing people in to the dis -

card pile. Through working the steps, I am teaming to deal with people one day at a time, with God's help. The steps give me a way to deal with anyone. The other night, at the O.A./H.O.W. meeting, I talked about my trying to look at my own judgment and criticism stuff and it didn't sound very compelling. It's almost as if there is no incentive to stop judging others, because the reward is seemingly minor. Besides the fad that we are discouraged from judging others, and it gets us in trouble when it leads to voicing our criticisms of others. What is the reason for surrendering my so-called right to judge others? Well, the answer for me is that I get to stop judging *myself* so harshly. I get to stop comparing myself with others. That yardstick of judgment is removed from the toolbox of selfassessment work. As much as I am reluctant to give up an old friend, it's just an illusion that judgment of others is necessary. I am much happier without exercising that so called option. Once again, I find that by surrendering the actions and attitudes that cause me trouble, I am healed, strengthened, and blessed with far more than I could have hoped for. And the traditions

## INTERGROUP NEWS

A big thanks and hugs to Karen S. who was elected Intergroup Chair to fill out the balance of the year. Hugs, too, to Toby R. who agreed to serve as 1st Vice Chair as Karen moves into her new role. Karen also agreed to serve as a Region 7 delegate for the October Assembly. "Service has its own rewards."

Elections for all Intergroup service positions will take place at the October Intergroup meeting. The next meeting will be Saturday, July 20, 2002, Immanuel United Methodist Church, 7901 Heritage Drive in Annandale. All are welcome to attend and join in the activities. You don't have to be an official Intergroup Representative to attend. Welcome!

Barbara J. and the Special Events Committee are planning a Gratitude event for this coming October. It should be a fun evening. Watch for flyers at a meeting soon.

## ANNOUNCEMENTS

**Meeting Moved:** The Wed. Night HOW meeting (7:00 to 9:00 p.m.) moved, effective June 5th to First Baptist Church of Annandale, 7100 Columbia Pike, Annandale. Contacts: Dick, 301-365-8982 or Phil, 703-525-8866.

**New Day & Time:** *Reston Serious Steppers* (AA 12 812y-Thursdays, 12:00 p.m., Good Shepherd Lutheran, Comer of Moorings Dr. & North Shore Dr., Contacts: Karen, 703-471-8124, Elizabeth, 703-648-1697



### Editorial Policy

The opinions expressed in *Novation* reflect those of the writers and not Northern Virginia Intergroup nor OA as a whole, or the Editor of *Novation*; nor does the publication of any article imply endorsement. The editor welcomes any and all contributions, and reserves the right to edit all articles. Send articles, letters, announcements, or other contributions to *Novation* to:

*Novation*  
C/O Dick Dorr  
3716 Valley Drive  
Alexandria, VA 22302

Or email to [dickdorr@aol.com](mailto:dickdorr@aol.com)

# OA PHONE LIST



We use the phone as a means of contact, to help us through the highs and lows of each day without compulsive eating. The following OA members welcome your calls and are committed to helping the newcomer in any way they can. Go ahead, give someone a call!

## NEWCOMER OUTREACH

Diane L	703-813-6313	Kelsie	301-428-0562
Kelly	703-815-9775	Maria L.	202-333-8089
Ruth K.	703-206-0559	Janice	703-914-5440
Alan S.	703-370-5505	Dianna	703-425-9480
Betsy F.	703-998-7276	Doree	703-451-7604
Debbie F.	703-799-3282	Cecille	703-658-0873
Sandy B.	703-560-3951	Gail	703-793-4926
Rachel B.	703-532-1824	Gladys	703-968-8476
George J. (h)	703-978-2072	Ginny St.P.	703-998-1463
(w)	202-269-4204	Lynn B.	703-222-3279

Support Your Intergroup! Intergroup meetings take place the third Saturday of every month at 10:00 a.m. at Immanuel United Methodist Church, Annandale, Virginia. Find out more about Intergroup by showing up and serving on a committee or by serving as a representative for one of your meetings! Service is its own reward!

**NIGHT OWLS & EARLY BIRDS** The people listed here are either up late or are early risers-feel free to call them if you need someone to talk to.

Janice 703-914-5440 `til 10 PM\*  
 David K. 301-248-6334 `til 10 PM  
 George J. 703-978-2072 `til 10 PM  
 \*anytime in an emergency

Support OA 60/30/10 -After meeting group expenses -rent, literature, etc. It is suggested that the 7th tradition should be sent 60% to Intergroup, 30% to WSO and 10% to Region 7.

# NOVA INTERGROUP BOARD

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1st Vice-Chair	Toby G.	703-528-9563
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Where & When	Kate	703-686-2824
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OA WSO Delegates	Betsy R.	202-548-0957
	Toby R.	703-528-9563
Region 7 Reps	Betsy R.	202-548-0957
	Toby	703-528-9563
	Dick D.	703-578-1999
	Karen S.	703-536-5269

NOVA Outreach Web Site: [www.oanova.org](http://www.oanova.org)

DC/MD Web Site: [www.aa-dcmetro.org](http://www.aa-dcmetro.org)

World Service Web Site:

[www overeatersanonymous.org](http://www overeatersanonymous.org)

Hotline Phone #: **703-823-6682**

## **Welcome!**

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.