

Novations

The newsletter for the OA NOVA Intergroup

May/June, 2009

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.

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## Camp High Roads Retreat Update!!!

The Camp Highroads OA retreat scheduled for May 29-31 has only 6 confirmed weekenders and maybe a dozen daytrippers committed at this time. We are considering we modify the retreat to a one-day event for Saturday, May 30 from 9 am to 9 pm. Decisions will be made about the retreat as soon as possible. Please look for more information to come from Intergroup and pass it along to all of your groups.

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WORLD SERVICE BUSINESS CONFERENCE REALLY ROCKED

What fun; What fellowship; What a lot of RECOVERY!!!!!!

I was blown away hearing of the recoveries and services of every speaker. Still I was not surprised because I believe that service is not optional; it IS the 12th Step. Therefore if I am not doing service I am not practicing the principles in all my affairs.

It was very clear that Service is not only slimming but FUN too – there was an awful lot of smiling, laughter and love going around and it was contagious. When I went to the workshop, “Carrying the Message Back Home”, one delegate from overseas put it best when she said: “I’m maintaining an 80 pound weight loss and OA just keeps making me look better and better – the least I can do is to go home and make OA look good too!”

I learned about some resources available on the oa.org website such as OA Guidelines and the Ask-It Basket for helping meetings deal with all kinds of disruptions at meetings. The speakers all stressed the importance of being kind, growing as we learn to listen, providing a forum for all sides to be heard, being respectful of everyone’s opinion; above all however the good of the OA Meeting, Newcomers and Beginners must always be of first concern. So they said, “Be courageous and as we join hands we find love and understanding in dealing with disruptive members.” By the way, the Ask-It Basket has literally hundreds of topics!

I am on the Conference Literature Committee and we have a very busy year ahead to be sure! The sub-committee I serve on is creating a new pamphlet, “A Common Solution: Diversity & Recovery”. We still need stories from bisexual and transgendered people and gay men. We also need stories regarding medical issues such as cancer and chronic illness. If you are interested in submitting a 300-500 word story on any of those topics please email it as a Word attachment to HYPERLINK "<mailto:info@oa.org>" info@oa.org by the June 15th deadline for consideration.

In OA Love and Service from your Delegate, Gail VB

Editors note: Both Gail and Maria P are very willing to visit any weekend or weekday evening meeting that would like to give them 10 or more minutes to speak about the WSB conference, either as a speaker or during announcements. You can reach Gail at gailvb@comcast.net and Maria at chair@oanova.org

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

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The Following two special events are co-sponsored by the Springfield Early Birds and NOVA Intergroup.
Saturday, June 20 , 2009, 1-4 pm
Hope Lutheran Church
6404 Ravensworth Road
Annandale, VA

"Parenting the Young Compulsive Overeater"

A New Workshop

Come and help us work together to break the next cycle of compulsive overeaters—our own children! How can we know if our kids are becoming the next generation of compulsive overeaters? What can we do to prevent it or to stop it?

Contacts: Amy 703-204-0181 or Diane 703-813-6313

- Do you find food inexplicably gone?
- Does your teen or young adult try to sneak food?
- Do you find food and wrappers hidden in her/his room?
- Does your teen or young adult repeatedly deny eating "all the goodies?"
- Does she/he often eat alone?
- After eating does your teen or young adult spend a lot of time in the bathroom with the water running?
- Do you often tell her/him to "use a little willpower?"
- Have you tried to put her/him on a diet several times?
- Does she/he seek food for reward or comfort?
- Does your teen or young adult overspend her/his money on food?
- Does she/he try to avoid physical and social activities because of weight?
- Is she/he routinely using laxatives or water pills?

Is your teen or young adult excessively unhappy with her/his appearance?

Answering "yes" to several of these questions may indicate that your teen or young adult has problems dealing with food -but she/he is not alone.

There is a solution

Overeaters anonymous is a Fellowship of individuals, who through shared experience, strength and hope, meet to solve their common problems with food. With your loving support -and your teen's or young adult's willingness -our Twelve Steps can offer recovery one day at a time.

We do not have weigh-ins, or offer professional advice. We are self-supporting through our own contributions. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine.

The only requirement for membership is the desire to stop eating compulsively. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer. You can help your teen or young adult by contacting us.

Sponsorship

One of my wisdom figures says that he has never seen anyone achieve longterm recovery in OA without a sponsor. For me it took me 13 months of coming to meetings to find a sponsor, my perfectionism and fear got in the way. I had to have the “perfect” sponsor and I was afraid of the “no” that I might get. After all, it was all about me, correct?

One of my regular meetings is the Springfield Early Birds at 8:00 a.m. on Saturday mornings. Several months ago during a group inventory the issue of sponsorship emerged. We asked what can we do to encourage sponsors and support them? To work on that goal, the Springfield Early Birds meeting is hosting a workshop for sponsors and almost sponsors on **Saturday, July 18, 2009 from 1:00 to 4:00 at Hope Lutheran Church** in Annandale. (The same place where the Intergroup meetings are held.) If you have been a sponsor or are considering sponsoring please plan on attending. This will be a collaborative session so that even the most seasoned sponsor can share and benefit from the workshop.

For more information call Dick D. @ 703-521-1999 or Jean J. @ 703-569-8072

Daily Meditation

Our promise of recovery is in every OA meeting when we join hands, pray together and joyously, lovingly encourage one another:Keep coming back!

[Overeaters Anonymous, 2nd edition \(p. 17\)](#)

Many have asked if there was a form of some kind to send with contributions to intergroup - here it is! Please feel free to make copies for all group treasurers

NOVA INTERGROUP Overeaters Anonymous Contribution Form

The below form/receipt should be used when sending donations to Northern Virginia Outreach Intergroup of Overeaters Anonymous.

Make checks/money orders payable to “Northern Virginia Outreach Intergroup.”

Please do **NOT** send cash through the mail.

Inclusion of a self addressed stamped envelope for your receipt is suggested but not required.

To receive your receipt via email, please include the group treasurer’s email address below.

Date _____

Dear _____

Thank you for your contribution of _____ to OA-NOVA Intergroup.
Your contribution will allow OA to carry the message of recovery to those who suffer from compulsive overeating. Thank you for your support.

Treasurer, Northern Virginia Outreach Intergroup

To be completed by the person sending future contributions to OA NOVA

Amount

Treasurer’s Name & Email

Group Number (Refer to Where and When)

Meeting Day and Time

Meeting Location

Please mail to:

NOVA Outreach Intergroup Treasurer

PO Box 231

Catharpin, VA 20143-0231

OA MEETING CARD - Pick a strong meeting, Cut out the card below, fill in the information, make copies and put these around your area!!

Is food a problem for you?

Do you eat when you're not hungry? Do you go on eating binges for no apparent reason? Is your weight affecting the way you live your life?

**NO dues NO fees NO weigh ins NO diets
We are a fellowship**

Place:

Day:

Time:

Call:

Do you have any other questions about intergroup? Please know that all are welcome to attend IG meetings - you do not have to be an intergroup rep - even though that's a great service. You can also contact your intergroup leaders:

CHAIR: Maria P 301.275.7093 chair@oanova.org

Vice chair: Karen K vicechair@oanova.org

Secretary Jess B secretary@oanova.org

Treasurer Gail V treasurer@oanova.org

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Your submissions of articles are more than welcome please send them to The Novations editor at novation@oanova.org or rah135@aol.com Please write on whatever recovery related topic you are moved to. Suggestions include the step or tradition of the month ahead, going to retreats, or conventions, something you heard at a meeting and want to share, an experience working the steps or share some daily writing. - all articles may be edited for space or other considerations.