



NOVATION!

NOVA Outreach Intergroup March 2004

A LATE BLOOMER

I am abstinent because I don't need extra food now. My guts are filled with all these thoughts that come to me in this journey of discovery. And sometimes I am loving every minute of it, and sometimes I am hating every minute of it, because I can now feel.

I am almost 62 years old and I am just learning to be patient. I am still teachable, which is great! So, you can see, I am a late bloomer, not a slow learner. I prefer to look at it this way. This way I have hope and I do not hate myself for what I did (or did not do) before. And my life does not feel like a waste of time after all.

Calm down. Easy does it. One day at a time. And all the rest of the slogans I can think of. The truth is: I am happy to have found God and let Him guide me. I am not in the driver's seat anymore. What a relief!

--Anonymous



IDEAS FOR JOURNALING

Where do I stand with my Step Three decision today? How well am I carrying it out?



TOP TEN REASONS TO GO TO A MEETING

- 10. Meeting makers make it.
- 9. You think you ate too much at your last meal.
- 8. You are feeling high on the Program.
- 7. Going to meetings is Service.
- 6. You promised your sponsor.
- 5. The only alternative you can think of involves the tv and the refrigerator.
- 4. You think you ate too little at your last meal.
- 3. You are feeling kind of blue.
- 2. You know you need to hear some experience, strength, and hope.
- 1. You want to share some experience, strength, and hope.



MEETING NEWS

The Thursday Night Commuter Meeting off Arlington Ridge Road wants to let everyone know the group has started reading from the Second Edition of Overeaters Anonymous aka "The Brown Book." A great, intimate meeting, very convenient if you are on your way home from the District after work.



WORKING STEP TEN: ONE METHOD

Working Step Ten daily has been central to strengthening my abstinence and general adherence to the Program. I prefer to do a daily Step Ten right after I get home from work. It's time well spent because it helps me take stock of my day and see where I've gotten off track--and perhaps get back on the beam before the end of the day, if needed. But you can do it at night before bed, or review the day before in your morning meditation. When you do it doesn't matter, just do it!



I start with some memorized prayers, then sit back and ask my Higher Power to open my heart and mind to guidance. Then I meditate on the following:

“Have I fulfilled my commitments to HP today? Have I prayed or given to charity? Have I done anything I feel was wrong? Have I said ‘Thank you,’ to HP?”

“Where do I stand with others? Did I help anyone today? Did I harm anyone or do something I owe amends for?”

I close by doing my OA “vowels.”

A--“How’s my abstinence?”

E--“Did I exercise?” This is not part of everyone’s Program, but it’s important to my recovery from compulsive eating, depression, and anxiety.

I--“How well am I taking care of myself? Am I sleeping/resting enough? Am I trying to do too much?”

O--“Are there any issues between me and others to be resolved?”

U--“Underneath it all, what am I feeling inside?”

I find this a quick way to uncover issues or conflicts that used to land me in the food. Hope it is helpful to someone else.

--Anonymous



SUPPORT NOVA IG

We meet the third Saturday of each month at 10 am at Hope Lutheran Church, 4604 Ravensworth Rd, Annandale. This is the place to get new Whens and Whens, NOVATION, and the latest flyers for retreats. Come see what you have been missing.

NOVA IG BOARD

Chair	Faye M	(703) 549-4481
1st Vice	Gail W	(202) 498-1605
Chair		wray.gail@epa.gov
2nd Vice	(vacant)	
Chair		
Secretary	Bret S	(703) 887-4237 bhscases@toast.net
Treasurer	Dan C	(703) 370-4621 drcostello@comcast.net
OA Hotline	Jessica B	(703) 660-8731 jessicabeau@yahoo.com
Contact		
Where &	Kate B	(703) 671-0380 specialk@ioip.com
When		
Editor		
P. O. Box	Fran B.	(703) 256-7544
Coordinator		
Special	(vacant)	
Events Co-		
Chair		
Novation	Kristin K	(703) 444-3867 k2lovesrabbits @earthlink.net
Editor		
OA WSO	Bret	(703) 887-4237 bhscases@toast.net
Delegates:	Dick	(703) 521-1999 novadick@comcast.net.
Region 7	Karen	(703) 536-5269 bswinston@aol.com
Reps:	Cindy	(301) 563-6198 cindyhaynes596@hotmail.com
	Dick	(703) 521-1999 novadick@comcast.net
	Faye M	(703) 549-4481
	Bret	(703) 887-4237 bhscases@toast.net