



# **NOVATION!**

## **NOVA Outreach Intergroup**

**May 2004**

**Attitude Adjustment Issue**

### **EDITOR'S NOTE: LOOKING FOR A REPLACEMENT**

If there is any unifying theme in this month's issue, it is the need for an attitude change in order to be happy and to recover. It is funny--I didn't suggest the theme; it emerged from this month's submissions quite naturally. In addition, it is almost that time--time to find another NOVATION editor. I've enjoyed editing the newsletter because of the chance it offers to correspond with other members, to read their writing, and to write more myself. But June will be my last issue so that I can focus on preparing for my marriage (HP willing) and business trip in July.

Can you do this service? You do not have to be a computer whiz or a perfect writer (as you may have noticed!). Working on the newsletter has been a big help to my recovery by keeping me involved and getting me to Intergroup every month. Give me a call or speak to your IG rep.

--K2



### **JUST FOR TODAY--THE OLD VERSION AND THE ABSTINENT ONE**

ONE DAY. That is all I wanted when I joined this program many years ago--just one day of abstinence, which led to one day of sanity and one day of not hating myself. That is all I wanted and that is all my HP wanted me to have. We can have a partnership for life, one day at a time.

NOW that seems so simple but in reality it was not for me. I would wake up in the morning with all

good intentions, have my abstinent breakfast and then the head would begin--as some say, the "witches in the attic" would begin--to babble:

Lie #1: You need to eat that piece of something because it will spoil and you paid good money for it.

Lie#2: You will be getting more exercise today and you deserve more calories .

Lie#3: Your co-worker brought in a "goodie" and she will hate you if you don't eat a piece (as if I could eat just one piece).

Lie#4: It's free food, I didn't pay for it and I probably wouldn't buy it so I can treat myself just this once.

Lie#5: Well, now that you have gone off your food plan eat whatever and you can start tomorrow.

Well, I could go on with many more lies but I would get hooked by one of them and there I was with the ONE DAY breaking my abstinence. How could I change?

Our literature kept saying, "Get spiritually fit, turn your life over to HP, keep your side of the street clean, use the tools and take the steps daily."

So here I am JUST FOR TODAY: I have gotten up and gotten on my knees and said the first three Steps, I have done some reading and meditating and I have a plan of eating for today and now I am going to go to a meeting today to listen how others make this program work for them and I am going to pray that I allow myself to do my HP's will. and so for ONE DAY my wish will come true if I am honest, open and willing to stay in Just Today. ONE DAY is all I really have.

Thank you HP for abstinence from compulsive overeating and negative thinking.

--Anonymous



## COMING IN JUNE!

### THE TOOLS RETREAT AND A SPECIAL NOVATION ISSUE

- ✂ Saturday, June 19, 2004
- ✂ 1:00 - 4:00 p.m.
- ✂ Hope Lutheran Church in the Fellowship Hall
- ✂ 4604 Ravensworth Road
- ✂ Annandale, VA
- ✂ Directions: From the Capital Beltway (I-495), take Braddock Road East. Turn left at the first light, Ravensworth Road. The church is on the left about a mile down Ravensworth. The meeting is in the Fellowship Hall.
- ✂ Sponsored by NOVA Intergroup and the Arlington Sunrise Meetings
- ✂ Suggested Donation: \$3
- ✂ Contact: Kitty at [kjvitko@yahoo.com](mailto:kjvitko@yahoo.com), (703)892-1413 or Joan at [hower@erols.com](mailto:hower@erols.com).



### HOT TOPICS AT RECENT INTERGROUP MEETINGS (NEW IN THIS ISSUE!)

Help for new meetings: IG is discussing how it can help people trying to get meetings going in their area.

Service opportunity: Intergroup is looking for speakers with at least 90 days' abstinence to travel to outlying areas to help struggling meetings. IG has a small budget to help cover travel costs; if you are interested, please contact Kristin or any of the people listed on the back cover.

Strengthening older meetings: Some ideas shared at the April meeting about how to do this included insisting on abstinent leaders, and using group conscience discussions to set strong boundaries on length of sharing and cross talk.

Other Items of Interest: Thanks to Bret, Intergroup will have a "Back to Basics" meeting format with tapes available on loan. The format also features step work from the Big Book. Interested?

Contact your IG rep or any of the officers listed on the back cover of this NOVATION issue.



### GETTING OUT OF OTHERS' HEADS

"What other people think of me is none of my business." That was a concept totally foreign to me. I was always living outside myself, looking at my behavior from inside other people's heads, and always imagining how they were reacting to my actions. I wanted to do what was right for them and it was my constant mode of operation to guess their thoughts--and to try to adjust my behavior so they would like me.

I have since learned that this is called "people pleasing." I thought that if they liked me, I was all right. I never once thought my opinion counted; I never realized I could not be happy if I did not like myself.

Getting into other people's heads was one of my worst shortcomings. It prevented me from growing. It kept me the child that was thinking how to react when my mother died and I was looking for a face to wear at her funeral so that I would have others' approval.

It feels good to write this right now. I can see that I am growing, and, although I still do a lot of people pleasing, I am changing and getting better all the time. Thank you, God, for the Twelve Steps and for your message through sponsors. My first sponsor was the one who asked me, "Are you ready to get out of other people's heads?"

--Anonymous



### ACCEPTING LIFE ON LIFE'S TERMS

"Acceptance is the key to all my problems. When I am disturbed. . . I can find no peace until I accept things exactly as they are. Nothing, absolutely

nothing happens in God's world by mistake. Until I could accept my [compulsive overeating] I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to focus on what needs to be changed in me and my attitudes." -- Paraphrased from The Big Book story "Doctor, Alcoholic, Addict."

I have been having a rough time at work, although--thanks to HP--I haven't been overeating about it. But it's a slippery slope--first the stinking, self-centered thinking, then the eating. So how can I deal with the stress without slipping into resentments and behavior that predispose me to overeating?

I can stop and pray.

I can ask for help.

I can offer my boss alternatives when she gives me an unexpected task--"I can do this or I can do that, but I probably can't manage both today."

I can make time for meetings and Program literature.

I can prioritize and do what needs to be done most and leave the results--and tomorrow--up to HP

I can accept that things are extra busy right now, and I cannot change that. But I can change my attitude. Instead of saying "Why me?" I can choose to say, "Thank You that I am needed here."

--K2



### 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 Where and Whens, NOVATION, and the latest flyers for retreats. Come see what you have been missing.



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