



NOVATION!

NOVA Outreach Intergroup NOVEMBER 2002

Editor's Note

This newsletter focuses on the 11th Step and 11th Tradition-prayer/meditation and anonymity--but it also contains news about recent Intergroup elections and the Region VII convention in Ocean City. I did not receive many submissions, so I'll repeat the pitch I made last month: this is your newsletter, aimed at sharing your experience, strength, and hope. To start with, each newsletter will focus on the Step/Tradition of the month. You can also write about general recovery issues, such as maintaining abstinence over the holidays.

You can reach me at kristinkristk@aol.com or mail items to:

Kristin Kemp
6145 Leesburg Pike #503
Falls Church VA 22041

Intergroup Elections Held

At October's Intergroup meeting, NOVA members largely reelected the same governing board as last year. Karen S. is returning as Chair, with Toby G. and Bret S. as First Vice Chair and Second VC (acting), respectively. Stalwarts Dick O. and Joan H. will continue as secretary and treasurer.

NOVA is still seeking another World Service Convention delegate. Qualifications are one year's abstinence, completion of a Fourth and Fifth Step, and attendance at two regional assemblies. Service in other areas qualifies. Please let an IG board member know if you are interested.

Save Space for Thanksgiving Marathon!

Arlington Sunrise Meeting will be holding its traditional marathon on 28 November at St. Charles Catholic Church and School in Arlington. The group will hold a step meeting each hour, beginning right after the regular lam meeting. The church is located at the intersection of Fairfax Drive and 10th Street in the Clarendon section of Arlington. Because of construction, please enter the Upper Room by the side door facing Fairfax Drive. If the holidays are tough for you, this is a good place to be. O

Ocean City Convention Too Good to Miss

More than 100 compulsive overeaters gathered at the Dunes Manor Hotel in Ocean City November 13 for Region VII convention. OA's attended back-to-back meetings, walked on the beach and boardwalk, swam in the pool, and displayed their talents Saturday night after a festive meal.

This years talent show featured three OA members in a fancy New York restaurant driving the server to distraction with their special and instructions. In addition, casts of thousands appeared in "Dorothy and the Lizards of Oz," a story of how Dorothy's search for a geographical cure was answered by the NoMunchkins sharing their Program.

On a more serious note, there was much sharing about the seriousness of this disease and relief brought by constant application of the Program. The final speaker, Jill from New Jersey, shared her journey from disabling illness caused by overeating to returning to sanity and work. The organizers deserve kudos for pulling together an excellent program. Hope to see you all there next year!

Interested in a Meeting Focused on Recovery from Relapse?

Bret is trying to organize a R&R meeting in the Tyson's Corner area, probably on Thursday night. To offer suggestions or help, contact Bret at (703) 887-4237.

Prayer Changes Things

I liked this bumper sticker so much that I bought it. Even though I still don't understand how prayer works, I'm beginning to see that it changes me. For years, I prayed to be "struck thin;"

magically relieved of the obsession with food--only to be disappointed when my Higher Power seemed to ignore my prayers. I've come to realize that I was practicing self-centeredness and selfwill, even in my prayer life. No wonder I didn't seem to get answers!

What I am beginning to learn is that OA's 12 and 12 is right on the mark when it says that prayer aimed at aligning our will with that of a Higher Power. Instead of instructions to my HP, I thank him and ask him for guidance.

I have returned to a normal body weight and have pretty good abstinence. Because I continue to have slips, however, I know that there is much more I need to learn. I am praying to be rid of the character defects that make me vulnerable to the disease, retreating in fear from HPs gift of abstinence. Thank you, fellow OA members, for sharing your spiritual journeys with me--you have taught me more than I ever learned in any formal setting!

--Anonymous

A Pittsburgh Member Shares

I attended church. I believed in a Higher Power. I just didn't live as I believed. OA's simple directions, a lot of work and practice, several detours, slips, and side trips got me here. HP is the center of my daily living. I check in with all decisions, plans, and food, sometimes with a prayer, sometimes

with a fleeting thought. I take time to wait for answers and sometimes I'm on autopilot. It's just part of me.

It took me years of trying, trusting, and believing to improve myself with program and HP's help. I am very thankful for all help and miracles granted.

Today I know if I always do what I did to recover, I'll always get what I got, which is recovery, by using the tools to work the Steps with a sponsor.

Thank you again for program and your hand in helping me to find OA. It has literally changed my life and I am very grateful.

--Carolyn. Brentwood PA

Program Zingers

Pray and stay.

Be careful what you pray for, because you might get it!

The problem in front of me doesn't even compare to the Power behind me.

In OA

In OA we repair From compulsive eating's despair.

With faith, trust, and belief, We can all receive relief.

Members are not defiant

On H.P. were reliant.

We don't have to work it alone
When we reach out for the phone.

We have no rules, We practice tools.

We learn our role, We cant control.

We'll be able to find peace, Our obsessing will cease.

We find hope, We can cope.

Live and let live with dignity, We protect anonymity.

In meetings we shall share To show how much we care.

We aren't enabling, We aren't complaining.

We express our gratitude, We improve our attitude.

To others we act lovingly To ourselves we act caringly.

We realize we can cheer,
With others who have lost fear

For now I will end this rhyme
It works one day at a time.

--Fran



**Helpful Phone Numbers
NOVA IG BOARD**

Chair	Karen S.	7/536-5269
1st VC	Toby G.	7/528-9563
2nd VC (acting)	Bret S.	7/887-4237
Secty	Dick D.	7/578-1999
Treas	Joan H.	7/527-6592
Hotline	Jessica B.	7/660-8731
Webmaster	Bret S.	7/369-0523
Novation	Kristin K	7/578-3485
Where&When		
Editor	Kate	7/671-0380

WSO Delegates

Toby G. 7/528-9563

Reg VII Reps

Toby G. 7/528-9563
 Dick D. 7/578-1999
 Fay M. 7/549-4481
 Paul 8 7/765-1465

Newcomer Contacts

Diane L. 7/813-6313
 Kelly 7/815-9775

Ruth K.	7/206-0559
Alan S.	7/370-5505
Betsy F.	7/998-7276
Debbie F.	7/799-3282
Sandy B.	7/560-3951
Rachel B.	7/532-1824
George J.	7/978-2072 (h) 2/269-4204 (w)
Kelsie	3/428-0562
Maria L.	2/333-8089
Dianna	7/425-9480
Doree	7/451-7604
Cecile	7/658-0873
&ail	7/793-4926
Gladys	7/968-8476
Ginny	7/998-1463
Lynn B.	7/222-3279

Support Your Intergroup NOVA IG meets the third Saturday of each month at 10 am in the basement of Immanuel United Methodist Church in Annandale. The church is located on Heritage Drive about one half mile off Route 236 inside the Beltway. Find out more by showing up and serving on a committee or becoming an IG rep for your group. Service is its own reward!

Support OA 60/30/10 After meeting group expenses, it is suggested that a prudent reserve be set aside and the remainder sent 60% to your local IG, 30% to WSO, and 10% to Region VII.

 Handy URLs for OA Computer Nerds

NOVA IG website www.oanova.org
 DC/MD website www.oa-dcmetro.org
 OA/WSO website www.overeatersanonymous.org