



NOVATIONS!

NOVA Outreach Intergroup November 2004



STEP 11

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

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, films, television, and other public media of communication.

STEP 11- FRUITS & PROMISES

Fruit: Omnipresence (Constant Awareness) of God
Promise: We will suddenly realize God is doing for us what we could not do for ourselves.

THE TWELVE CONCEPTS OF SERVICE

Concept 11 Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.



ELEVENTH TRADITION REFLECTION

I try not to push OA on sufferers who have not found it, but I am always eager to

tell friends, acquaintances and relatives about OA whenever they give me an opening



ELEVENTH STEP REFLECTIONS

I find it very difficult to sit still in traditional meditation so I find other ways to keep my conscious contact with my Higher Power. Walking meditations, sitting quietly in church after everyone has left the service, and lying in bed connecting with God before I begin my day. I need the conscious contact daily because my will creeps in very subtly and pretty soon I find I am trying to run the show again. anon



ABSTINENCE IS..

- Abstinence is the ability to control anger and settle differences without resorting to food for comfort.
- Abstinence is the ability to stick to a commitment despite heavy opposition or discouraging setbacks.
- Abstinence is the capacity to face unpleasantness, discomfort or frustration without complaint or collapse.
- Abstinence is keeping your word and coming through in a crisis.
- Abstinence is the art of living in peace with that which we cannot change, the courage to change what we can and the wisdom to know the difference. Edited & reprinted from *Spirit of Hope* newsletter, Land Between the Lakes Intergroup, Jan. 2000



ABSTINENT ACTIONS

- Read the "Just For Today" mini-pamphlet each day.
- Before you eat over feelings, share them at meetings or with other OAers.
- Call members other than your sponsor.
- Ask your HP for help when needed..
- Observe your OA recovery or abstinence birthday.
- Write an article for *Lifeline* or *Novations*. Reprinted from Lifeline, Oct. 2000



3 SPECIAL EVENTS IN NOVEMBER

OA MARATHON MEETING FOR MEN

Sponsored by the Alexandria Men's Meeting
Sat., Nov. 20, 2004 1:00 - 4:00 PM

Location: INOVA Alexandria Hospital
4320 Seminary Road, Health Education
Center Conference Room. (Enter thru the
visitors' entrance, follow signs to auditorium)

Topics will include:

- Admitting Powerlessness Over Food
- Getting out of Relapse, Abstinence
- Keep Coming Back, Using the tools of
Recovery, and more.....

Contact: Rob H. 202-316-9748

INOVA Alexandria Hospital is located at 4320 Seminary
Road, Alexandria, VA 22304. The hospital is four blocks
east of I-395 (Shirley Highway) on Seminary Road.

OA THANKSGIVING DAY 12 STEP MARATHON

Sponsored by the Arlington Sunrise
Meeting

Date: Thursday, Nov 25, 2004 8am - 8pm
7am-8am Regular Meeting.

8am-8pm Step Marathon One Step meeting
per hour beginning with Step One and
continuing thru Step Twelve.

Location: St Charles Church (Upper
Room) Parking available behind church. Enter
building off the parking lot.

Address: 3304 N. Washington Blvd.
Arlington (Intersection of Washington Blvd &
Kirkwood Street) Opposite George Mason Law School.

1 ½ blocks from Clarendon Metro.
Contacts: Joan (703) 527 6592 or Donna (703)
998 5364

6th ANNUAL THANKSGIVING DAY HOW MEETING

Sponsored by: Thursday Morning How Meeting

Date: Thursday, November 25, 2004
10:30am to Noon

Location: St. Patrick Roman Catholic Church
Religious Center

Address: 4101 Norbeck Road
Rockville, MD

Contact: Connie (301) 460-2905



DECEMBER SPECIAL EVENT

WORKSHOP FOR SPONSORS

Sponsored by NOVA Outreach Intergroup.

Saturday, December 18, 2004

1:00 p.m. to 5:00 p.m.

Location: Hope Lutheran Church
4604 Ravensworth Road Annandale, VA
(between Braddock Road & Little River
Turnpike, just inside the Beltway)

Designed for:

- Experienced Sponsors
- New Sponsors
- Almost Sponsors

Learn:

- new approaches
- new styles
- test your own style of sponsorship
- understand your operative style
- Answer your questions: "Am I ready to be a sponsor?" "How do I start?"

Contact: Dick Dorr @ 703-521-1999



NOTE: If you are interested in starting a meeting in the Occoquan, Woodbridge, Dale City, Gainesville, Manassas area please contact Sara 703-794-9774, Sherry 703-492-9555 or Kiazan 703-730-6199. Locations being considered are Prince William Hospital (near Route 66 & Route 234) and the McCourt Buildings (Prince William Parkway between Hoadly & Old Bridge Roads.)



Change of Address: The Region 7 mailing address has been changed. Do not use the old address. Instead please use the new address: Region 7, Inc., 3500 South DuPont Highway, Dover, DE 19901-6011. A new 7th Tradition Contribution Form can be downloaded from the OA website <http://www.oanova.org>, link "What's New".



This issue of Novations is sponsored by the Alexandria Sunday Morning Men's Meeting. They are also sponsoring the Men's Marathon.

Each Sunday at 9:00 AM there are some very unusual things happening at Alexandria Hospital. Men get together to talk and to listen to each other.

Many of us are veterans of other 12-step programs. Almost all will admit that this is the most difficult. We are just like other OA meetings. We have some guys who have lost their weight and kept it off for some time. We have guys who are really struggling with this disease. We have some guys who have been around for years and we get newcomers on a regular basis.

We laugh a lot. We have been known to cry on occasion. We even ask each other for help. For many of us this is the only meeting we go to. It can very difficult for some of us to open up in the presence of women.

Occasionally women do show up for the meeting. Usually it's someone traveling from out of town - or sometimes it's someone who has a relative in the hospital. While it is a men's meeting it is also an OA meeting. Our doors are

always open. If there is a man in your life that you know could use the OA program - please pass him this issue, with love. He is always welcome at our meeting.

WHO: -- Men who are powerless over food.

WHAT: The Sunday Morning Alexandria Men's Meeting - An OA meeting designed primarily for men.

WHEN: Sunday Mornings 9:00a - 10:30a

WHERE: Alexandria Hospital, Health Education center, class rooms 1& 2. Go in the visitor's entrance and follow the signs!

WHY: Because this is a disease that can't be handled alone.

The opinions expressed in *Novation* reflects 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.



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NOTE: If you are available to speak and would like to be added to this list, please email the editor at:

Mfs3@verizon.net. Thank you for your service.