

# Novations

The newsletter for the OA NOVA Intergroup

November, 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.

*The time now to put some extra deposits in your spiritual bank account*

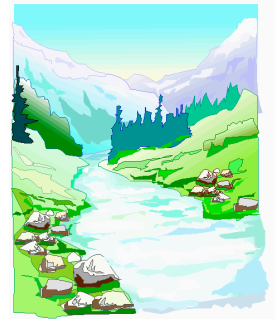
In case you haven't noticed - or checked your calendar lately - We are already in the holiday season. No matter who or what you may call your higher power, or whatever faith you may be - we are all subject to the pressures and the festivities around the holidays. Kids, families, office parties all add to the stress of our already busy lives and almost all of them center in some way around food.

This is a time to strengthen your program not let up. Get to an extra meeting or two, plan on attending a retreat or a workshop. Get a sponsor if you don't have one. This is not a time to do it alone. Plan on attending a marathon meeting either face to face or on the phone. Look for flyers about the various phone meeting marathons that are scheduled.

If you are traveling for the holidays - that just adds even more stress. Go online now and see if there are meetings where you are headed. Do what you can today to take care of yourself tomorrow. Failing to plan is planning to fail. What greater gift can you give to yourself and to the rest of us than remaining abstinent during the holidays!

## Abstinent in the Valley

I recently attended an anniversary celebration in program where the celebrant admitted that she hesitated celebrating because she was not experiencing the best time of her life right now. She was in a valley. I was moved to tears. I, too, am in a valley, and I am abstinent.



When I was newly abstinent over nine years ago, someone told me, "The good news is you get your feelings back. The bad news is you get your feelings back." How true it is! twelve years after her death I began to really process the grief over the loss of my sister and feel as if it was new all because I was abstinent.

The celebrant noted that she has felt some of the worst feelings of her life in abstinence. I absolutely agree. I have processed grief from multiple losses, survived excruciating physical pain, endured the bosses from hell and watched my son suffer through emotional and developmental disorders. I am inclined not to share this side of recovery with a newcomer for fear it will discourage him or her. I tend to want to share about the weight loss, the freedom from obsession over food and the gift of a loving relationship with higher power.

When you find yourself in the valley, remember that the old program adage is true, "This, too, shall pass." Every pain I have felt in abstinence has passed. The tools and steps of the program have worked with the support of the fellowship to carry me through these times.

I have been on a mountain in recovery. I have been blessed with two beautiful boys, a loving husband, a supportive family and a successful career. The mountain in recovery is so great that my words are inadequate to describe it. Right now, I am in the valley, and the valley hurts. But what I can tell you having journeyed in recovery over hills, plains, mountains and valleys is that abstinent in the valley is better than any mountain in the food.

For those of us blessed with long-term recovery, anniversaries come each year as a date on the calendar regardless of where we are in life. In the HOW rooms, we celebrate with candles, flowers, gifts and cards. I am grateful to see the example of someone with the courage to stand up in front of the room and share that life is hard in recovery, but she is abstinent in the valley. God bless her and her recovery.

Paige R.



# Thanksgiving Marathon

Thursday November 26, 2009

*Arlington Sunrise Overeaters Anonymous*

OA 12 Steps – 1 Step each hour for 12 hours

Regular meeting 7 am – 8 am

Marathon begins at 8 am with Step 1 and ends at 8pm with Step 12

St. Charles Borromeo Catholic Parish (upper room)

3304 N. Washington Blvd., Arlington, VA 22101

Intersection of N. Washington Blvd and Kirkwood St.

1 ½ blocks from the Clarendon Metro. Opposite George Mason Law School

Look for the OA sign on door. The entrance is off the church's parking lot

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For information, please contact: Joan 703.527.6592, Donna 703.998.5364 or Joanne 703.740.3652

## Ask it Basket

**Are you a newcomer with a question you can't seem to ask anyone? Or perhaps you have been in OA for sometime but are not sure about something someone shared or how to handle a particular situation. Please send your questions to novations and we will do our best to find someone who has the answer for you. Please submit your questions to [novation@oanova.org](mailto:novation@oanova.org)**

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Your submissions for articles are more than welcome. Please think about contributing articles to a future Novations. Please send submissions to The Novations editor at [novation@oanova.org](mailto:novation@oanova.org) or [rah135@aol.com](mailto:rah135@aol.com)

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