



NOVATION!

NOVA Outreach Intergroup October 2004



STEP 10

Continued to take personal inventory and when we were wrong, promptly admitted it.

TRADITION 10

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

STEP 10- FRUITS & PROMISES

Fruit: Perseverance

Promise: We will intuitively know how to handle situations which used to baffle us.

THE TWELVE CONCEPTS OF SERVICE

Concept 10: Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.



TENTH TRADITION REFLECTION

Besides not promoting outside issues in meetings, I try not to be radical about issues outside of meetings. My opinions are right for me but not necessarily for everyone. Reprinted from Lifeline, Oct. 2000



TENTH STEP REFLECTIONS

Saving Me From Myself

I started doing a daily 10th Step inventory about 8 months ago in conjunction with a revisiting of Steps 4 and 5.

One of the great things about Step 10 is that it really makes me think twice before I interact with others. I know that if I don't think and pray before I speak and act, and the result is not good, then I am going to have to account for it to myself in my daily writing, to God in my daily prayers, and to my sponsor in my daily call.

The thing is that by nature I am always looking for the loophole--the way to get away with something--because I'm an addict. The beauty of the 12 Steps is that accountability is built right in to the process and the 10th Step is the main way I get honest daily. And that saves me from myself. Anon.

A Period At The End Of The Day

My Tenth Step at night gives me an opportunity to look at my program - have I been honest, have I kept my commitments, did I harm anyone, am I working my tools, what specific things was I grateful for that day, where have I done well and where do I need to improve with HP's help. The nightly review helps me to put a period at the end of the day. Anon.





Cycling with Abstinence

I sit here in awe at the great good fortune I have experienced as an abstaining member of Overeaters Anonymous.

I just returned from a vacation spent on a bicycling tour through the Berkshire Mountains of Massachusetts. The trip was wonderful, but the true gift was the fact that I stayed abstinent, one day at a time.

The people I was with were an eclectic group, none of whom appeared to be a food addict (although I could be wrong in that assessment). Nevertheless, most of my companions were very focused on the food - eating it and talking about it. I watched them consume huge quantities at mealtime as they justified their indulgence with the explanation that they had "earned" it by exercising so much. I am grateful that I didn't have to participate in long discussions about sugar and flour products; instead I could talk to my fellow riders about occupations, the beautiful scenery, our families, and our lives at home.

I am grateful that I didn't find it necessary to overindulge. I rode fewer miles than they did and took longer to do it, so I didn't have to "reward" myself with excess food. In fact, I had brought a lot of my own food (pre-measured) as an assurance of getting my needs met in an unfamiliar situation. As a result, my meals were quite boring most of the time. But as we say in OA, "Food is just fuel for my body."

Yes, I did feel different at times, especially in restaurants when, in an effort to ensure a sugar and flour-free meal, I questioned the server about ingredients and other aspects of the food I was ordering. One waiter teased me, and I felt hurt. But that pain pales in comparison to the joy of putting my abstinent head on the pillow as I went to sleep that night.

The bottom line is this: I am a food addict. I have a chronic, primary, progressive, and fatal disease. But I can live free from the ravages of this disease as long as I stay close to God and OA. I called my sponsor almost every day, read *Lifeline*, prayed a lot, wrote, and read from the daily meditation books. God took care of me. Anon.



ABSTINENT ACTIONS

These actions helped us to become abstinent and stay abstinent. Maybe they will work for you too.

- Call your sponsor or another member before you take that first compulsive bite.
- At meetings, express your gratitude to your HP for abstinence.
- Write down your feelings. Try to identify your resentments.
- Volunteer to read or share about a tool or a part of the format at meetings.
- Become a sponsor, and remember that we only sponsor up to the level of our experience. "We give it away to keep it."
- Tell other still-suffering overeaters about OA and how it works. Invite them to a meeting or give them a meeting list.

Reprinted from *Lifeline*, Oct. 2000





THREE SPECIAL EVENTS

1. OA/HOW RETREAT October 29-31, 2004

Location: Bon Secours Spiritual Center
Marriottsville, MD

For more information contact: Bill J. at 703
475-7271 or email at billj@partriot.net

2. OA THANKSGIVING DAY 12 STEP MARATHON

Sponsored by the Arlington Sunrise Meeting

Date: Thursday, Nov 25, 2004 8am - 8pm

Location: St Charles Church (Upper Room)
Entrance off the church parking lot.

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

1 ½ blocks from Clarendon Metro.

Schedule: 7am - 8am Regular meeting

8a - 8p Step Marathon. One Step meeting per
hour, beginning with Step One and continuing
thru Step Twelve. All meetings start at the top
of the hour. Come for any or all meetings.

Contacts: Joan (703) 527 6592 or Donna (703) 998
5364

3. OA MARATHON MEETING FOR MEN

Sponsored by the Alexandria Men's Meeting

Saturday, Nov. 20, 2004 1:00 - 4:00 PM

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

If you can answer 3 or more of the following
questions, you might be a compulsive overeater.
If so, please come and hear other men share
their experience, strength and hope on recovery.

Are You a Compulsive Overeater?

1. Do you eat when you're not hungry?
2. Do you go on eating binges for no apparent reason?
3. Do you have feelings of guilt and remorse after overeating?
4. Do you give too much time and thought to food?
5. Do you look forward with pleasure and anticipation to the time when you can eat alone?
6. Do you plan these secret binges ahead of time?
7. Do you eat sensibly before others and make up for it alone?
8. Is your weight affecting the way you live your life?
9. Have you tried to diet for a week (or longer), only to fall short of your goal?
10. Do you resent others telling you to "use a little willpower" to stop overeating?
11. Despite evidence to the contrary, have you continued to assert that you can diet "on your own" whenever you wish?
12. Do you crave to eat at a definite time, day or night, other than mealtime?
13. Do you eat to escape from worries or trouble?
14. Have you ever been treated for obesity or a food-related condition?
15. Does your eating behavior make you or others unhappy?

We have found that the way to arrest this progressive disease is to practice the Twelve Step recovery program of Overeaters Anonymous.

Topics will include:

- Step One - Admitting I Was Powerless Over Food
- Getting out of Relapse
- Abstinence
- Keep Coming Back
- Using the tools of Recovery
- And more.....

For more information 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.



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THIS EDITION OF NOVATIONS IS SPONSORED BY THE MONDAY NIGHT OA/HOW STEPS AND TRADITIONS MEETING.

THE MEETING IS HELD FROM 7P-9P AT FIRST BAPTIST CHURCH OF CLARENDON, 1210 N. HIGHLAND ST, ARLINGTON. METRO ACCESSIBLE.

THIS IS A LITERATURE MEETING, FOCUSING ON THE OA STEPS AND TRADITIONS AND THE FIRST 164 PAGES OF THE BIG BOOK. IT IS A SMALL MEETING (BETWEEN 6 AND 15 MEMBERS) BUT WE HAVE A LOT OF NEWCOMERS. THE FIRST HOUR CONSISTS OF PROGRAM READINGS AND TOOL EXPLANATIONS. WE READ THE DESIGNATED LITERATURE UNTIL 8:30P AND THEN HAVE SHARING. ITS WONDERFUL MEETING AND IT IS VERY POWERFUL TO READ THE LITERATURE OUT LOUD. COME JOIN US!

Editorial Policy

The opinions expressed in *Novation* reflect 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.