

Novations

The newsletter for the OA NOVA Intergroup

October, 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.

Tool Time & a report from the recent Plan of Rating Workshop

Plan of Eating Workshop

August 15, 2009

OAer 1: Where were you last August 15?

OAer 2: Where was I? I was at the OA workshop on **plan of eating**, Where were you? There were over 40 people there!

OAer 1: Oops I forgot. What did I miss?

OAer: 2: Everything. Read below for a great summary. And don't miss the next workshop on Body Image on September 26.

The Plan of Eating Workshop held on August 15 covered several areas of eating that was of value to all who attended. Speakers, and facilitators were present all of who had experienced much recovery in Overeaters Anonymous. The presentations were fun, informative, interactive and very practical. There was even a breakout session on what worked and what didn't which also proved very helpful.

One speaker was sent to OA by the military his first time through. He lost a lot of weights and never gave up sugar. Exercise was a big part of his program at the time. He gave up 100 lbs in only 6 months. After a relapse he came back to OA and was able to identify foods that were toxic to him. He got back in touch with his spiritual life.

This OAer gave up red meat, pizza and eventually dairy but not right away. In general fat products were no longer a part of his meal plan. Eventually he gave up sugar and this was the toughest ingredient to give up, he shared with the group. Flour also dropped by the wayside and finally he stumbled into being a vegetarian.

He works a very strong program. He continues to go to several meetings every week, sponsors and has maintained over a 100 pound weight loss for a very long time. He qualified as a speaker for sure.

The next woman who spoke shared a thought that was very interesting. She said weight was relative. She said this because when she started in OA she weight about 150 pounds. However, as a restaurant manager, she was eating and eating a lot. She was eating whole pies on her shift and she was allowed to!!

She found herself in and out of program just as she found herself on and off of diets for a while. She would diet from Monday through Friday and eat on the weekends. This didn't work.

She got back in to OA and found a sponsor. She gave up desserts. She was calling her food in to her sponsor one night and he was too sick to come to the phone. Her sponsor's spouse said that she was in program and that she could take her food. At first our speaker said no she only wanted her sponsor to take it but she had a second thought and that was to **Trust Someone, for God's sake Trust Someone.** And she did.

Another pearl of wisdom from this speaker is this: Normal eating for a compulsive overeater is Abstinence.

We broke out into groups for a few minutes at this point. The topic for discussion was to be what worked and what didn't. Then we got back together as a whole to chat about what we discussed.

One person in one group said rigorous honesty about his food with his sponsor. He shared an example with us. He would call his sponsor if he was switching an apple for a peach. This was important because if he didn't in his mind he was back in control of something, his eating and food, that would be totally out of control any day. The results were in. He is over 80 pounds down from his top weight, more abstinence than this author can remember and 38 pounds down since May.

A second group felt that talking to each other was beneficial. This same group also felt that the connection to a Higher Power was key but at the same time one must be abstinent to be able to connect to their Higher Power.

The third group felt that calling sponsors and meetings were a crucial part of the program. Also, calling in one's food and changes in food as in the first group.

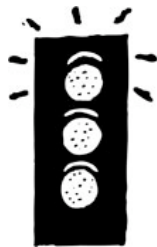
Our third speaker followed the H.O.W. program but, not at first. She got into program and lost 50 pounds. She used the palm of her hand as a protein serving, her finger for a measurement of an ounce of cheese and so on. It all worked. However, she had a series of personal tragedies and upon coming back to program couldn't get her abstinence back

One day at a meeting she heard about H.O.W. This was the structure she had needed and has been successfully practicing H.O.W. ever since. It "brought her out of relapse."

This speaker weighs and measures everything. We were shown measuring spoons, and bowls and told that Target is probably where to get them. She has a food bag for the food and the measuring utensils. Our hats should be off to her and anyone else who asserts themselves in public and weighs and measures their food. That is called "going to any lengths."

She remained abstinent during 2 pregnancies and a trip to Disneyworld. Tupperware stock might go down if this woman were not in program. She prepares her food in advance and packs in the plastic containers to then go into her food bag.

giving her three different to The final foods, compulsive



could never eat because it would start them on a binge. Yellow light foods are

This speaker learned that artificial sweeteners were migraines so she had to change her food plan. Here are different speakers, all who work the program a little fit their own lifestyles. Yet, all have incredible recovery. part of the afternoon was an exercise we'll call red light yellow light foods and green light foods. A group of 40 overeaters identified red light foods, foods that they could never eat because it would start them on a binge. Yellow light foods are

dangerous because they might become red light foods. And finally green light foods which one could eat all that their food plan allowed. The exercise went on for about 20 minutes or so. The foods were all listed next to one another in front of the room. One of the facilitators pointed out a very important point that the exercise showed. There were foods in the red light column that were also in the green light column. Everybody is different. Some people can eat peanut butter, some can eat sugar while others could never touch those foods. There was a lot of fellowship. There was a lot of learning. There was a lot of fun.



Thanksgiving Marathon

Thursday 26 November 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

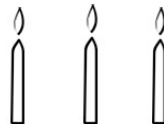
Look for the OA sign on door. The entrance is off the church's parking lot

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

Celebrating 3 years!



I recently celebrated 3 years of
led me to reminisce on my earliest

back-to-back abstinence. It
days in program. When I first
came to OA-HOW, I was impressed with how happy everyone seemed. I mean, *really*,
they seemed *really* happy. I could hardly imagine that a life of strict dieting could make
anyone that happy! But I was so desperate that I was willing to try anything. I recall
that, in those first days, someone said that abstinence should be my highest priority.
Anything that I put ahead of my abstinence, I am in danger of losing – or so I was told.

That did “sober” me up... So I didn’t water down the program. I learned early on that people who didn’t do everything didn’t keep coming back. I don’t imagine that they went out to a successful weight loss outside the program. I imagine they went back into the life of insanity I was trying to escape.

Thanks for my higher power and 12th step help from many other members, I have had the gift of being able to do (nearly) everything that the program recommends from the beginning. So, since I don’t want to lose the things I might be tempted to put ahead of my program (my family, my work) I certainly don’t want to water down the program. And since I can see that successful abstinence is linked to working the whole program, I think it would be foolish to water it down. By doing it this way—working the whole program--I have found the happiness that people exhibited when I first came in--it was not unwarranted. Adherence to all the steps and tools really can make it work. I have gained the serenity I need in order to be there for my higher power, for my family, and my work.

Now when I meet newcomers, I want so much to give them the things that I have gotten out of the program, but I cannot give it, I can only live it. Today, I live the whole program each day, one day at a time.

Caroline W.

Saturday AM Voices of Recovery Meeting

The sunroom at the Loudoun Hospital Cornwall campus is no longer available for our Saturday, 8:45 am Voices of Recovery Meeting. The hospital has given us permission to use the cafeteria. This is not an ideal location, as there are lots of food smells and non-abstinent foods on display, so we are in the process of getting permission to move the meeting to a church a few blocks away.

In the meantime, we have continued to meet in the hospital cafeteria (Use South Entrance, turn left, cafeteria is at the end of the hall on the right). If weather permits, we set up chairs and blankets and meet outside under the big tree near the South entrance.

Please pass this information along to other meetings. We will keep Intergroup updated on the location of this meeting. If you have any questions, please call Janice at 703-598-3066 or Jennifer at 703-729-9621.

Equality of Body, Mind & Spirit

“Spiritual values are important because they deal with the whole person. Wholeness in this sense is related to ‘holiness’ as well as to ‘balance.’ A holy person is one whose body, mind and spirit share an equality that was (and is) the intention and plan of God for all.”

From the Brown Book, p. 196

Since I am always facing the need to listen to my body, this excerpt seems particularly apt. I am especially taken with the idea of the equality of body, mind, and spirit. To me that means that each of these aspects of my being deserves my full attention. The effects of neglecting one will show up somehow in the other two.

This is most graphically illustrated by the toll of stress on our body. The stress, brought on by some internal or external stimulus, if prolonged, makes us sick in some way and therefore unable to engage fully. For example, if I don't sleep, I won't have the energy to connect well with my H.P., nor will I be able to focus my mind on what needs to happen on a given day. In that instance, I am neither whole nor holy.

Holiness is the proverbial 3-legged stool. That stool is most comfortable with all three legs on the ground. One can teeter a bit on two legs, but it is uncomfortable. One leg definitely requires a balancing act. With just one or two legs, one is constantly “correcting.” That in itself takes time and energy. “Balance” is a non-issue with three legs fully engaged.

Much in our culture rewards neglecting the essential tripartite nature of our being. This is a scourge of the Western world. Eastern cultures do not cut up the human being so callously. Those cultures honor the body-mind-soul connection. This is reflected in such things as yoga and homeopathic medicine.

In recovery, we are loved into letting H.P. put us back together. The result is a way of life we could hardly have dreamed of much less dared to attain. For H.P. I am grateful today.

contributed by Anonymous

Speakers needed for Promises workshop

The Sunday Big Book meeting is sponsoring the Promises workshop on Saturday, Oct. 17 at 7 p.m. at Hope Lutheran Church. For this meeting 12 speakers share
on
how the Promises as explained in the Big Book have been fulfilled in their lives
by working the Steps.

Thank you to those who have volunteered to do service. Speakers with a year of abstinence are still needed.

If you are interested in sharing your story to help other compulsive overeaters, please contact Taris at socialt2001@yahoo.com or Sharon at special_events@oanova.org

Region 7 2009 Convention Basket Auction

November 6, 7, 8
for our annual Region
meet other recovering
region.



This year we have a
region-wide. We are
every year.

brings *An Ocean of Miracles* to Ocean City
7 Convention. This is a fantastic time to
compulsive overeaters from all across the

fantastic opportunity to carry the message
the intergroup sponsoring the auction held

What can you and your meetings do to support this?

We have a goal of creating 20 baskets to come from our meetings. They are generally about \$25 in value.

Some examples are:

OA Conference approved literature
Gift certificates from merchants (as long as they are purchased from an OA member, it is NOT endorsing an outside vendor), Photo album, journal, God box, Coffee basket (we donated that one last year)

The Unity Club in Falls Church has a FANTASTIC gift shop. Please consider going in and spending a few dollars to put some incredible 'serenity focused' baskets together.

I promise it is worth your funds!!!

Please call Maria P at 301.275.7093 or e-mail me loveyalady@yahoo.com with any questions. Baskets are due by Halloween- October 31, 2009 at Hope Lutheran church- 4604 Ravensworth Road Fairfax, VA by noon!

