



NOVATION!

NOVA Outreach Intergroup September 2004

STEP 9

Made direct amends to such people wherever possible, except when to do so would injure them or others.

TRADITION 9

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

STEP 9 - FRUITS & PROMISES

Fruit: Self-discipline
Promise: Fear of people and of economic insecurity will leave us.

NINTH TRADITION REFLECTION

Imagine OA without the Traditions. Lifeline, 1999



NINTH STEP REFLECTIONS

"Good judgment, a careful sense of timing, courage, and prudence - these are the qualities we shall need when we take Step Nine". The AA *Twelve Steps and Twelve Traditions* begins the study of this step with this paragraph. I needed help from a sponsor in order to have good judgment and sense of timing. The courage and prudence came from hearing others in the fellowship share their experiences with the 9th Step.

The *Twelve & Twelve* says: "After taking this preliminary trial at making amends, we may enjoy such a sense of relief that we conclude our task is finished...The temptation to skip the more humiliating and dreaded meetings that still remain may be great. We will often manufacture plausible excuses for dodging these issues entirely. Or we may just procrastinate..."

I began my amends with the easier ones first. That gave me courage to go on to the ones that were more difficult.

The *Twelve Steps and Twelve Traditions* emphasizes the fact that we cannot harm others so we can feel better ourselves. "There can only be one consideration which should qualify our desire for a complete disclosure of the damage we have done. That will arise in the occasional situation where to make a full revelation would seriously harm the one to whom we are making amends. Or-quite as importantly - other people."

The step concludes with the idea of accountability-- something I tried to avoid for much of my life. "...the readiness to take the full consequences of our past acts, and to take responsibility for the well-being of others at the same time, is the very spirit of Step Nine." M.F.



GROWING UP

Since making my Ninth Step amends I have been relieved of the feeling of entitlement. Before recovery, I thought that just because I wanted something I deserved it. After making my amends-- returning stolen money, library books and other people's food -- I have admitted I was wrong to do these things and have taken responsibility by repaying these debts. Did I do these things because I wanted to? Actually yes -I want to be abstinent, reap the Promises and become the adult my HP wants me to be. Anon.



Season of Recovery: Autumn

Before OA and 12 step recovery, I experienced the end of summer as a reprieve. Summer meant hiding my obese body underneath bulky caftans and sweating constantly. Autumn meant that I could legitimately begin to cover myself up with heavy coats and long sweaters.

When I smelled fall in the air, I fantasized about the foods autumn would bring. And it was easy to use the cooling weather and shorter days as excuses for hiding out in my dark apartment, watching TV, eating myself sick and sleeping as much as I could.

Now, the beautiful first fall coolness that scents the morning with damp petals and leaves infuses me with energy on three levels: physical, spiritual and emotional.

The physical energy that my healthy and properly nourished body gives me carries me out into the bright day, eager for life. I greet with joy the continuing recovery of my abstinent senses, which were dulled by too much food, especially fat and sugar. And I exercise my body with consciousness of living in the moment.

The grand cycle of the season announces the beginning of autumn with enormous breezes and clouds--the sky seems to have grown larger with light, color, and spirit. Witnessing these profound changes, I feel spiritually

more awake and connected with my Higher Power. My Higher Power's gift of abstinence grants me the clarity of spirit to revel in this change of seasons, to appreciate the expansiveness of a loving and gracious Higher Power

The emotional recovery I feel in autumn makes me eager for the gatherings that the fall holidays bring. What a change! Before OA, fall holidays meant binging and starving: binging on the Halloween candy, starving until Thanksgiving, binging on Thanksgiving, and then starving (if I could) until the winter holidays. I hated the idea of the gatherings themselves, feeling that my family and friends would only want to see how I was doing on whatever diet I pretended to be on. I felt I would be accepted if I was thin, rejected if I was fat.

I don't feel that way any longer. Through using many of the tools of the program - reading, writing, practicing self-awareness and making amends, giving my food away, following a healthy food plan, making phone calls, going to meetings, doing service - I have learned how to take responsibility for all my relationships-- with food, myself, my Higher Power, and with other people. I do not need to say "yes" to every invitation and that I need rest and "me" time. Now I look forward to the gatherings I say "yes" to because I have not martyred myself.

Through OA's 12 step recovery, I have rediscovered the physical, spiritual, and emotional exhilaration that autumn brings.

Anon



.ABSTINENT ACTIONS

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

- Take the first three Steps each morning, and ask you Higher Power for abstinence.
- Choose a home meeting and join it.
- Take a service position.
- Attend a Step meeting each week.
- Seek your Higher Power's will for you each day and try to follow it.
- Call newcomers to welcome them. Call members you haven't seen at recent meetings and let them know they are missed.
- Read OA's *For Today* meditation book each day, and discuss the day's topic with other OAers.

Reprinted from Lifeline, Oct. 2000



ANNOUNCEMENTS/SPECIAL EVENTS

OA/HOW Retreat October 29-31, 2004

**Location: Bon Secours Spiritual Center
Marriotsville, MD**

Theme: "HOW to Live One Day at a Time"

OA/HOW Meetings, Workshops, Clothing Exchange, Morning Meditation, Walks in the Woods, and much much more.

Cost: \$185 per person includes five meals (menu available), two nights lodging in a private room, and all activities. Please make checks payable to OA/HOW. (Some scholarships available).

For more information contact:

Bill J. at 703 475-7271 or billj@patriot.net

REGISTRATION DEADLINE: OCTOBER. 4, 2004



**NEW MEETING STARTING SUNDAY, OCT.3rd
12 Step OA Literature & Discussion Meeting**

Sundays 5:30-6:30PM

Mount Vernon Health and Racquet Club

Child Care Room

7950 Audubon Avenue

Alexandria, VA 22306 (this is about 10 min south of Old Town just off Route 1)

For more information please contact Jess B. at 703/660-8731 or Laura W. at 703/ 721-9660.



NOVA IG BOARD



Chair	Faye M.	703-461-3542
1st VC	Gail W.	202-498-1605
2nd VC	Lynn K.	703-645-9171
Secty	Bret S.	703-887-4237
Treas	Dan C.	703-370-4621
Hotline	Jessica B.	703-660-8731
Webmaster	Bret S.	703-887-4237
Novation	Mary Frances	703-838-2132
Where & When Editor	Dotsie	703-892-1833
WSO Delegates	Dick D.	703-521-1999
	Bret S.	703-887-4237
Region 7 Reps	Dick D.	703-521-1999
	Fay M.	703-461-3542
	Karen W.	703-536-5269
	Bret S.	703-887-4237
	Cindy	301-563-6198
Comms Within	Seton D.	703-587-0970
Public Info	Anne B.	571-203-0179
Special Events	Diane F.	703-813-6313
Intergroup Ops	Faye M.	703-461-3542

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.