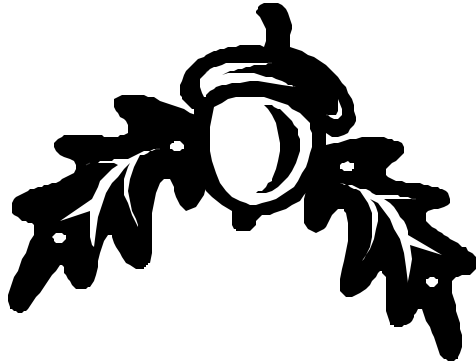


Novation

OA NORTHERN VIRGINIA OUTREACH INTERGROUP NEWSLETTER

September, 2002

20 cents



Irony of Change

Transition. Change. How I hate these words. They make me anxious, scared, and insecure and leave me wanting to take the edge off with "just a little" extra food (which, I know, is not the answer).

Yet, the irony is that is these very things--change, transition--that are saving my life and keeping me abstinent and recovering from compulsive over eating. The Big Book states that we must undergo "the personality change sufficient to bring about recovery from alcoholism (and compulsive overeating).

"So, out of fear and an intense desire not to return to the 250+ pound very unhappy person I was before finding OA 16 years ago, I keep coming back, follow instructions to the best of my ability, and try to live within the boundaries of a constantly changing life and evolving abstinence as a transformed and transforming person. I suspect that God is not finished with me yet, as I still see many areas of my life that need work.

An important part of my journey and transformation in recovery has been attending the Friday night 100-pounder meeting, where I have been a "regular" for most of the 10 years it has existed. Many come to this meeting seriously overweight, so it is easy, not to mention, a delight, to see their physical transformations. However, by attending

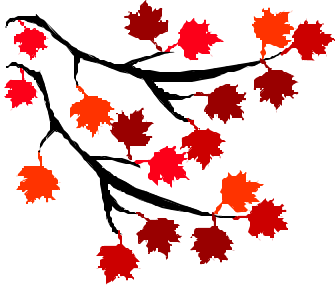
the meeting regularly, I also get the privilege of witnessing the emotional and spiritual growth in others, and, by hearing myself tell my own story each week, I can tell I am growing in these areas, also.

My life has changed dramatically on the outside, most evidently, with a 100-pound weight loss, but, I also have shifted from a career-oriented person to a wife and stay-at-home mom of three very young children. Not immediately apparent are the changes that have taken place on the inside, both emotionally and spiritually. As a result of working the 12 steps of OA, I have released some of the shame, guilt, anger, blame, and resentment that were once a large part of me. I have more confidence in myself, and I get to practice acceptance of life on life's terms on a daily basis. I have a Higher Power, whom I call God, and a faith that has sustained me through many ups and downs of everyday living. I also have joy in my life today, some of it at very simple things, such as holding one of my children's hands.

Many years ago, before I found OA, I wrote a poem titled "Transition." One of the lines read, "We always already are [in transition]." How wise I was and did not even know it (smile). Like it or not, once we step foot into the rooms of OA, our lives begin to change. We are indeed catapulted into a 4th dimension of living and can never be the same. Thank you, God. Thank you, OA. And thank you Friday nighters, for hearing my song.

Susan M.





100 Pound Recovery

When I first came to OA I weighed over 400 pounds. Hearing people share about their struggles of losing 25 or 30 pounds really used to drive me crazy. Today I know that the insanity and the despair is the same - but back then - with over 200 pounds to lose and no real hope for recovery - well I really didn't want to hear it.

It was hard for me to identify with someone who was "horrified" that they had reached 200 pounds on the scale. I would have given anything, done anything, killed anyone to get down to 200 pounds.

At the hundred pounders meeting I found others just like me. People that had been unable to walk more than a block without having to rest. People who hadn't shopped in a regular store for clothes in years. People who needed to use handicapped stalls in bathrooms, had broken furniture, toilet seats, car seats, didn't fit in airplanes, subways, or anything labeled "one size fits all" People who were dying from this disease that I have.

The only thing was that some of them were no longer "like me". They had been at one time. But they were now in normal sized bodies. They also were still there -to share their experience, strength and hope with others. The stories I have heard people share at Friday night meetings are the best I have heard. True, real from the heart sharing. It seems that not only are our bottoms that much lower (or wider :-) but our recovery is also more remarkable. I urge all of you to come and see for yourself.

Join us and hear the recovery. Just last Friday someone took a 30 day chip. Then someone else a 60 day chip. We also gave out hugs and chips for 90 days, 6 months, 9 months and a year! All in one night. It was very cool .I know - I know- you're saying "But its Friday night" that's right -- a great way to end a long week and to head into the weekend.

Anon.

Why am I here on a Friday night?

It was October 1996, four months of tomorrows since I broke my latest diet, and was now tipping the scales at a robust 325. When a friend at work asked me what it was like to be "morbidly obese," God intervened and I was blessed with the humility to admit that I was a food addict who had once lost over 100 pounds in the mid 80's but could not do it anymore. My friend was familiar with twelve step programs and he reminded that Overeaters Anonymous existed.

I had known about OA because my previous 100+ pound loss was accomplished through OA but I had been in such denial during a nine year relapse that saw my top weight go above 350. I absolutely hated myself and spent an inordinate amount of time thinking about where I was going to get my next fix and how I was going to hide it. Away from the food, I made life miserable for most of the folks around me as I was always angry and depressed but trying to "succeed" in life by making a name for myself as the go-to man at my office. I yearned for acceptance and would try many times to lose weight but could never maintain my weight after the diet ended and I would regain everything I had lost and more.

When my friend mentioned OA to me, I finally became willing to return to the meetings as I had hit bottom and would do anything to lose the weight and try to regain the positive emotions and spirituality I had enjoyed in the 1980's. I quickly got online and was blessed to find an email address for more information. A friend who is now my sponsor told me of the 100 pounders meeting and I finally got to my first meeting in nine years. I was filled with shame and self loathing as I entered the room and was welcomed with open arms and the unconditional love and acceptance I had longed for.

This meeting quickly became my home meeting and remains so even after a couple of relapses, one of which came after over two years of abstinence and a weight loss of nearly 200 pounds. During my most recent relapse, I regained more than 100 pounds in less than a year and was rewarded with double the guilt and shame until I walked back into the 100 pounders meeting. Again, I was greeted with nothing but love and acceptance; I was the only one asking myself what happened and how I could have relapsed so badly. The acceptance and love of others has helped me to love and accept myself and continues to fuel my latest stretch of recovery.

So, exactly why do I go the 100 Pounders meeting on a Friday night? As one who has seen the double takes of "normal" eaters when I approach a buffet table; suffered the indignity of ripping the seat out of his pants in public; required a seatbelt extension on an airplane; had to powder every inch of his body to control the sweat in the folds of fat; been exhausted after climbing a flight of stairs; and unable to sleep because the fat made it difficult to breathe, I need to hear the experience, strength, and hope of others with similar stories. The 100 Pounders meeting is blessed with several folks who have lost over 100 pounds and kept it off for years giving folks like myself the hope that we too can have long recovery. I for one will Keep Coming Back!

Bret S.

The Friday Night Hundred Pounders Meeting

Our Meeting recently celebrated its 10th anniversary. We had a special night with 6 speakers - all of whom had lost a hundred or pounds and have kept it off for many years. One for over 20 years, I think the rest all had at least 10 years. What a night full of experience, strength and hope.

Actually just about every Friday night is like that though. We have a simple format. On the First Friday we read the step of the month aloud from the OA 12 & 12. Other Fridays we have a speaker who must have either lost or be losing 100 or more pounds and have 6 months abstinence. The meeting however is open to everyone, and everyone has an opportunity to share.

If you have never been to our meeting or haven't been in a long time we welcome you to stop by sometime. The room was recently renovated by the church. It looks great and the new chairs are very comfortable. We usually have somewhere between 20 and 30 people every Friday. We're at the West-over Baptist church in Arlington. You can find the church at the corner of Washington Blvd. and Patrick Henry Drive. To get to the meeting enter near the middle of the building on the Patrick Henry side. Look for the music school entrance to the left

of the office entrance. Go through the doors and across the hall to room 220. The meeting runs from 8:00 - 9:15 PM.

It's a great mix of folks too! We often have newcomers because we also sponsor a newcomers meeting at 7:30. We are men and women of all ages and backgrounds in all phases of recovery. We're not all 100 pounders so don't think you're not welcome if you aren't either. So why have a 100 pounder's meeting you might ask. I think it's because the nature of our disease has taken us to extreme places where the fatal nature of our disease is even more apparent. Sometimes being a hundred, or one fifty or two hundred pounds overweight - you can feel out of place even in the other rooms of our fellowship. Here we have a safe place for us all to come and to share openly and honestly about our disease - with the very real hope for recovery from those among us who have long-term physical recovery.

I know what you might be thinking - "but it's Friday night! I'm tired - it's the weekend!" Yeah and I never went out and binged on a Friday night because I was so tired! It's a great way to both end your week and to start your weekend. Stop by and check us out some time - we look forward to it.

Anon.

From this Corner

By now you have figured out that this September issue is sponsored by the Arlington Hundred Pounders Meeting.

As your *Novation* editor, this is my last issue as editor. Kristin K. takes over with the next issue. I said that I would do it for two years as long as it was still fun. It has been that and more for me and my program. "Service is always its own reward." I'm grateful to the many meetings and individuals who have contributed articles over these two years and the support, encouragement and kind words I've received.

I'm confident that Kristin will provide quality leadership for this newsletter. One measure of our success has been the number of articles that have been reprinted in *Lifeline*, the *World Service* monthly magazine. Thank-you God and OA.

Dick D.

Editors Note: The following article is the text of the message from Rozanne S. at the World Service Business Conference, May 11, 2002. Rozanne's words seemed so important that I felt that she should be shared with everyone. Dick D.

Cofounder's Address

by Rozanne S.

Good morning, my friends. My name is Rozanne, and I'm a compulsive overeater. Next Sunday, I will have been coming back to OA meetings for forty-two years and four months. That's what I mean by "Keep Coming Back." I've been abstaining from compulsive overeating for fifteen years, six months, and six days. I'm five feet tall, and I'm maintaining a fifty-pound weight loss.

Cofounder's home in the 1960's

Before I begin, I urge you all to read our history, *Beyond Our Wildest Dreams*. All the historical information I will give you today is described in detail in the pages of that book. In addition, this speech was written two weeks ago before all the discussion and votes that we've had in the last few days. And I think it's important to know that except for the historical facts, the opinions I offer are my opinions. They don't reflect the World Service Board of Trustees, they may or may not reflect yours, and I'm not representing OA as a whole when I give my opinions. I think you need to know that these are my opinions as the founder/cofounder of Overeaters Anonymous.

Those of you who attended the Traditions workshop Thursday night will remember that we began with Tradition One, "Our common welfare should come first; personal recovery depends upon OA unity."

That statement is as true and vital today, this moment, as it was when the members of AA first drafted their version of the Twelve Traditions nearly half a century ago. Yet, as Michael said in his chairman's report for this year's Conference, over the past seven years we have seen a split in our Fellowship. Numerous OA members, groups, and entire service bodies have not only "split" but literally left us. Michael is right. Looking today at the state of Overeaters Anonymous, the "strength that comes from our union of many" seems to be in question.

There is a teaching that comes from ancient spiritual faiths which says, "Sticks in a bundle are unbreakable, but sticks alone can be broken by a child." As human beings, we need to be bundled, and our bundles protect us best if they are bigger than just our family, or a small circle of friends, or one rigid and clique-ish twelve-step group oriented toward a single way of eating.

I am holding up a bundle of sticks wrapped together. As you can see, this bundle is difficult, if not impossible to break apart. You've each been given one stick, the kind we used to play with as children. Pick it up and hold it. It wouldn't take much pressure to break it into splinters or pieces, would it? Now put your stick together with others at your table. Can you see how much stronger your group of sticks is? How much more difficult to break apart?

The bundle in my hand represents Overeaters Anonymous as it grew into a cohesive whole by the time of our first National Conference in August 1962. Now I'll pull one stick out of the bundle. This represents Irene B.'s idea for an eating plan free of refined carbohydrates, which she introduced to our newly unified Fellowship in 1963. It was printed on gold paper and called the "gold sheet." Irene and her supporters insisted, "This is the only way to eat for everybody!" Fierce arguments began among us immediately.

Here's the next stick splintering off the original bundle. It represents the Low-Carbohydrate Maintaining Abstinence Sheet, for those who had lost their weight on the gold sheet. In the late 1960s, when the cheapest paper the printer offered was gray, the low-carbohydrate plan became the "gray sheet." In 1970, Marilyn Moore, a licensed nutritionist in East Los Angeles, California, and a supportive OA friend, helped us create a Basic Four food plan, which we printed on orange paper.

Now let's remove another stick. This represents the Las Flacas Maintainers Group, formed in 1972 in Orange County, California, south of Los Angeles. (Las flacas is Spanish for "The Thin Ones.") Next, more sticks splintered off the original, strong bundle of Overeaters Anonymous into Westminster, OA Plus, OA Minus, and Cambridge. At that time, all these splinter groups still functioned as special interest OA groups with increasing requirements for participation and a single eating plan for all their members.

By 1977 our common welfare was threatened, our precious unity a victim of fighting factions. In an attempt to heal our wounds, we printed another sug-

gested plan of eating, which became known as the "blue sheet." When that didn't do the job, the delegates to the 1978 WSBC approved a booklet of eight different food plans called Dignity of Choice. Let's now remove another stick from our weakening OA bundle. This represents a 1985 attempt in Phoenix, Arizona USA to bring to their meetings discipline, structure, and many elements of the old gray sheet. These meetings were still under the umbrella of Overeaters Anonymous, and they called themselves OA-HOW. As you know, HOW stands for "Honesty, Open-Mindedness and Willingness." Our original OA bundle, the one I'm holding up, began to be called "regular OA."

In an attempt to strengthen OA and re-emphasize our Twelve Steps, the delegates to the 1987 World Service Business Conference debated and approved a policy which resulted in removing food plans from OA meetings and discontinuing the publication of the Conference-approved pamphlet Dignity of Choice.

Seven years later, in 1995, the black clouds moving over OA unleashed a violent storm. One of the founders of the Phoenix, Arizona HOW groups walked out of OA and incorporated his own organization. Let's remove the stick for that fellowship, which is called CEA-HOW. These initials stand for Compulsive Eaters Anonymous-HOW. Soon after, another former OA World Service trustee began FAA, Food Addicts Anonymous. Following that, Graysheeters Anonymous and other twelve-step eating disorder organizations were formed. Now we have several more sticks splintering off from our rapidly dwindling OA bundle.

Our own beloved Fellowship is in grave danger of going the way of the Washingtonian Society, organized for alcoholics in the mid-1800s. That society had over 100,000 alcoholics at its peak, yet for a variety of reasons, it collapsed after only a few years. What happened to all those alcoholics? Did they all drink again? Could this happen to Overeaters Anonymous? Of course it could. The figures in Michael's report show that we are in serious danger of losing Overeaters Anonymous. What would happen to each of us then? Is that what you want? To be alone again ... in the dark of night ... standing by the cold light of the open refrigerator ... eating? It's a terrifying prospect, isn't it?

Within the confines of Overeaters Anonymous, we are not alcoholics, we are not drug addicts, we are not gamblers. While some of us may also suffer from these addictive substances and behaviors, when we declare our OA membership, we are talk-

ing about our relationship to food. Unlike alcohol, which we can give up completely, food is necessary to sustain life. Unfortunately, to the practicing compulsive overeater, food is necessary to face life. Therein lies our paradox. In order to be free of both compulsive overeating and compulsive eating behaviors, we must first choose which foods and quantities will start us on the road to sanity and a healthy body weight.

Of course, we all know that an eating plan alone is not enough. That's where the Twelve Steps and Twelve Traditions come in. Without them, OA would be just another diet club. An appropriate eating plan for each of us is just the first step along our road of happy destiny. But it is implied in the first half of our OA Step One, "We admitted we were powerless over food." I want to emphasize that I haven't always felt about this subject the way I feel today.

I remember how upset I was when Dignity of Choice was approved by the delegates in 1977. Twenty-four years ago, I believed OA should not endorse any food plans, that our recovery lay only in the Twelve Steps and Twelve Traditions. Over the years I came to realize that we have a three-part illness and that to learn a new way of eating, we must pay attention to the physical as well as to the emotional and spiritual elements.

Today, after considerable thought and prayer, as well as extensive discussions with long-time OA members, I am making this suggestion: Let's bring back the original Dignity of Choice with the food plans nutritionally updated. Nothing in life is permanent. Let's try it for a year and see if it helps us! There are eight different plans of eating in this booklet, as well as lists of foods in various categories such as fruits, vegetables, etc. This pamphlet will offer the newcomer some initial guidance at his or her first meeting. It might even refresh the old timers' memories as well. It's a very simple, very clear pamphlet. No two bodies are alike, so the specific kinds and portions of foods needed for healthy nourishment will vary from person to person. They may also change for me and for you during different stages of our lives. What I could eat when I started OA at 30, I can't eat anymore because I'm 72.

Reinstating our pamphlet may also shine a brighter light on OA's definition of abstinence, a word that comes from the Greek and means "to stay away from." In OA the word "abstinence" does not indicate an eating plan. It means simply, "staying away from compulsive eating." The aim of abstinence is

not only to attain a healthy body but also to achieve a brand new way of living by practicing the Twelve Steps and Twelve Traditions. Underlying everything, of course, is surrender to a Higher Power as expressed in Step Three.

Bill W., AA's cofounder, states in the AA "Big Book," "Here are the Steps which are suggested as a program of recovery." Remember OA's Tradition Three: "The only requirement for OA membership is a desire to stop eating compulsively." That's what sets OA apart. We have no other requirements for membership or participation in our meetings. That's what the title, Dignity of Choice, offers all of us: the opportunity to respect an individual's choice of an eating plan, a healthy body weight and a Higher Power.

It's exciting to know that OA, no matter what its failures in the past or in the future, can be a place where people come together and no one is left behind ... no one gets left behind!

Tradition Ten states, "Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy." Within the framework of this discussion today, I'm referring to non-OA eating disorder groups and organizations. Stop whispering about them, snickering about their different approaches, fighting about whose method is more effective. Respect their humanity and leave them alone!

Bill W. always said, "Shoemaker, stick to thy last." Therefore, we in OA must turn our attention toward ourselves and our faltering Fellowship. It has been said that adversity introduces us to ourselves. What kind of person will we find as we look within? Can we give up trying to be always right and give others a chance to contribute?

At this moment OA is at a crossroads. What path should we take to reinforce our recovery program and reinvigorate Overeaters Anonymous? The Dignity of Choice pamphlet is a small start. Let's try it for a year and see if it helps us. Let's also remember Bill W.'s urging, "Love and tolerance is our code." He also emphasized, "The essence of our program is sacrifice." Submergence of the ego for the good of the group.

Remember what I asked you earlier about being all alone again? In the dark of night, standing in the cold light of the refrigerator, eating? Let's not forget bathroom bulimia, groveling in garbage cans, stealing food from stores and all those other sad behaviors. Do we really want to return to all that?

We don't have to take that unhappy path. If we really want OA to survive and flourish, we have a lot of work to do, both individually and bundled together. Maybe your group needs to change its format, add more structure to your meeting, put more emphasis on sponsorship, call newcomers and those who have drifted away. Maybe you have to face your own gluttony, both in food and by insisting on getting your own way. Don't fight abstinence or keeping track of your food intake or reaching and maintaining a healthy body weight. Embrace these actions instead. Compromise, sacrifice ... submerge your own ego for the good of the group and all of Overeaters Anonymous. Do it for yourself, for your own recovery. Apathy abounds in OA. Let this be the time, the moment, the year, when you raise your hand to volunteer. You'll find that service will save your life.

There really is hope for OA, but it's up to you and me to make that hope a reality! With the help of our Higher Power, let's transform ourselves and OA this day, this year. Let's put an end to hurtful behaviors toward ourselves and other people in our lives. With the Twelve Steps and Twelve Traditions as our foundation, let's begin today. Let's honor each other and respect our individual choices of eating plans. Let's value all opinions in group and board meetings, knowing that there is no one right way to do anything!

Surely we can do it again as in the beginning when our eyes looked toward the heavens for help. And now, as we reach inward toward our souls, as we reach outward toward each other, and with our outstretched fingers ... touch the face of God.



Region 7 Assembly

Ironically, it is just as I am about to rotate out of service as a Region 7 Delegate that I see “what’s in it for me,” and why I – and you, surprisingly – need me to do the opposite. (But I have moved out of northern Virginia.)

“I don’t play well with others, either,” said a very active delegate, at one of the committee meetings, “that’s why I go; it makes me stronger.” It ups the quality of her recovery.

For some reason, the image of raising my eyes from the contemplation of my own navel rose strongly, when I heard those words. If I had thought, at all, about Region 7 Assembly, other than making sure I was packed to get there, it had been to admit I needed to find out why it was important.

The Region 7 newsletter that I read at the last minute had a couple of contributions that expressed enthusiasm and appreciation for the regional assembly, and I’d noticed that spirit, and had asked “Why?” Then someone had said it: “I don’t play well with others, either. It makes me stronger.”

The problem, that we attend, then go home, make a report to our Intergroups, and often do nothing further until next time, was the basis for a policy manual motion made and passed, laying onto assembly committee chairman two specific responsibilities between assemblies.

Did others just collect the paper work in a known location at home, to pack up at the last minute, as I have? Yes and no; there have been those leaders who have put in other efforts, meanwhile, and they are the ones who have brought the warmth into the proceedings and into such products as published skits and conventions held and, even, having articles for sale, like lunch totes and “pet rocks” (I use mine to crease folds on 500 newsletters per month.) and pocket calendars. Others do the bookkeeping and paper work, from by-laws and handbooks to the papers that are mailings and handouts that make the events possible. **Oh, and a website www.oaregion7.org; look on it every once in awhile for flyers about events and down-loadable registration forms for them! You want a dinner dance? Canoeing at a fall retreat at Massanutten? A woodsy retreat nearby, with a group that does its own cooking? Try that website or www.aa-dcmetro.org.**

But **why?** Early and often I have thought, sourly,

“Isn’t it just make-work for the sake of the amazement and amusement of those doing it?”

The amazing answer is “Yes!” “Yes,” with a joyful smile! Much as with aerobics and abstinence, “service is its own reward;” the payoff is at least mostly in the effects of the discipline on the person doing it.

Some Region 7 Assembly committee time is used to make Region 7 function (by-laws and policies, ways and means, web site) or concerns spreading the message outward, but much of it concerns strengthening Intergroups. What is working? **Enthusiasm among OA’s back home is observed to increase when friendly fellowship is practiced** and consideration is given to the increasingly time-stressed lives people are leading. Intergroups who (yes, people) have breakfast together before or lunch after their meetings, and/or who include a regular meeting during the Intergroup meeting, hold Intergroup meetings *in conjunction with* their workshops or other special events (or in one case, after another regularly-scheduled OA meeting *and* before lunch together) are the ones who can report growing attendance.

In the AA Big Book it says we are self-centered and don’t want to hear of it. We read in OA literature that ours is a disease of isolation. One way or another, at meetings we hear the brokenness of life in our families of origin.

Providing meetings and Intergroup-level, Region-level, and WSO-level activities as opportunities to be warmed by each other is offering a healing balm through that service to one another. Like the missed opportunities of our childhood, these activities will or will not be healing for any one of us exactly to the extent to which we do or do not give of ourselves to provide warmth for others! The parents who teach their children to speak love and to give hugs and kisses are the ones who truly rear up their children in wholeness.

Similarly, those in OA who, on the spot and between times, do the work of putting on warm-hearted meetings and events, of evoking smiles and laughter, of speaking appreciatively, of cultivating jolly-making in their attitudes and manner, and in faithful event planning and preparation, are the healers who become healed. Service “at the group level” and “above the group level” is the *sine qua non* behind receiving the benefits of the promises: “They will always materialize, if we work for them.” **That’s why Region 7 is important.**

Betsy R.

INTERGROUP NEWS

Elections

Elections for the Intergroup Board will be held at the October Intergroup meeting, Saturday, October 19, 2002, 10:00 a.m., Immanuel United Methodist Church, 7901 Heritage Drive, Annandale, VA

Elections will be held for the following positions:

Chair, 1st Vice Chair, 2nd Vice Chair, Secretary, Treasurer, World Service Delegate (2), Region VII Representative (1)

Qualifications:

- A. Six (6) months current abstinence prior to election, with the exception of the World Service Business Conference delegates and alternates (See Article IV, Sec. 6.E.), and continual maintenance of abstinence throughout the entire term of office.
- B. Working the Twelve Steps of the recovery program for one (1) year.
- C. Commitment to the Twelve Traditions.
- D. Regular attendee at Intergroup for a period of six (6) months and to be or have been an IR.
- E. Regularly attend an OA meeting in Northern Virginia.

Board members are elected to serve a period of one year, beginning January 1, 2003.

Special Requirements for World Service Delegate:

- Shall have at least one (1) year current abstinence prior to election and continual maintenance of abstinence throughout the entire term of office.
- Shall have completed steps four and five.
- Shall have at least two years of service above the group level and have attended at least two region assemblies.

Special Requirements for Region VII Representative:

- The normal term of office for the Representative shall be two years.
- Shall have at least one (1) year current abstinence prior to election and continual maintenance of abstinence throughout the entire term of office.

If you have any questions about the positions to be elected next month, call any of the current Board members listed on the back page of this **Novation**.

Service Opportunities:

Barbara J., Chair of the Special Events Committee needs volunteers to help at the Gratitude event for set up, registration, donated door prizes. If you can help, write Barbara at songs1939@hotmail.com or plan to arrive early on the 5th.

Imelda S. has agreed to coordinate the assembly of a basket to be in the silent auction at the Region VII convention on November 1-3, 2002. If you can help, contact her at (703) 684-0142

ANNOUNCEMENTS

YOU ARE INVITED

To The

**OVEREATERS ANONYMOUS
GRATITUDE CELEBRATION**

Sat., October 5, 2002 at 7:00 p.m.

**at The Falls Church Episcopal Church
115 E. Fairfax Street
Falls Church, VA 22046**

Please join in the fellowship of Overeaters Anonymous as we come together to celebrate our Gratitude by the Grace of the God of our understanding. Enjoy an evening of dynamic speakers, entertainment, music, and refreshments.

Suggested Donation: \$3.00

Door Prizes



Coming Events:

- ⇒ Region 7 Convention, Nov. 1-3, 2002, Ocean City, MD
- ⇒ Wellspring Fall Retreat, Nov. 29th-Dec. 1, 2002
- ⇒ Men's Retreat, May 16-18, 2003
- ⇒ World Service Convention, New Orleans, Aug. 7-10, 2003

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. Send articles, letters, announcements, or other contributions to *Novation* to:

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