

Novation

The newsletter for the OA NOVA Intergroup

January, 2009

December Intergroup report:

New :

There was a brief discussion about exploring board outreach in the Northern Virginia area. We will be contacting the Washington Post about getting information about OA into the weekly health section and / or community .

A suggestion was made to encourage members to put where and when up at locations where meetings are held (Churches, Libraries, synagogues, schools, etc) and to also ask these to include OA meeting times and days in their weekly or monthly bulletins.

It was suggested that NOVA intergroup put out a press release in Conjunction with OA's Birthday January 19th.

Old Business:

OA as a whole and NOVA intergroup is trying to archive its history. The kinds of materials we are seeking includes minutes, reports, (not newsletters) Of intergroup, Regions 7 and World service activities. At the Next Intergroup meeting, Please bring any archival material. If you know of someone who might have such material but perhaps is no longer active in the area please let Dick D know. Let people know in meetings about this initiative.

Our current phone system is not only expensive but is also not very satisfactory in meeting our needs . We are looking into other voicemail options, including Alexandria voicemail, human answering services, and Track phones. We are trying to determine the most cost affective way to meet the needs of those looking for information about OA.

Terry Z is the new Where & When editor. Her number is 540.878.3068 and her e-mail address is terrincsp@aol.com

Rob H is the New Novations editor. You can reach him at rah135@aol.com. Please feel free to submit recovery related articles and announcements.

Come join us as we plan our third annual excursion to recovery!

Camp High Road Retreat Friday, May 29–Sunday, May 31, 2009

Planning session Saturday, Feb. 21, 2009, 10 am, Hope Lutheran Church

Here's a chance to do service in the NOVA OA Intergroup by helping to plan the annual OA retreat at Camp High Road in Middleburg, VA, set for May 29– 31, 2009.

Even if you can't attend the retreat, we'd love to have you help us plan a successful weekend of recovery.

A planning session will be held on Saturday, Feb. 21, at 10 a.m. at Hope Lutheran Church, 4604 Ravensworth Rd., Annandale, VA. All interested in helping plan the retreat are invited to attend the Intergroup meeting.

For more information contact Sharon at 703-909-2012 or e-mail sescottva@yahoo.com

Money Matters

A clinic for OA meeting treasurers and other interested parties.

Sponsored by NOVA Intergroup

Led by Dick D. 2008 Intergroup Treasurer and Gail V. 2009 Intergroup Treasurer

Saturday, February 21, 2009 1:00 to 3:00 p.m.

Hope Lutheran Church 4604 Ravensworth Road

Topics include: prudent reserve, handling cash, transparent reporting, the new 7th Tradition publication from WSO.

For more information call Dick D. @ 703-521-1999 or Gail at 703-754- 1332

Calendar -- Save the date for your recovery!

NOVA Inergroup: Hope Lutheran Church, Annandale VA - Feb. 21, 2009

Treasure's Clinic: Hope Lutheran Church, Annandale VA - Feb. 21, 2009

Region 7 Assembly, Rehobeth, DE, April 3-5, 2009

World Service Business Conference: Albuquerque, NM May 4-9, 2009

Camp High Road Retreat Friday, May 29–Sunday, May 31, 2009

Region 7 Convention: Ocean City MD, November 6-8, 2009

A Time sensitive announcement from World Service.
Call for Articles "Embracing Diversity in OA"

Deadline for submission January 31, 2009

The Conference Literature Committee is developing a new piece of literature for consideration by the OA Fellowship.

We are issuing a call for articles on how the following aspects

of OA diversity affect our disease and our recovery:

- Cultural Diversity: ethnicity, religion, language
- Sexuality/Gender Diversity: men's issues, women's issues, orientation
- Life Diversity: aging, body image, disability, family issues, medical events, pregnancy
- Program Diversity: manifestations of the disease (anorexia, bulimia, over-exercising, weight-loss surgery) and the varying ways we work the program

We ask writers to focus on a specific area of diversity.

Submission Guidelines:

Submission Deadline: : January 31, 2009

Length: approximately 500 words

Submission venues: Email tojhendrix@oa.org

Please put "Diversity Stories" in subject line.

OA, Inc., reserves the right to modify or edit all submissions and retains all copyright on submitted materials. The WSO cannot return submissions. Authors must include their full names and addresses. If chosen for publication, articles will include the author's first name, last initial, city, state and country. Authors may request complete anonymity or anonymity for any of the preceding identifiers.

Literature corner.

There are some exciting new materials and updates from World Service. Find out more from the world service website www.oa.org

New Pamphlet: Is Food a Problem for You?

This pamphlet is perfect for use in public-information campaigns. Post it in libraries, leave it in doctors' offices or place it anywhere prospective OA members might see it. Simple and to the point, it includes the Fifteen Questions, the OA Twelve Steps, members' testimonials, and general information about OA. You can write your group or intergroup's contact information in a provided space. Item #750, US\$.20 each, plus shipping.*

Revised Pamphlet: Treatment and Beyond

The Treatment and Beyond pamphlet explains OA's recovery program and eases the transition from treatment center to OA meeting. It benefits professionals and their clients in eating disorder units. This revised version offers more inclusive language to recognize the various forms of compulsive eating and to portray with greater accuracy what a newcomer might find at a meeting. Item #757, US\$1 each, plus shipping.*

Strong Meeting Checklist

The checklist offers 13 points to consider when assessing the effectiveness of your meetings. It addresses everything from meeting start and end times to avoidance of cross talk and advice giving. Available on the OA Web site at www.oa.org

OA Podcasts

Another step in OA's public awareness campaign, the OA podcasts introduce the public to OA and provide continuing inspiration to members. The first podcast introduces the OA program, and the next two feature two OA members telling their recovery stories. More inspirational stories will follow monthly. To access the podcasts, go to www.oa.org/get_podcast.htm.

"Overheard at a meeting"

" I used to not get it when I heard people share that "they always put their recovery first" I'd think that's fine in theory but what about when my kid is sick, or my spouse loses their job, or someone really needs my help? Then one day I realized that I wasn't actually putting those things first. Instead I was using them as an excuse to put the food first instead. It was just a way for my disease to make me rationalize that abstinence was not that important. Today I am abstinent and as I put my recovery first I realize I am able to handle all those other things in my life even better!"