

# Novation

---

The newsletter for the OA NOVA Intergroup

February, 2009

## Tool Time: Phone meetings.



Meetings are gatherings of two or more compulsive eaters who come together to share their experience before and after recovery and to share their strength and hope OA has given them. Meetings are an opportunity for us to identify and confirm our common problem by relating to one another and by sharing the gifts we receive through this program. We find that being on time for meetings enhances our recovery and provides service to the meeting. Though there are many kinds of meetings, fellowship is the basis of them all

Compulsive overeating is a disease of isolation. The telephone is a means of communicating with another compulsive overeater between meetings. It provides an immediate outlet for those hard-to-handle highs and lows we all experience. The telephone is also a daily link to our sponsors and, as part of the surrender process, is a tool by which we learn to ask for help, reach out and extend that same help to others.

Have you ever tried a phone meeting? Although we are blessed to have so many meetings to choose from in our area there are also some great phone meetings. You might wonder why phone meetings? Well for one thing there are many OA's around the country or in other countries that don't have access to such wonderful meetings as we do. It might be their only way to have contact with others in recovery. What service to give of yourself and share your ES&H with others.

Phone meeting work a lot like a big conference call. You dial the number and then when prompted dial the "pass" or "bridge" code. Usually there is a brief description of how to mute and unmute your phone before you join the meeting. Generally you press \*6 (that's the star key and the number 6) to both mute and unmute your phone. It's important to keep your phone muted if you are not speaking to keep out any distracting background noise. Otherwise the meetings are very similar to your face to face meetings. There are readings, speakers and time for all to share.

Phone meetings allow you use the tools of meetings, the phone and service. They also give you contacts in other parts of the country and the world, someone else to call when

its too late to call here and people to help you get to a meeting when you are traveling on vacation or business. Why not give one a try this month? All meeting times are Eastern standard time.

The following is a list of some active phone meetings.

Monday 8:30p OA/HOW code 12128#  
518-825-1300

Tuesday 12:30p OA/HOW code 12128#  
712-432-1436

Tuesday 9:30p *Seeking the Spiritual Path*  
712-432-3900 code 207694#

Tuesday 6:45p - 8:00p Literature meeting code 4285115#  
712 -432-3900

Wednesday 8:30p OA/HOW code 12128#  
712-580-1800

Wednesday 9p *100 Ponders* code 4285115  
712-432-3900

Thursday 8a *BB Study* code 815771#  
218-339-4600

Friday 8:30p OA/HOW code 12128#  
785-686-2400

Saturday 6:30p HOW-Promises code 999728  
218-936-7979

Saturday 2p *Anorexic/Bulimic* code 909726#  
608-649-1800

Daily Sunrise Meeting 6:45a code 4285115#  
712-432-3900

**Think Spring! Let's Clean out that Attic, Garage, Basement!**



NOVA Outreach Intergroup is now over 25 years old and it is time for us to collect the documentation of our history in one place. Our first step is to collect all the materials. Here is where you can help. If you have materials from Intergroup, Region 7 or World Service in a box at your house, why not get it to the Intergroup meeting over the next few months. Our first step is to determine the volume of materials we have. If you've saved it, it probably is worth forwarding it to Intergroup. Please be an angel and pass this word on to those who are no longer involved in service above the meeting level but were so in the past and might have treasures in their own attic, garage or basement.

Remember Intergroup meets at 10:00 a.m. on the 3<sup>rd</sup> Saturday of each month at Hope Lutheran Church, 4604 Ravensworth Road, Annandale, VA. All are welcome to attend.  
Dick D.



Get out of your comfort zone - why not attend the BALTIMORE AREA INTERGROUP OF  
OVEREATERS ANONYMOUS March Mini Marathon.

Sunday 22 March 2009 1:30 p.m. – 5:00

## **BODY IMAGE - SEXUALITY - RELATIONSHIPS**

Calvary Baptist Church 120 West Pennsylvania Avenue  
Towson, MD 21204 Rear entrance into basement

\$8.00 suggested donation (Can't pay, come anyway)

Registration: 1:00 – 1:20 PM

Program begins promptly at 1:30pm.

### **DIRECTIONS**

From Baltimore Beltway 695, take the exit for York Road South. If you are traveling east on the beltway, make a left at the light at the end of the exit, then your first right onto York Road South.

Continue on York Road, and when you reach the traffic circle, take the second exit to remain on York Road South.

After the circle, take your first right onto Pennsylvania Avenue.

Cross over Washington Avenue, and the church will be on your right.

Turn right onto Baltimore Street, then make an immediate right into the church parking lot at the rear of the building. Please enter through the rear door.

Why Don't you organize a car pool and see if anyone else from your group would like to go too?

### *A Pitch for Pamphlets*

Do you ever wish you could have something "program" to read but don't want to be pulling out the big book or the 12&12 someplace like the subway or while waiting for an appointment?

When was the last time you picked up one of the many OA pamphlets that are available at most meetings? They are filled with recovery wisdom - packed into just a few little pages. Why not pick up "Before you take that First Compulsive Bite". "Just For Today" or "If God Spoke to OA" after you have finished reading it you might help spread the message by leaving it behind in a Dr's office, or your local library.

Northern Virginia Intergroup Invites You  
To Its 3<sup>rd</sup> Annual OA Retreat  
“Weekend of Joyous Recovery”

May 29-31, 2009  
Camp High Road  
Middleburg, VA

For information call Sharon S. at 703 909 2012  
Email: [special\\_events@oanova.org](mailto:special_events@oanova.org)

**Recap of Information from last months IG meeting:**

OANOVA IG will be hosting a Northern VA Unity Day celebration on Feb 28<sup>th</sup>  
10am-4pm in Leesburg at the Leesburg Presbyterian Church.

OANOVA IG will be hosting a Traditions Workshop which will be held on March 21<sup>st</sup>  
1-4pm after the OANOVA IG meeting at the Hope Lutheran Church; Barbara (Region 7  
Vice Chair) will be speaking.

Baltimore Intergroup will be hosting a workshop on Body Image and Sexuality  
on March 22<sup>nd</sup>

In April OANOVA IG will be hosting a Cherry Blossom walk (details are forthcoming).  
The annual OANOVA IG Camp Highroads retreat will be May 29<sup>th</sup>-31<sup>st</sup>

OANOVA IG Reps will be calling all contacts listed on the Where & When to ask for  
email address contact for sending out information to meetings; also Reps will encourage  
groups to send an OANOVA IG Rep if they don't currently have one; also contacts will  
be asked to make sure the group's information on the WSO website is current

A 1-page information sheet on Intergroup is being developed.

OANOVA IG is researching local/regional/national health fairs where we may  
represent OA this year.

OANOVA IG is making public service announcements available from WSO to  
be placed in local papers.

OANOVA IG is making changes to the hotline so a live person can answer calls. We will  
be looking for volunteers to help staff the hotline.

Do you have any other questions about intergroup? Please know that all are welcome to attend IG meetings - you do not have to be an intergroup rep - even though that's a great service. You can also contact your intergroup leaders:

CHAIR: Maria P 301.275.7093 [chair@oanova.org](mailto:chair@oanova.org)

Vice chair: Karen K [vicechair@oanova.org](mailto:vicechair@oanova.org)

Secretary Jess B [secretary@oanova.org](mailto:secretary@oanova.org)

Treasurer Gail V [treasurer@oanova.org](mailto:treasurer@oanova.org)

////////////////////////////////////  
Disclaimer: The opinions expressed in Novations are not necessarily those of the editor, NOVA Intergroup or those of OA as a whole. Take what you need and leave the rest. Permission is granted for reprinting in any OA newsletter or publications.  
////////////////////////////////////

~~~~~  
Your submissions for articles are more than welcome please send them to The Novations editor at [novation@oanova.org](mailto:novation@oanova.org) or [rah135@aol.com](mailto:rah135@aol.com)

Please write on whatever recovery related topic you are moved to. Suggestions include the step or tradition of the month ahead, going to retreats, or conventions, something you heard at a meeting and want to share, an experience working the steps or share some daily writing that you are particularly proud of.  
~~~~~