

NOVATION

A MONTHLY NEWS FORUM OF THE OA NOVA INTERGROUP

Intergroup Meeting News

The regular monthly meeting of the NOVA Outreach Intergroup was held on November 15, 2008. The major agenda item was the election of officers for the coming year. The nominating committee presented a recommended slate and all of the individuals were elected for a 1-year term. They are listed on this page. Maria, Karen and Jess will be serving their second term and will need to rotate out of their respective positions at the end of 2009.

The Communications Within committee is looking for ways to get more involvement from the western part of our Intergroup and will be working on getting increased representation from all meetings.

Several reported on the huge success of the Region 7 Convention. Several liked the change in format to include workshops. Special thanks go to Andy C. who coordinated the volunteers at the on-site registration desk.

Intergroup will be exploring other options than the current Verizon hotline. We are currently spending nearly \$1200 each year to maintain this service.

Intergroup is still seeking an editor for *Novation*. If interested contact Maria P. at 571-332-8458.

NEW OFFICERS

CHAIR	MARIA P.
VICE CHAIR	KAREN K.
SECRETARY	JESS B.
TREASURER	GAIL VB.



**Check us out at
www.oanova.org**

2008 Holiday Phone Meeting Marathons

(All Eastern Standard Times)
Sunrise Phone Meetings To Continue Daily
6:45 AM - 7:45 AM

December

Sunday, 21 - 5:00 PM & 6:00 PM

Monday, 22 - 5:00 PM & 6:00 PM

Tuesday, 23 - 5:00 PM & 6:00 PM

Wednesday, 24 - 6:00 PM - 12:00 PM*

Thursday, 25 - 8:00 AM-12:00 Midnight**

Friday, 26 - 12:00 PM & 1:00 PM

Saturday, 27 - 7:00 PM & 8:00 PM

Sunday, 28 - 5:00 PM & 6:00 PM

Wednesday, 31 - 6:00 PM-2:00 AM *

Thursday, January 1 - 8:00 AM-8:00 PM**

*Wednesdays, 9:00 PM (EST), 100-Pounder Meeting

**Thursdays, 10:00 AM (EST), Big Book Meeting

PHONE NUMBER

Dial 1-712 432-3900

Conference ID 4285115#

Most meetings start every hour on the hour.

Any changes will be announced during the days.

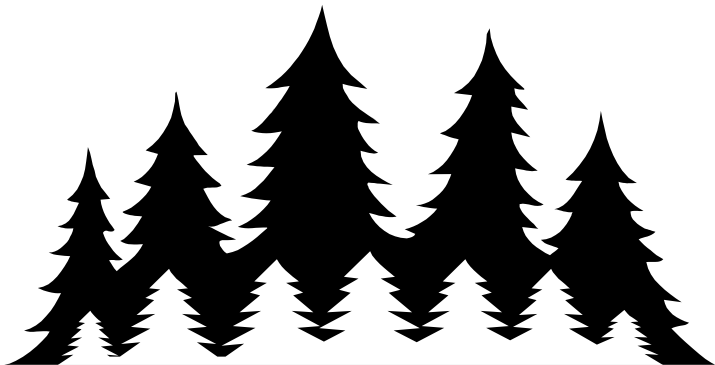
CONTACT

For questions or information,
please contact:

Arlene in Florida

Phone: 352-688-2275

email: parsonsarlene@yahoo.com



Clinic for Treasurers

Intergroup will be hosting a clinic for all meeting treasurers on **Saturday, February 21st from 1:00 to 3:00 p.m.** at Hope Lutheran Church, 4604 Ravensworth Rd., Annandale. Topics included will be prudent reserve, handling cash, transparent reporting and the new 7th Tradition publication from Wother interested parties. Each meeting should plan on sending one member to his important SO. This is intended for meeting treasurers and workshop. For more information contact Dick D. @ 703-521-1999 or Gail VB at 703-754-1337.

Been There, Done That--Suggestions for Abstinent Holidays

One Christmas or New Year's Night when I had binged all day, I woke up in that awful cold sweat that means you're about to throw up. I was in the middle of a painful relapse and had grazed all day from the trays of sweets and junk food littering my mother-in-law's house. Hanging over the toilet at 3 am, it occurred to me that I never wanted to celebrate this way again. Thank God, I never have. Holidays are becoming times to stop and reflect on the richness of my life today. Just like that old cliché, I am finding more happiness in wanting

what I have than having what I want. Though ads urge me to buy, buy, buy and eat, eat, eat, painful experience has taught me that excess food destroys my peace of mind. Here are some suggestions on maintaining abstinence during the holidays that OA's shared on the Internet:

1. Focus on the meaning of the holiday or event rather than the food orgy.
2. The higher our expectations, the lower our serenity. If a family occasion almost always turns unpleasant, make alternative plans. If you're going to be alone, face that you may face sadness. Plan to deal with it without excess food.
3. Build up your recovery bank account before and during the holidays by attending lots of meetings, working extra hard on the Steps, and using all the tools.
4. Keep in constant contact with sponsors and OA buddies. The disease doesn't take holidays nor should recovery.
5. Know the limits of your recovery. Avoid people, places, and things that have consistently triggered overeating. A party is not worth losing abstinence over.
6. At holiday gatherings, focus on the people rather than the food. People like to talk about themselves. Pick out someone who looks uncomfortable. Ask them about themselves and really listen.

Calendar:

NOVA Intergroup: Hope Lutheran Church, Annandale, VA

January 15, 2009

Treasurers Clinic: Hope Lutheran Church, Annandale, VA

February 21, 2009

Region 7 Assembly: Rehobeth, DE

April 3-5, 2009

Region 7 Convention: Ocean City, MD

November 6-8, 2009

World Service Business Conference (WSBC) — Albuquerque, NM

May 4-9, 2009

Call for Archive Materials

NOVA Outreach Intergroup is now 25+ years old and it is probably past time to collect our historical resources in one place. At this time they are scattered in garages and attics throughout the area. The first step will be to determine the quantity of materials. Intergroup has asked that people that have something of interest to bring the materials to the January intergroup meeting (Jan. 17th). We are not interested in back issues of newsletters but are interested in meeting minutes and materials from Region 7 and WSBC meetings. We will need to identify an archivist(s) and determine policy as to whom has access to the materials. But our first step is to determine the volume of materials. So, if you have materials of interest, please make sure that they get to the Intergroup meeting in January.

Dick D.

