

CAME TO BELIEVE

STEP 2

Came to believe that a power greater than ourselves could restore us to sanity.

STEP 2 PRINCIPLE

Hope

TRADITION 2

For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

TRADITION 2 PRINCIPLE

Trust

SERVICE CONCEPT 2

The OA groups have delegated to the World Service Business Conference the active maintenance of our world services; thus, the World Service Business Conference is the voice, authority and effective conscience of OA as a whole.

CONCEPT 2 PRINCIPLE

Conscience

(Reprinted from oanova.org)

FOR ME STEP 2, AS ARE ALL THE STEPS, IS A PROCESS. THERE IS A SAYING IN THE ROOMS ABOUT STEP 2: CAME....CAME TO...CAME TO BELIEVE. I WOULD GO FURTHER AND SAY FOR ME IT WAS ALSO BROKEN DOWN INTO TWO MORE PARTS: THAT A POWER COULD...RESTORE ME TO SANITY.

I HAD TO FIRST SHOW UP AT THE MEETINGS. THEN WHEN I GOT A LITTLE CLARITY (EVEN IF IT WAS JUST FOR THE LENGTH OF TIME I WAS IN THE ROOM) I BEGAN TO HEAR PEOPLE SAY THEY GOT THROUGH THE DAY WITHOUT USING FOOD. UNBELIEVABLE. BUT I KEPT HEARING THIS MESSAGE IN MEETING AFTER MEETING; I BEGAN TO BELIEVE THERE WAS SOMETHING IN THIS PROGRAM THAT WAS WORKING. SO IF THIS PROGRAM WAS WORKING IN OTHER PEOPLE'S LIVES MAYBE THIS PROGRAM COULD WORK FOR ME.

THEN CAME THE HUMBLING PART — RESTORE ME TO SANITY. WAS I THAT BAD? COULD I SAY I WAS INSANE? THAT'S PRETTY SEVERE. SO LET'S LOOK AT THE FACTS: I EAT FOOD AND THROW IT UP; MY CLOTHES ARE STAINED; I SIT FOR DAYS IN MY HOUSE SHOVELING FOOD IN MY MOUTH AND GETTING RID OF IT; EVERY MONDAY I SWEAR I AM GOING TO STOP AND DON'T; I THROW FOOD AWAY AND THEN DIG IT OUT OF THE TRASH AND EAT IT; I EAT FROZEN FOOD BECAUSE I CAN'T WAIT FOR IT TO THAW OUT; I BAKE WEIRD CONCOCTIONS TO GET A SUGAR FIX; I AVOID FRIENDS BECAUSE I WOULD RATHER STAY HOME WITH MY BINGE FOODS; I DON'T SHOW UP AT PARTIES BECAUSE NONE OF MY CLOTHES FIT; I GO TO WORK HUNG OVER FROM SUGAR BINGES; I AM RESENTFUL TOWARD FAMILY AND FRIENDS FOR BEING A NORMAL WEIGHT; I WOULD SWEAR I WOULD LOSE WEIGHT FOR AN EVENT OR VACATION, WOULDN'T AND THEN SHOW UP ANGRY; AND ON AND ON. DID THIS SOUND SANE? HEALTHY? NO. I WAS INSANE. I HAD TO START FROM THERE TO BECOME SANE.

LUCKILY THE PROGRAM SAID I COULD INVENT MY OWN POWER AS LONG AS IT WAS GREATER THAN ME. WOW THAT WAS COOL. I COULD COME UP WITH MY OWN LOVING GENTLE WISE HIGHER POWER. SO I DID AND THEN COULD GO ON TO STEP 3 AND I FT THAT POWER GUIDE ME (ANON)

STEP 2

"In all of life, as well as with the food, we were irrational, unbalanced, insane. If our willpower and determination couldn't change our unsuccessful way of living, what could? Clearly a Power greater than ourselves had to be found if we were to be restored to sanity."

"Some of us walked out of our first meeting when we heard that three-letter word (God) mentioned and didn't return until years more of compulsive eating had made us desperate. Those of us who stuck around made a wonderful discovery. OA doesn't tell us we have to believe in God - only that a Power greater than ourselves could restore us to sanity. We are invited to define that Power however we wish and relate to it in whatever way works for us. OA only suggests that we remain open to spiritual growth and show tolerance for others by neither criticizing nor promoting specific religious doctrines in OA meetings."

"This willingness to act on faith then, was the key to step two. It was the beginning of a healing process that would relieve us of the compulsion to overeat and bring stability to our unbalanced lives."

From The Twelve Steps and Twelve Traditions of Overeaters Anonymous

Nourished from Afar

It's 9:37 a.m., and I'm sitting in someone else's car on the way to staff a one-week camp for my job. We've been on the road since 3 a.m., and we'll probably arrive at the camp in another four to six hours. I don't know these people well, and I'm tired. I'm already homesick and afraid of the responsibilities I will have in the week ahead. Where does my mind go? I'm a compulsive eater, so I wonder about my next meal. "I've been awake for six hours. Isn't it lunchtime yet?" (Breakfast was two hours ago.) "I have to switch time zones soon, so maybe I can justify eating lunch now." "How can I make the time fly by until it's time to eat again?"

Even after several years of abstinence, I instinctively turn to food for comfort and companionship—even my abstinent food. But food can never satisfy my loneliness, fear or discomfort. Every meal ends. Food is meant for physical, not emotional, nourishment. Food can't grin, hug, listen, give love or speak encouraging words. I eat it, and then it's gone. It's a lie from my disease that a few extra bites will make me feel better.

I turn to my God, pray and read my spiritual literature. I pull out Lifeline and read stories of recovery. I remember that my home group is meeting right now back in Chicago, and I visualize the room, faces and hugs. I can feel the warmth, love and acceptance in that room. I try to remember what section of the Big Book we're on and imagine what the leader might say about it. Even from afar, I can feel the commitment to recovery and the loving support during the painful times. I can be myself, and I am loved. At 10:15 a.m., I'll recite the promises and the Serenity Prayer along with the group. Even though I am in a car hundreds of miles away, my hand is in theirs and I am home!

Remembering my meeting and how good it feels to belong there will help me as I make the transition to camp. Only when I receive my "emotional and spiritual food" from God and OA do I have enough to give to

TRADITION 2

"RATHER THAN BEING GUIDED BY INDIVIDUAL SELF-INTEREST, WE SEEK AS A GROUP TO APPLY THE PRINCIPLES EMBODIED IN OA'S STEPS AND TRADITIONS TO THE DECISION AT HAND....IF WE ARE TO REACH AN INFORMED DECISIONS, THE GROUP WILL NEED TO TAKE INTO ACCOUNT EVERYBODY'S NEEDS AND IDEAS. FOR THIS REASON, OA GROUPS GIVE ALL VIEWPOINTS A FULL HEARING — EVEN MINORITY VIEWPOINTS....WE EACH BASE OUR VOTE ON WHAT WE BELIEVE IS BEST FOR THE GROUP, NOT ON THE PERSONALITIES OF THOSE SUPPORTING A PARTICULAR VIEWPOINT, NOR ON WHAT OUR CLOSEST FRIENDS BELIEVE.
"

From The Twelve Steps and Twelve Traditions of Overeaters Anonymous

Tidewater Intergroup of OA

COME to YOUR... "FAMILY REUNION"
BEACH RETREAT 20!



In honor of the Beach Retreat's 20th Anniversary, you are invited to Your "FAMILY REUNION." FAMILY is not just the one into which we are born. FAMILY is found in the care, concern, and the special bonds we have built over the years—20 Years, and counting! If you haven't been to a Beach Retreat yet, this is your chance to join the Beach Retreat FAMILY. Together we gain new strength and courage to recover from this disease. You are not alone! Please join us at the beach. You'll experience recovery, while we celebrate the "FAMILY REUNION" Beach Retreat 20! Your 20th, promises to be an unforgettable Beach Retreat!



March 23-25 2012
 Holiday Inn & Suites,
 North Beach
 3900 Atlantic Highway
 Virginia Beach, VA 23451

For more information, contact:



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UNITY DAY
February 25, 2012

St George's Episcopal Church
 915 North Oakland Street, Arlington

This day recognizes the strength of the Fellowship worldwide. At 8:30a (9:30a cst) OA members pause to reaffirm the strength inherent in OA's unity.

More information to come.

Monthly Step Study



Join us as we trudge the road of Happy Destiny!
 One Sunday each month members with long term abstinence walk us through a step.

Bring, OA & AA 12 X 12, Big Book, notebook and pen.
 (Contact Amy to get questions in advance)

Dates, Time 3-5pm
 January 22, February 26, March 18, April 15,
 May 20, June 24, July 15, August 19, September 23,
 October 21, November 18, and December 16th

Location,
 Hope Lutheran Church
 4604 Ravensworth Road
 Annandale, VA 22003
 Contact Amy A angelicma@aol.com 703.851.8576
 or
 Barbara 703.489.4715



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2012 OA/HOW Retreat
Sept. 28 - 30, 2012

Dominican Retreat House
 McLean, VA

For more information, please contact:
Carolyn O 703 405 5991
Debra S 703 309 6530

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Got a new meeting or OA event to promote? Here's the place to do it.
 Email your flyers to
novations@oanova.org.

Editorial Policy: The opinions expressed in Novations reflect those of the writers and not Northern Virginia Intergroup nor OA as a whole, or the Editor of Novations; 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 your articles to:
NOVATIONS@OANOVA.ORG

WE'RE ON THE
WEB AT:
WWW.OANOVA.ORG

What's new on the oanova.org website?

***Coming Soon! We will be
adding our Novations
newsletter and podcasts for
downloading to your MP3
player***

**Next Intergroup Meeting
10a – 12n Saturday,
February 18th**

Hope Lutheran Church
4604 Ravensworth Road,
Annandale, VA 22003

All are welcome.

***Does your meeting have an
Intergroup Representative?***

WHAT IS OA?

Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating.

We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations.

OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

INTERGROUP CORNER OANOVA.org Gets a Facelift!

If you haven't visited www.oanova.org lately, check it out! We have moved to a template-based website that was designed by OA World Service that is easier to update and maintain. In addition to the Home page there are three main sections:

- **About OA** has information for those who are new to the program and want to learn more. In this section there is a short video called, "Do You Have a Problem?" and information about OA in Spanish.

- **Our Intergroup** is where you can find the searchable meeting list of all registered OA meetings. Please note that OA World Service maintains this meeting list—so if you want to be sure that your meeting is listed and the information given is correct, search for your meeting. If your meeting isn't listed or the information is out of date or incorrect, please go to the www.oa.org website and update your meeting information.

- **Event Calendar** is where you can find the latest on events in our area or in neighboring areas. You may also submit events to the calendar which will be posted once they have been reviewed by an Intergroup volunteer.

If you have any questions or suggestions, please let us know by emailing to webmaster@oanova.org!

WHAT IS INTERGROUP?

The purpose of OA NOVA Intergroup is to promote the unity within the Intergroup, to provide a forum for the exchange of ideas, to be aware of and serve the needs of member Groups and to carry the message of Overeaters Anonymous to the compulsive overeater who still suffers by: furthering the OA program in accordance with the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA; maintaining a Communication Center for the Intergroup; providing a format for selection of Board Officers and WSO/Region 7 representatives; providing unity of Groups and organization of Groups within the Intergroup; and conducting various recovery events that help further the aims of the Intergroup and member Groups.

(reprinted from OANOVA.org)

INTERGROUP OFFICERS

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