

THE SUNSHINER

Overeaters Anonymous
Ottawa District Intergroup

Fall Edition 2016

OPPORTUNITIES FOR SERVICE

GROUP REPRESENTATIVES

Intergroup would like to meet you!

Why does my group need a Group Rep?

Having a Group Rep means YOUR group - the group you enjoy going to the most - is connected to all the other groups in the Ottawa District, Region 6 and even the world.

What does a Group Rep do?

- Be a regular OA member who attends that group.
- Attends all Intergroup meetings or sends an alternate. Intergroup holds its meeting on the 4th Saturday of each month (except December), from 10:15 a.m. to 12:00 p.m. at McNabb Community Centre.
- Brings news or any issues from their group to Intergroup.
- Brings the group's 7th Tradition contributions & financial information.
- Mails or brings back completed Telephone/Service lists to the Intergroup Telephone and Email Service Chair.
- Announces Intergroup news to their group.
- Votes on issues concerning OA as a whole in the Ottawa District.
- Brings *The Sunshiner* Newsletter, Telephone/Service lists and Meeting lists back to their group.
- An abstinence requirement of 3 months is suggested, however, this is a group conscience decision.

For more information on Intergroup meetings and Group Representatives go to www.aa-ottawa.ca click on *About OA/Intergroup Meetings* or talk to any Intergroup Officer.

Volunteers Needed

For the OA Public Information Booth

at

The National Women's Show

EY Center (Hall 2), 4899 Uplands Drive, Ottawa, 613-822-8800

Service Required

Friday Oct. 21/16	Set up	Aprile D. and Eilena D.
Saturday Oct. 22/16	10:00 a.m. to 2:00 p.m.	2 Volunteers needed
Saturday Oct. 22/16	2:00 p.m. to 6:00 p.m.	2 Volunteers needed
Sunday Oct. 23/16	10:00 a.m. to 2:00 p.m.	2 Volunteers needed
Sunday Oct. 23/16	2:00 p.m. to 6:00 p.m.	Aprile D. and Eilena D. 1 Volunteer needed

- Volunteers will receive a badge to be worn for free admission.
- Volunteers will receive one free admission to invite a friend or family member to the show.
- Volunteers must arrive on time and stay until closing and leave the booth in a clean orderly manner.
- You may want to bring your own lunch as it is expensive to buy food.
- Parking is about \$7.00 per day which may be paid by Intergroup (subject to approval).
- Please email Aprile D. to book your hours of service.
apriledempsey@gmail.com
- Thanking you in advance for your commitment to service.

*Step Twelve: Having had a spiritual awakening as the result of these steps,
we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.*

SPECIAL EVENT COMMITTEE CHAIRPERSON

This Intergroup position is still vacant. If you are interested and have at least six months of abstinence, you are who we are looking for. Please see one of the Intergroup Officers if you have any questions.

Responsibilities (taken from OA Ottawa Intergroup Bylaws, p. 24):

- Suggests to Intergroup OA events to sponsor.
- Coordinates all special events (e.g. minithons, retreats) sponsored by Intergroup.
- Informs and invites all neighbouring Intergroups to special events sponsored by Intergroup.
- Retains a copy of all Intergroup special events flyers for historical purposes.
- Includes financial information with the monthly Intergroup report

These responsibilities can be accomplished by one or more persons.

NEW MEETINGS

Brockville

Monday, 6:00 p.m.
Bethel Christian Reformed Church
117 Windsor Drive (in library)

Ottawa

Monday, 9:30 a.m.
Nepean Museum
16 Rowley Ave
OA 12 & 12
Closed Discussion

Thursday, 8:00 p.m.
Trinity Anglican Church
1230 Bank Street, at Cameron
(near Riverside)

Overeaters Anonymous

Workshop on the Twelve Steps

A 15-session workshop designed to help participants achieve and maintain abstinence through working all Twelve Steps

October 20th, 2016 - February 9th, 2017

Thursdays, 6:30 to 8:30 p.m.

October 20th is the Introductory Session. Off Dec 22-29.

The following OA-approved literature will be used in the workshop sessions and homework assignments:

- *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*
- *Alcoholics Anonymous, Fourth Edition* (the Big Book)
- *Twelve Steps and Twelve Traditions by Alcoholics Anonymous*
- *Overeaters Anonymous, Third Edition* (will be available for purchase at the workshop for \$20)
- *Voices of Recovery*
- *For Today*

Participants need their own copies.

Workshop Location:

14 BAYSWATER (UPSTAIRS), OTTAWA, ONTARIO, K1Y 2E4

TO REGISTER, CONTACT CLAIRE L.: (819) 682-7235

This is a closed workshop for 4 to 12 participants. No new members may join after the Introductory Session. Participants commit to attend and fully participate in all sessions.

YOUR STORIES

Our Global Fellowship

I had a wonderful time at the Overeaters Anonymous World Service Convention in Boston. Usually I come home from a convention with some nugget for my program that I hang on to and share with others. This time what I came away with was a sense of urgency about the work needed to help our fellow suffering compulsive overeaters in other countries. Imagine the struggle to get abstinent where there is no literature in your language, not even the Big Book and no abstinent members available to sponsor.

On Friday night we had the unusual pleasure of two key note speakers. One was a lady originally from South Korea, living in Boston and the other was a speaker from England. The South Korean speaker had just come back from nine months in South Korea helping to get OA up and running there. The other speaker is the Region 9 Trustee who works hard to help Overeaters Anonymous in Europe, Africa, the Middle East and Western Asia. She told us about her work with meetings in Russia.

On Saturday I chose to go to a panel of speakers talking about working the program in other countries. The panel consisted of speakers from Columbia, New Zealand and Guatemala. The lady from Columbia learned English so that she could get the program because there was no Spanish literature available to her.

I came away really inspired by how much desperation there is all around the world for recovery from compulsive overeating and how hard people are working to recover and spread the word. I am so lucky that I have meetings every day of the week that I can attend. I have literature available to me. I have a large fellowship of people to rely on. Thank you God for all the recovery around me.

Shirley B.

Wow! What a Convention!

I just came back from the OA World Service Convention held in Boston, MA from September 1 to 4, 2016. It was fantastic! More than 1,200 people attended the Convention, representing approximately 18 countries. I was touched by the openness of all the speakers. There were lots of years of abstinence in the rooms. I was quite encouraged in my program.

Here are some personal notes I took down during some workshops I attended:

Surrender: A Revolutionary Idea workshop

- Let go of my fears. God will take care of tomorrow.
- I cannot control future events.
- I need to be willing.
- Surrender is the same as cooperation.

- Make a conscious choice that today will be the best day of my life.
- Do Step 3 every day. I need God's power to keep me abstinent.
- Start writing letters to God.

Is it a Relapse or a Slip?

- I am recovered from overeating not cured.
- Rationalization happens before a relapse.
- Not to be on auto-pilot with my program.
- To address slips right away.
- Ask myself why the slip took place?
- Ask for humility.
- Tell the truth.

Actions that Lead to Freedom

- Program of action: When in doubt, I will go to the "S T S T" (Steps, Tools, Slogans, Traditions).

One-liner I heard from a comical speaker at a workshop:

"The Steps prevent us from killing ourselves; the Traditions prevent us from killing each other"! 😊

Danielle G.

Pearls of Wisdom From my Sponsor

This column features simple pearls of wisdom which have been imparted to me over the years by my sponsors. These statements are in no particular order in my recovery or of importance.

We tend to compare ourselves with others.

They mean well.

It's their stuff.

Ego wants to take care of running the world.

God's in charge. Only God can change it.

It's out of your hands. Put it in God's hands.

Nothing happens by mistake.

God will show you where you need to go.

Power greater will see you through.

Power greater can remove negativity.

Every choice has a consequence.

(Pearls of Wisdom continued)

If nothing changes, nothing changes.
The more you try to fight this, the crazier you get.
Accept things as they are.
Accept it - then it goes away.
Tell God you're disappointed.
Guilt is a waste of time.
Take care of yourself.
God wants us to have fun & enjoy things.
Do something creative.
Commit to: exercise, meditation & writing.
Thank God for _____.
Remember: Call your sponsor!

Dawn-Marie

YOUR INTERGROUP MEMBERSHIP

Officers

Chairperson:	Patricia O.
Treasurer:	Debbie P.
Secretary:	Barbara M.
Region 6 representative:	Roxanne D.
WSO Delegate:	Bruce R.

Committee Chairs:

Bylaws:	Cathie S.
French-English Liaison:	Carmen D.
Intergroup Renewal:	Bruce R.
June 2016 Retreat:	Shirley B.
Literature:	Shauna H.
Public Information:	Aprile D.
Special Events:	<i>Vacant</i>
Telephone and Email:	Juli McA.
Publications:	Danielle G.

OA RESPONSIBILITY PLEDGE

*Always to extend the hand and heart of OA to
all who share my compulsion; for this I am responsible.*

EDITORIAL POLICY

The Sunshiner is the newsletter of Ottawa District Intergroup of Overeaters Anonymous. All submissions to the publication chair must be signed, and when published will appear with first name and last initial unless otherwise requested. Names will be withheld upon request.

Describe your OA experience. The focus should be on OA. References to other Twelve-Step programs and outside support are considered outside issues and cannot be published.

The opinions expressed are those of the writer, not those of Ottawa District Intergroup or OA as a whole. Please address all submissions and correspondence via email to: sunshiner@oa-ottawa.ca

Danielle G., Chair of the Publications Committee

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