

THE SUNSHINER

Overeaters Anonymous
Ottawa District Intergroup

Spring Edition 2016

Officers:

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

Committee Chairs:

| | |
|-------------------------|---------------|
| Bylaws: | Cathie S. |
| French-English Liaison: | Carmen |
| 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. |

Ottawa District Intergroup

- New Intergroup members.
- Intergroup notices.
- Your stories.
- Kingston minithon.
- Ottawa June retreat.
- 2016 OA World Convention.
- and more.

The position of **Special Event Chair** is still vacant.
If you are interested and have at least six months of abstinence,
you are the one we are looking for.
See one of the Intergroup officers if you have any questions.

► OA Ottawa District Intergroup meets the 4th Saturday of every month.
All members welcome ◀

IMPORTANT INTERGROUP NOTICES

| MARCH Intergroup Meeting | APRIL Intergroup Meeting |
|--|---|
| This meeting will be held in OTTAWA on Saturday, April 2, 2016 from 10:30 to 1:00 p.m. instead of March 26 (Easter Weekend) at McNabb Community Centre. | This meeting will be held in KINGSTON on Saturday, April 23, 2016 from 10:15 to 12:00 p.m. at Polson Park Free Methodist Church 139 Robert Wallace Drive It will be followed by a minithon. (see details on page 4) |

YOUR STORIES

Step 2 – 2nd Time around...

I learned so, so much last summer... I went to a meeting and had a spiritual nudging to call my sponsor and be open and honest about some obsessive worrying I've been having. Thank you God for meetings (I often rationalize that I don't actually need meetings... wrong).

I told my sponsor the truth about my problem and how I am powerless over my thinking and that yes, my life is indeed unmanageable. Step One. Check.

Now for Step Two. You see, when I joined OA in 1987, Step 2 was easy for me to do. It was a win, win situation because I knew that my HP was going to relieve me of my food problems. However, with my addictive worrying about this particular issue, it's so hard for me to trust in a power greater than myself. Why? FEAR. What if God has another plan? What if people I love get hurt? What if I don't get what I want? My sponsor has helped me to see that, soooo much of my difficulties with this problem, are because I am letting self-will run riot.

For the first time in the program, I read and learned and wrote as much as I could about Step Two. I began by describing what this power greater than myself is like... I choose to call this power 'God' and God to me... listens attentively, understands, remembers, smiles, relieves the shame, gives me hope, takes care of me, accepts me, is my #1 fan, has a history with me, is light-peace-joy-hope and health. He wraps his arms around me. When I get scared, I picture God wrapping a light purple and green shawl around me saying... "You're okay. You don't need to go there".

To help with my fears and worries, I am presently working on Step 3 by going through all of the literature and daily meditation books (looking at the index at the back under "Steps" ...). What I've learned so far is that I need to get out of the way. I need to pray for the willingness to TRUST GOD and to believe that God will always give me what I need though it may not be what I want.

I deserve the promises of the program. All of us deserve to "know a new freedom and a new happiness" and to get these promises; I need to start with Steps 1, 2 and 3.

Ann S.

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. Here are some of what my sponsors had to say about Steps 4 & 5:

What are you mad about or afraid of?
A fearless moral inventory – don't leave stuff out!
Everyone has stuff in the past.
It's nothing I haven't heard before.
Would you like me to tell you my experience?
Bringing things to light.
We're all human.
We're trying to discover your character defects.
7 deadly sins.
Trying to change.
No blaming.
It's not about them, it's about you.
Growth: seeing your part.
If it's bothering you, look at it.
These steps are vital.
Can't continue recovery without it.
Don't get bogged down.
Don't worry about it being perfect.
Ask God for gentle humility!
Call your sponsor today!

Dawn-Marie

ARTICLE ALERT

Share your Experience, Strength and Hope with your fellow members of the Ottawa District Intergroup. We want to hear from you! Sunshiner@oa-ottawa.ca

Also, do you have a slogan that keeps you focused and working your program? Write about it and share it with us in our next edition of The Sunshiner. Email to Sunshiner@oa-ottawa.ca

The deadline to receive your articles is June 30, 2016. Thank you for your service.

SPRING INTO RECOVERY!

KINGSTON OA MINITHON
SATURDAY, APRIL 23, 2016
1:00 P.M. - 4:00 P.M.

Polson Park Free Methodist Church
139 Robert Wallace Drive

FOR MORE INFORMATION, CALL 613-767-1481
NEWCOMERS WELCOME

Why not make it a day in Kingston!

9:00 a.m. - 10:00 a.m. OA Meeting

10:15 a.m. - 12:00 p.m. Intergroup Meeting

1:00 p.m. - 4:00 p.m. Minithon

All events will take place at the Polson Park Free Methodist Church

SAVE THE WEEKEND!

OTTAWA OA RETREAT

JUNE 3 - 5, 2016

at the Providence Spirituality Centre, in Kingston

Details to follow

SERVICE DIRECTORY SIGN UP FORM

also known as TELEPHONE LIST

IMPORTANT - In order for the list to be up to date every time it is issued and for your information to remain on the list, you **MUST** provide your coordinates each time the form is to be given to the Telephone/Email Service Committee Chair, Juli McA.

The form can be found on www.ottawa-ottawa.ca under the Service tab.

2016 OA WORLD SERVICE CONVENTION

RECOVERY: The Trail to Freedom!

September 1 - 4, 2016
Boston, Massachusetts USA

Registration is open.
Book your hotel room as soon as possible.
Peruse a tentative agenda and roommate information.

For more information, go to
<https://www.oa.org/world-service-events/world-service-convention/>

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

| |
|--|
| Ottawa District OA Intergroup Phone: 613-820-5669 Email: oaottawa@hotmail.com Website: www.oa-ottawa.ca |
|--|