

# THE SUNSHINER

Overeaters Anonymous  
Ottawa District Intergroup

Fall Edition 2015  
*Abstinence and Plan of Eating*

## INTERGROUP ELECTION

Have you been thinking about doing service? Here is a great opportunity.

The nominations and election **will be on Saturday, November 28, 2015 at 11:15 a.m.** (*Note the change of time for November only*) at McNabb Community Centre, 180 Percy Street, Ottawa.

The following positions will need to be filled:

<b>Intergroup Officers</b>	<b>Intergroup Committee Chairs</b>
Chairperson	Special Events
Secretary	Telephone / Email service
Treasurer	Bylaws

### Qualification information:

Section 3 of the By-laws – Qualifications for the Intergroup Board

To qualify for election to the Intergroup Board, an individual must:

**(a) Have 6 (six) months of current, continuous abstinence except as follows (each person shall be the sole judge of his or her abstinence)**

(i) There shall be an abstinence requirement of 1 (one) year and 1 (one) year of previous service on Intergroup Board for the positions of Chairperson and Treasurer.

Members of an OA group can nominate one person per position.

The nomination application form (appendix) can be found on the Ottawa District OA website, under Bylaws: Appendix A for Officers and Appendix B for Committee Chairs.

Thank you for your consideration.

**Ottawa District Intergroup Board Members**

### Inside this issue:

- Intergroup election
- Annual holiday minithon
- Special events corner
- Your stories
- Pearls of wisdom
- 2016 OA World Service Convention
- And more.

---

# ANNUAL HOLIDAY MINITHON

## LIVING ABSTINENTLY THROUGH THE HOLIDAYS

The 2015 Annual Holiday Minithon will be held on **Saturday, November 28, 2015, from 2:30 to 4:30 p.m.** at McNabb Community Centre, 180 Percy Street, Ottawa. The suggested donation will be \$5.

For more information, call 613-820-5669 or check our flyer on <http://oa-ottawa.ca/>.

Come join us at 11:15 a.m. for Intergroup Meeting before the minithon.

---

## SPECIAL EVENTS CORNER

### I. September 26 minithon: Abstinence vs. Plan of Eating

Some of you who attended the minithon may know these things already:

- The minithon was well-attended. Thirty-three attended.
- The 7th Tradition was \$124 Canadian, and \$10 American, which more than covers our costs.
- Refreshments took in \$4.60. (More on that below.)
- The Literature committee sold \$71 worth of literature.
- Feedback has been good so far. **If you hear anything specific, please tell the chair of the Special events committee.**
- We thank our Region 6 for providing the structure to the event, and our presenter and speaker for their service.

Even after being re-wired in the past year, the electrical system at McNabb is not able to accommodate our coffee urns. Someone kindly mentioned that Tim Horton's has a portable coffee urn. Have you seen these things? **Do you think we should provide coffee for sale at minithons?**

### II. The 2016 retreat

The Providence Spirituality Centre in Kingston has accepted our application to hold our 2016 retreat there from June 3-5, 2016. So we have a space! We have sent in our deposit. We have signed a contract with them.

We will need someone to chair the Special events committee. The Intergroup policies will not allow me to continue. This is a "we" program and it is someone else's turn. If you are interested in this position or if you know someone who may be interested, please let them know that the job description for this position, including the abstinence requirement, is posted on the Intergroup website at <http://oa-ottawa.ca/>. The current chair of the Special events committee would be happy to answer questions.

**Barbara-May, Chair of the Special Events Committee**

---

---

## ABSTINENCE AND PLAN OF EATING

### YOUR STORIES

What gets me out of bed on a Saturday morning, makes me miss CBC's Vinyl Cafe radio show, and spend an hour listening to a bunch of people share their experiences? Food, that's what. What they have learned, and what I can learn from them about having a food plan, and being abstinent about it.

I lost a lot of weight in my first two years at OA, then watched it creep back up as I allowed little breaches of my serious "three meals a day and no snacking" regimen. It did matter what was in those meals, and how big my servings were. So now I've introduced another element into my plan: NO sugar. Which means avoiding most packaged foods, pre-cooked meats or pasta or cereals or breads or microwave meals. Substitute real vegetables and fruits, mostly raw; meat that I cook myself; eggs, cheeses, breads made with whole grains; unflavoured yogurt (it is really better, once you get used to it!). What makes it worth it? My sense of accomplishment, my slow but steady weight loss, and most of all, my association with OA friends whose approval I crave. You people keep me on track. Thanks.

**Maura B.**

I have recently become willing to email an OA member with my food every day and have been doing this every day for 10 weeks. This has been a long time coming. I have done it before for short periods of time but I have never kept it up more than a few weeks. I would "forget" for a day and then for a few days in a row and very quickly stop altogether. I was never completely honest with my food. I had a lot of resistance to being completely honest and letting someone know what exactly what I was eating. I am completely willing this time around.

Emailing my food to another member will not keep me abstinent but it is a tool in my arsenal that can help me. If I am ashamed to tell an OA member that I ate something then perhaps it is not a good idea to choose to eat it. It is only through working my program diligently that I can have a choice about food.

Before OA I had no choice about food. I was ruled by my addiction which is a disease. The symptom of my disease is a mental obsession that I can eat like a normal person and some binge food will make me feel better, help me to celebrate, help me to commiserate or make me feel part of the world. I have an allergy to some foods. My allergy sets up a craving that is beyond my human will to combat. Only through working the steps and seeking my Higher Power's will for me can I have any choice when it comes to food.

I am very grateful for abstinence, my food plan to set out the parameters of my abstinence, and the peace I have around food today.

**Anonymous**

---

---

## PEARLS OF WISDOM

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. Below are some of what my sponsors had to say about plan of eating and abstinence. **Dawn-Marie**

- Your abstinence has to be clear.
- If jazzy, not keeping it simple.
- Old habits.
- It's a discipline.
- Structure. Failure to plan is planning to fail.
- Don't skip meals.
- Why would you want to eat something that is harmful to your body?
- See a professional.
- Say the serenity prayer before each meal.
- We are addicts. We can't trust our judgement. We don't make the best choices.
- Have lunch - 1 plate.
- Everything in moderation. Moderate size.
- Make a side that would fill & be nutritious. Nutrition is not expensive.
- I made the best choice. Good enough.
- Mindful of what you're craving.
- Pray before you go to have sweets: Thy will be done.
- When using mindfulness, you don't tend to overeat.
- Red light, yellow light & green light foods.
- When people say they want to tighten their abstinence, it usually means they want to lose weight.
- Compulsive dieters.
- OA is not about control.
- Compulsive behavior: obsessed with putting something in your mouth.
- No trigger foods.
- Numbing. It's a crutch.
- Missing the sensation.
- Don't panic; this too shall pass.
- Drink lots of water.
- Depends where you're at. No rigidity - go with the flow.
- Don't expect perfection. Progress not perfection.
- Self-love. Be gentle on yourself.
- It's a journey - not a straight line.
- Call your sponsor. You're helping to keep him/her abstinent by calling!

---

---

## **2016 OA WORLD SERVICE CONVENTION**

*RECOVERY: The Trail to Freedom!*

SAVE THE DATE:  
September 1 - 4, 2016  
Boston, Massachusetts USA

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](mailto:sunshiner@oa-ottawa.ca)

**Danielle G., Chair of the Publications Committee**

---

---

## **LAST BUT NOT LEAST**

Thank you for your service by providing announcements, articles and pearls of wisdom to this edition.

I wish also to thank Chantal G. for her first-rate proofreading skills.