



Ottawa District Intergroup

The Sunshiner Newsletter

Spring 2017 Edition, Volume 1

A Threefold Disease: Physical, Emotional & Spiritual

"The Overeaters Anonymous (OA) program offers physical, emotional and spiritual recovery for those who suffer from compulsive eating. Members find recovery on all three levels by following a Twelve Step program patterned after Alcoholics Anonymous. Members who recover through the Twelve Steps find that yo-yo dieting and obsession with food is a thing of the past. They no longer wish to return to eating compulsively. The first OA meeting was held in 1960 in Los Angeles, California. Since that time, it has grown to over 6,700 meetings in more than 75 countries—about 54,000 members." (taken from OA.org)

This issue is dedicated to the threefold disease of compulsive eating and the 3-legged stool—Steps, Fellowship & Higher Power. Also in this issue is all you need to know about the upcoming R6 Convention held in Toronto, Ontario this October!



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Introduction from the Editor

My name is Dawn-Marie M. and I'm compulsive about food. By the grace of God, I've been abstinent for over 9 years, one day at a time. I'm the new editor of the Sunshiner or should I say the "old" editor! Some of you may remember that I did this service for the newsletter a number of years ago. It's good to be back! I'm now under the direction of the Publications Chairperson who, at the moment, is Danielle G. (Danielle is looking to step down after doing this service for the last couple of years. If you are interested in filling her position, please contact her at oaweb@oa-ottawa.ca). I will be requesting submissions for upcoming issues. I'm looking for anniversary announcements, special events & articles relating to OA. I'd also be interested in your ideas for themes for subsequent issues. The theme for the upcoming summer issue is "Sponsorship". This is your newsletter. By contributing to it, you are keeping it vibrant. Thanks to those who contributed to this issue!

You can send submissions to the following address: Sunshiner@oa-ottawa.ca. I wish you many more 24hrs of abstinence!

Life Improvements Since Becoming A Member

	Significant Improvement	Moderate Improvement	A Little Improvement	No Improvement	Was Not an Issue
Daily Functioning	63%	20%	9%	3%	5%
Overall Physical Health	50%	28%	12%	6%	4%
Mental/Emotional Health	72%	19%	6%	2%	1%
Spiritual Connection	70%	17%	7%	3%	3%
Weight Issues	49%	25%	14%	9%	3%
Relationships	56%	25%	10%	4%	5%

Taken from OA.org 2010 membership survey Report for Professionals. Survey reveals how members found OA occupations, age & gender.

From Introducing OA to the clergy

"Like alcoholics and drug addicts, they suffer from what we in OA regard as a physical, emotional and spiritual disease..."

"We know only that, by following a program of emotional and spiritual healing, we learn a new way of living without being obsessed with food. Overeaters Anonymous is a spiritual program, not a religious one. Members are free to hold whatever religious beliefs they choose, or none at all. Many of us discover we are eating compulsively because of an emotional or spiritual hunger. As we search for spiritual fulfillment, we often become more involved in the religion of our choice."

The Sunshiner—Deadline for submissions for the Summer Edition on Sponsorship is June 3, 2017

The 3-Legged Stool

Recovery is a three legged stool, I was told early in my recovery. The legs are the Steps, the Fellowship and Higher Power. If one of the legs of a stool is broken the whole stool cannot stand. If one of the legs of the stool is shorter than the other two, the stool will be wobbly.

The Steps – Working a program of action to recover is to work the twelve steps. These steps are what change me from the inside out. I have to change my thinking, my attitudes & my beliefs in order to recover. I have to change my thinking that the food is a solution to the problems in my life, that I can control the food, that someday, somehow, some way I will find the right diet to fix the problem. I have to be convinced and believe that I am a real compulsive overeater; that I am worthy of recovery and that my Higher Power can and will restore me to sanity. The same person will continue to go around and around the addiction cycle of binging, feeling ashamed, promising to stop and binging again. If I don't change I will never recover. I cannot change on my own. I work the steps to clear away the guilt and shame of the past and change in every way.

The Fellowship - I cannot work the program of action at home alone. I need to be in contact with my people. My people are the people who have the same issues with food that I have. I need to sit in a meeting and listen to other compulsive overeaters share about their struggles and their successes from working a program of action. It is like holding a mirror up so that I can see where I am having success and where I am struggling and what spiritual work I need to do in the steps to stay abstinent and get better. I need a sponsor to teach me how to work the steps and be my guide in looking at myself and my behavior honestly.

Higher Power – All the step work I do and all the fellowship surrounding me is to help me to find a spiritual awakening so that I can recover; in other words, to find God. I am totally powerless to make any of these changes on my own. If I could do it on my own I would have done so already and would not need Overeaters Anonymous. It doesn't matter what or who I believe in. What is important is to know that I am not the one in charge today. My Higher Power can be the OA group as a whole, the idea of love, the beauty and power of nature or a religious figure. I can recover with any idea of a Higher Power. I cannot recover without the willingness to find a Higher Power that works for me. Having my own conception of God is very important to my recovery. If I am trying to believe in the God of my childhood but that conception does not work for me today, I cannot trust that I will be restored to sanity as is promised in Step 2. This promise of course doesn't come true in Step 2, but after Step 9.

All three of these legs of the stool are intertwined and essential. I cannot work a successful program with any two of them. I cannot try to work the steps home alone with my Higher Power. I cannot just hang around the fellowship and pray to God to remove my mental obsession and physical craving without doing step work.

Anonymous

DATEMINDER

May 1–6, 2017 World Service

Business Conference

The Threefold Disease of Compulsive Eating: Mental, Physical and Spiritual

I suffer from the disease of compulsive eating. This disease has brewed in me from a young age. It grew in me in three ways: a mental illness, a physiological addiction to certain foods and a lack of spirituality in my life.

The mental illness that I have suffered from as far back as I can remember is that I felt I was never good enough: I wasn't pretty enough, I wasn't a good enough teacher, I wasn't a good enough mother, etc. The list was endless. The bottom line is I had always felt uncomfortable in my own skin due to twisted, defective thinking in my head. I binged on these defective thoughts and feelings; they became my core belief system. The mental/emotional illness continued to grow as I grew older. My insecurities led to an unbalanced lifestyle such as overworking and unhealthy relationships. I searched for happiness in all the wrong places.

I wasn't finding happiness...but I did have moments of joy when I ate yummy, sweet foods. They gave me comfort. I'd stuff myself to the point of not feeling all those defective thoughts. The 'party in my mouth' was a high. I continued to seek comfort in food as my life continued to be more challenging. I couldn't manage the responsibilities of being an adult (i.e. relationships, job & motherhood) and so I turned to food more and more to give me comfort & to sustain me. I gained weight. Then I felt awful for being fat, so I tried to control my food. I underate and overexercised. I lived this yo-yo lifestyle for many years. The food, which used to be a reprieve, began to make me feel worse about myself. I was feeling more and more empty, so I ate more. One definition of insanity is doing the same thing over and over again and expecting a different result. I blew up to a size 18. I was insane.

I suffer from the disease of self-centredness. I had always lived life on my terms, done whatever suited me and left a trail of harms behind me. I had the reigns and I drove myself to a place of despair. My life was a mess. I no longer wanted to live the way I was living. The food wasn't bringing me the joy it once had. The disease was killing me physically, mentally/emotionally and spiritually. I had always believed in God, but I thought I needed to earn his love by being perfect. OA introduced me to a God who is kind, gentle and loves me unconditionally. An OA member once told me she fired her higher power and got a new one. I guess that's what I did too. My God is now in control of my life, one day at a time, one moment at a time, only when I surrender it to Him. Living life on His terms, abstinently, gifts me with peace of mind, emotional stability and a healthy body.

S. H.

Upcoming Retreat!

The next OA retreat will be held from September 8th-
September 10th, 2017.

Save the date! And stay tuned for registration information!

JOIN US IN TORONTO FOR THE REGION 6 CONVENTION OCTOBER 20-22



1) Register online

www.oaregion6.org/2017

Registration Rates

- \$50 CDN – Now until August 15
- \$60 CDN – August 16 – Oct 6
- \$75 CDN – Registration at the door



2) Order your meal plan

Weekend meal plan (4 meals & Saturday banquet)	\$180 CDN
Saturday banquet only	\$50 CDN

For menu details visit

<http://oaregion6.org/2017/meals>

3) Book your hotel room

☎ (905) 881-2121 or 1 (800) 668-0101

🌐 <http://oaregion6.org/2017/hotel-reservations/#rates>

- Traditional room \$139 CDN + tax per night
- Premium room \$159 CDN + tax per night

Book by September 30, 2017 to guarantee
the hotel's special convention rate



Sheraton Parkway Toronto North
9005 Leslie St., Richmond Hill, ON

OA Region 6 Convention 2017

Toronto (Richmond Hill), Canada



Keynote Speakers Wanted

Four keynotes will be selected!

Submit your recording for consideration.

Keynote speakers will receive a free hotel room during the convention. The meal plan can be purchased separately.

Keynote submission recordings will be reviewed by a preselected committee.

In order to be considered, candidates must

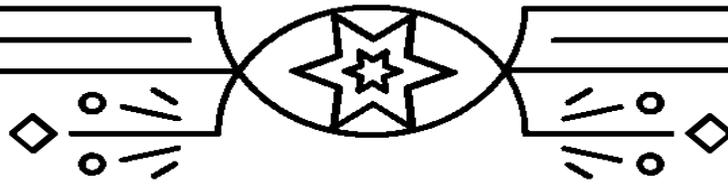
1. be an OA member with a minimum of 3 years current, continuous abstinence
2. submit in digital format (MP3 or CD) a talk recorded at an OA event/registered meeting
3. register for the 2017 Convention prior to recording submission

How to Submit

Include your full name, address, telephone, email address, abstinence date, and length of time in OA.

- Email to R6ConventionChair@oaregion6.org
- Mail to R6 Convention Chair
1229 Winding Trail
Mississauga, ON, L4Y 2T6
Canada
- Submit directly to the Region 6 Coordinator at the Region 6 Spring Assembly in Albany on April 8th.

Deadline: Saturday, April 22nd



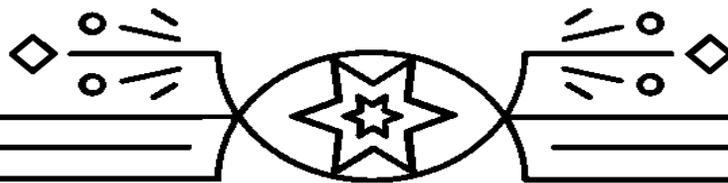
OA REGION 6 CONVENTION 2017

WE ARE LOOKING FOR
TALENTED MEMBERS TO
PARTICIPATE IN THE

TALENT SHOW

FRIDAY NIGHT OCTOBER 20, 2017

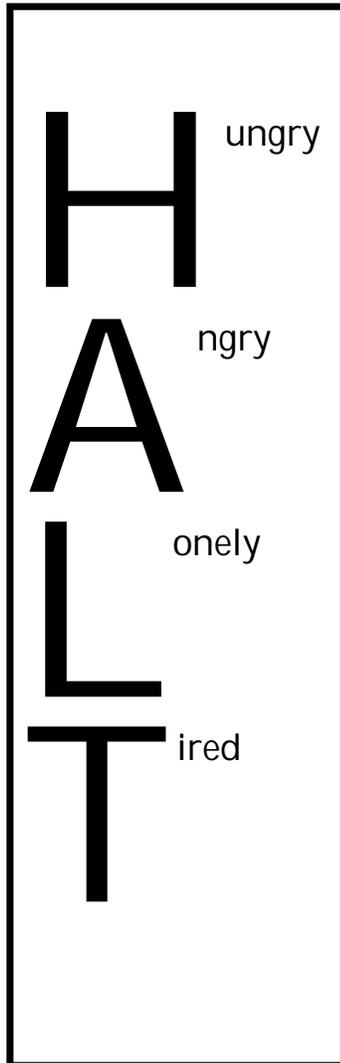
FOR MORE INFO CONTACT
OA2017TALENT@GMAIL.COM
BY NO LATER THAN AUGUST 15, 2017



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. Dawn-Marie M.



Physical

Drink lots of water.

Everything in moderation.

Eat well.

Why would you eat something that makes you sick?

Triggers wanting more.

Exercise. Take a walk.

Emotional

It's good for your self-esteem.

You're feeling less than.

That's envy. Ask God to remove it.

Accept your feelings about this.

That's obsessive thinking.

Anger tells you something isn't right.

Spiritual

Realize that it's but for the grace of God.

Trust God.

It's out of your hands.

EGO—is not spiritual.

We want to be God.

God gave us free will.

Pray the Serenity Prayer.

God is interested in how you feel.

Meditation is important.

Some anniversaries since the beginning of 2017:

Kathleen J. 2 yrs

Juli McA. 2 yrs

Dave MacD. 4 yrs

If you want your anniversary printed here send it to:
sunshiner@oa-ottawa.ca

**Intergroup elections were held in November 2016.
The results are as follows:**

Officer s

Chairperson:	Juli McA.	chairperson@oa-ottawa.ca
Treasurer:	Patricia O.	treasurer@oa-ottawa.ca
Secretary:	Barbara M.	secretary@oa-ottawa.ca
Region 6 representative:	Vacant	
WSO Delegate:	Vacant	

Commi t t e e Chair s

Bylaws:	Cathie S.	bylaws@oa-ottawa.ca
French-English Liaison:	Carmen D.	french_liaison@ottawa.ca
Special Events	Shirley B.	special_events@oa-ottawa.ca
Literature:	Shauna H.	literature@oa-ottawa.ca
Public Information:	Aprile D.	public_information@oa-ottawa.ca
Telephone and Email:	Karen M. & Amica P.	telephone@oa-ottawa.ca
Publications:	Danielle G. Dawn-Marie M. (Newsletter Editor)	oaweb@oa-ottawa.ca sunshiner@oa-ottawa



Ottawa District Intergroup

The Ottawa Area Intergroup Business meeting is held on the 4th Saturday of each month at McNabb Community Centre @ 10:15 AM. All members are welcome.

OA RESPONSIBILITY PLEDGE 40th Anniversary!

*"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 Overeaters Anonymous Ottawa District Intergroup. 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. We welcome your comments and suggestions.

Please address all submissions and correspondence via email to:
sunshiner@oa-ottawa.ca

Dawn-Marie M., Editor
Danielle G., Chair of the Publications Committee

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