



Ottawa District Intergroup

The Sunshiner Newsletter

Summer 2017 Edition, Volume 2

Sponsorship

I reach out my palm and you touch my heart. Together we make a valiant start. We guard against any halfway measure; As we embark on this journey together. We're raising the banner for spiritual living; Changing our actions from taking to giving. Our hands and our minds retreat from the fridge; The past becomes water under the bridge. Taking it easy and paying attention; We open our eyes to the fourth dimension. Recovery beckons, joyous and free. What happened for many, will happen for me! — N.R., Maryland USA

This issue is dedicated to sponsorship. See inside for the link to the podcast series which addresses sponsorship issues. Also in this issue is more information about the upcoming R6 Convention held in Toronto, Ontario this October!

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The Sunshiner—Deadline for submissions for the Fall Edition on "The Traditions" is September 29, 2017.

From the Editor

My name is Dawn-Marie M. and I'm compulsive about food. I am 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). As editor, I am looking for submissions for upcoming issues such as themes, special events, personal stories & articles relating to OA. The theme for the upcoming fall issue is "The Traditions".

I'd like to give a shout out to my own sponsor who has been so reliable all these years. She always tries to be available & friendly. The way she relies on her higher power challenges me to do the same. She only recommends things that she herself would do. And she has a good sense of humor to boot!

You can send submissions to the following address: Sunshiner@oa-ottawa.ca.

Do I have to do what my sponsor says?

No, but you might want to consider why you are resisting the suggestion he or she has to offer. If you think your sponsor is wrong, tell him or her so and discuss the issue.

Sponsorship styles vary significantly from person to person. Some sponsors are more strict than others; some are more inclined to offer advice, make demands, or give orders. For some people new to recovery, being told what to do may work. For others, it does not. If your problem with your sponsor stems from his or her style rather than from one or two specific suggestions, discuss this issue. If your sponsor's style is to tell you what to do rather than offer suggestions or share his or her experience, strength and hope, you have a right to bring this observation up. While your sponsor may guide your recovery program, it is not his or her responsibility to run your life.

How many sponsees is too many?

It depends on your personality, the circumstances of your life, and your degree of preferred involvement with sponsees. It also depends upon how long your sponsees have been sober, since newcomers require more time and attention than mid-timers. Only you can decide. In making the decision, be fair to yourself as well as to your sponsees by not taking on so many that you short-change yourself.

Our grandiosity is easily fed by the attention of numerous sponsees so we have to be careful about having too many. I have known program members who compulsively collected sponsees and moved with an entourage from meeting to meeting. There is a limit to the number of sponsees we can work with effectively. It is a disservice to them and to ourselves if we develop a sponsee addiction.

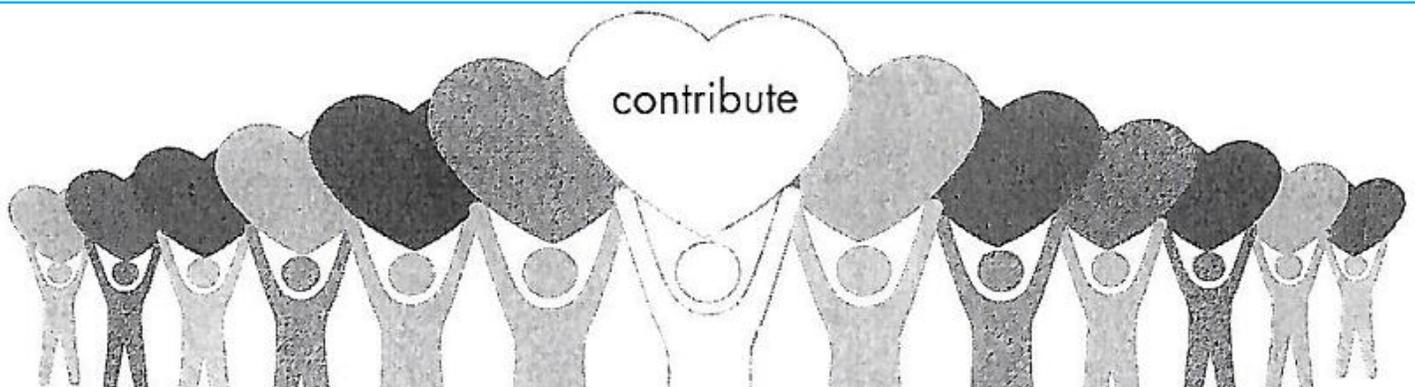
Both excerpts from "Twelve Step Sponsorship— How it works" Hamilton B.

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My OA Sponsor

For over 20 years, I came & left the doors of OA. I came because I needed to. I hated OA secretly & judged everyone, especially their different sizes. I was abstinent in other programs, but felt like an OA loser. I was an OA loner. Why can't I get it? No matter what I kept coming back, hoping for a miracle. It wasn't until I met my sponsor that the miracle happened for me. She is perfectly perfect for me. Especially spiritually, we have the same higher power, God. That makes a world of difference. For the first time in OA & in my life, someone actually loves me unconditionally. She laughs when I'm funny or thinks I'm funny anyway...LoL. She loves me, she is actually happy when I call. I always feel 100% better after talking with her. She never demands, but rather suggests things. Her middle names are grace, love & understanding. Part of being abstinent is that my God shows me love through her. That's partly why I ate all my life. I was trying to fill the huge hole in my soul with food. Now, first things daily: God, sponsor, OA members, meetings & working the steps. For the first time in my life, someone tells me she truly loves me. Not just in words, but actually shows me I'm loveable, precious & worthwhile as a person. She is more than a sponsor. She's precious to me!

Maggie H.



Help OA grow. Go to oa.org/contribute and sign up to become an Automatic Recurring Contributor.

SPONSORSHIP

After getting over the initial feelings of unworthiness regarding being a sponsor, I dove into this kind of service and have never stopped doing it when I was in program. There are so many reasons to sponsor - I need to give back what I have been given in order to continue to recover; I have contact with other compulsive overeaters which is essential to breaking the isolation I automatically return to when I'm challenged; I need to pass on the many hours of love and wisdom that have been dedicated to helping me discover myself; and, lastly, there is a joy that I cannot transmit with words, that comes in helping another food addict on their journey. These are only some of the reasons I urge you to sponsor. If we don't sponsor, people cannot recover. Thus, sponsoring is paramount to Tradition Five which states that our primary purpose is to carry the message to the compulsive eater who still suffers.

I have been fortunate enough to have a sponsor who shares her truth about herself with me - this helps me to realize that she is not perfect, I am not perfect - no one is perfect. What a relief it is to know this! Her humility has helped me to grow my need for humility. And so I grow, I share what I have heard before, but I write this from experience - there is nothing like helping another recovering person and hearing yourself say exactly what you need to hear. My challenges are right in front of my nose when I work with someone because I find it hard to tell them to do work that I am not doing myself. Hearing about a sponsee using a tool I have difficulty using is very motivating - I want to be the best example I can be when I am guiding others. And I often fall short, but I keep trying.

In the early days, as I began sponsoring, I looked at what other sponsors were doing and felt I had to do it the way they were doing it. I learned through experience, and it wasn't easy, that I need to figure out what works for me and do that. In this way, I learned how frequently and for what amount of time I could talk with members. I figured out how many people I could sponsor at a time and stay sane. These learnings led to figuring out boundaries. I didn't have many in my life at that time. It is fine, actually essential, that I learn to take care of myself. Relationships with sponsees were another way to learn these life skills. And so I grow.

The job of a sponsor is to help a member work the Twelve Steps. A sponsor is not a counsellor, a nursemaid, a financial advisor or a friend. Their job is to figure out where the person is in the steps with the issue they are talking about and to point them to the steps. It is up to the member to do the work. A sponsor is not responsible for them doing the work or for them "getting" recovery. A sponsor just needs to share their experience, strength and hope - not their advice. I had to learn to detach myself from a member's issues instead of trying to fix them. And so I grow.

If you think these are wise words, I can tell you that I learned it all from my sponsor. Another reason to not only have a sponsor but to do sponsoring - your sponsor will help you learn how to do it if you take *your* issues on sponsoring to your sponsor.

Anonymous

Some anniversaries since March 2017

Mary-Anne 1 yr	Debbie W. 1 yr	Shauna H. 11 yrs
Mel 1 yr	Christine 1 yr	Debbie B. 20 yrs
Allana M. 1 yr	Roxanne D. 4 yrs	Renée G. 21 yrs
Luci 1 yr	Amica P. 4 yrs	



Sponsorship Day

August 19, 2017

WSBC delegates voted to **add a new event day** for the entire OA Fellowship. Sponsorship Day will be recognized annually on the third Saturday in August.

OA now recognizes **five annual Fellowship days:**

- OA's Birthday — third Saturday in January
- Unity Day — February 25 at 11:30 a.m. Pacific Standard Time
- Sponsorship Day — third Saturday in August
- International Day Experiencing Abstinence (IDEA) — third Saturday in November
- Twelfth Step Within Day — December 12

Groups and service bodies are encouraged to plan local events to celebrate the role of sponsorship in recovery.



Top 12 Reasons to Buy the Meal Plan for the Region 6 Toronto Convention



1. We know you're going to be hungry.
2. What else would you do at mealtimes; remember fellowship is complimentary with the meal plan. Don't isolate!
3. Its faster than finding a restaurant, waiting to be seated, ordering, waiting to be served...
4. You might miss something if you go out.
5. There are more than 8,000 restaurants in Toronto; that's far too many options.
6. Pre-plan your meals; the menu is on the website or [click here](#).
7. There are healthy options for many plans of eating; no guessing involved.
8. \$180 CAN is about \$134 USD, that's quite a bargain! AND it includes the Saturday night banquet.
9. The meal plan is not included in your registration or room booking.
10. While supplies last! Space is limited.
11. All service charges, tips, and taxes are included
12. You know you want to!

Meal Plan Details

- **Cost for meal plan: \$180 CND**
 - Includes breakfast & lunch on Saturday and Sunday
 - Saturday night banquet
- Meal plans may be purchased up to October 1, 2017
- Meal plans are transferable
- **Refunds: There will be a \$20 fee for refunded meal tickets. Meal tickets may be refunded up to October 6, 2017**



Purchase your Meal Plan Tickets [Here](#)

or go to OA Region 6 Convention 2017 Page at: oaregion6.org/2017



Convention News

April 2017

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

Order your meal plan

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

Saturday banquet only \$50 CDN

For menu details visit <http://oaregion6.org/2017/meals>

Book your hotel room

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

(905) 881-2121 or 1 (800) 668-0101

Room \$139 CDN + tax per night

Looking for a Roommate?

Contact Jill at r6roommatelist@oaregion6.org

Raffle Tickets

Enter to win a convention package ticket on sale now! See your Region 6 Rep

**REGION 6 INVITES YOU TO
A WEEKEND OF RECOVERY!**

WHAT YOU WILL

EXPERIENCE

- 4 powerful keynote speakers
- Countless workshops
- Entertainment
- Banquet
- Dancing
- Fellowship with hundreds of OA members

DATE AND LOCATION

October 20-22

Sheraton Parkway Toronto North

9005 Leslie St.,
Richmond Hill

FOR OUR AMERICAN FRIENDS...

Passports are needed to enter Canada



Upcoming Retreat!

The next OA retreat will be held from

September 8th-September 10th, 2017

At Providence House in Kingston.

Registration flyers will be distributed shortly.

Sponsorship Success: A New Podcast Series



Listen to "Sponsorship Success": **a nine-part podcast series** by members from various OA regions sharing their experience, strength, and hope about the Tool of sponsorship. Learn more about: What is a Sponsor? Why should I get a sponsor? Why be a sponsor? What is the sponsor "job description"? What are different sponsoring styles? And more. Plus, download the [Sponsorship Success Questionnaire](#)—**thought provoking questions** for writing exercises, discussion, or meditation that complement the [podcasts](#). See the next page for the questionnaire.

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Sponsorship Success

This podcast series is taken from the OA “Sponsorship Success” marathon on March 12, 2017. OA members from various regions share their experience on a variety of topics related to sponsorship. Each speaker also presents two questions, along with the topic, to use for writing exercises, discussion, or meditation.

1. What is a sponsor?
 - Does your sponsor fit the description on page 18 of *Alcoholics Anonymous, Fourth Edition* (Big Book)?
 - What tasks does your sponsor request of you, and do you comply with those requests?
2. Why should you get a sponsor, and how can you get a sponsor?
 - What is your greatest fear about getting a sponsor?
 - Is it okay to ask others how they got their sponsors?
3. Why be a sponsor? Why be a sponsee?
 - What would your recovery look like without a sponsor and/or sponsees?
 - If you do not currently have a sponsor, what can you tell that voice in your head that says you don't need one?
4. When can you start sponsoring? When can you start being sponsored?
 - How do I know if I'm ready to sponsor?
 - How many sponsees should I have?
5. What are the sponsorship job descriptions—from sponsor to sponsee and back?
 - Do you take time out from your job for meals and quiet time?
 - Have you had on-the-job training?
6. How can you break down the barriers for both parties?
 - What is your biggest barrier to becoming a sponsor?
 - What is your biggest barrier to getting a sponsor?
7. What are some different sponsoring styles.
 - What approach works best for you—strict or easygoing?
 - What techniques does your sponsor use that you find helpful, and why?
8. How do you work the Twelve Steps with a sponsee?
 - What approach did your sponsor take to working the Steps that was especially helpful to you?
 - How has going through the Steps with a sponsee helped you?
9. How do you work the Twelve Traditions with a sponsee?
 - How do you apply the Traditions to your family and friends?
 - How do you take the Traditions with you in all your daily life activities?

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. This is what was shared about sponsorship. Dawn-Marie M.



Whatever recommendations you make to your sponsees, you should take for yourself.

You shouldn't suggest things that you don't do yourself.

You have to work and be active in your program.

Ideally, both parties are working and growing.

Sponsorship makes you work your program.

Make sure you are doing the steps daily: meetings, prayer, journaling, etc.

Make sure you have the time to sponsor.

If you have too many sponsees, you won't have the quality of time.

It's a commitment. It's a committed relationship.

It's not always successful. Sometimes it doesn't work out.

Anonymity is important.

It should be a trusting relationship. They need to know that what is shared is kept in confidence.

There should be mutual respect.

EXTRA! EXTRA!

News from the World Service Office

GROWING UNITY WORLDWIDE Our 2017 Strategic Plan focuses on Growing OA Unity Worldwide. Check the April 2017 Lifeline which begins a series on “You are a Piece of the Puzzle” continuing through the end of 2017 when the puzzle will be complete.

OA SURVEY We will be updating our *2010 Membership Survey Report* this year. Invitations will be sent to randomly selected groups starting in June 2017. Please visit us at oa.org/groupsservice-bodies/meeting-changes/edit-a-meeting to ensure your group secretary’s contact information is current. The survey itself will be conducted online.

OALIFELINE.ORG Come enjoy the new OA Lifeline digital issue at oalifeline.org. You can find all of the 2016 and 2017 issues, plus extras. You can even submit your story for publication in *Lifeline* via this site.

SOCIAL MEDIA Have you had a chance to visit our Facebook page? It is a great way to keep informed on our program and our fellowship. Please be aware of your privacy settings before choosing to ‘like’ or ‘follow’ our page. It is a public page designed to be a public awareness tool. Our plan is to become active on other social media sites during the upcoming year.

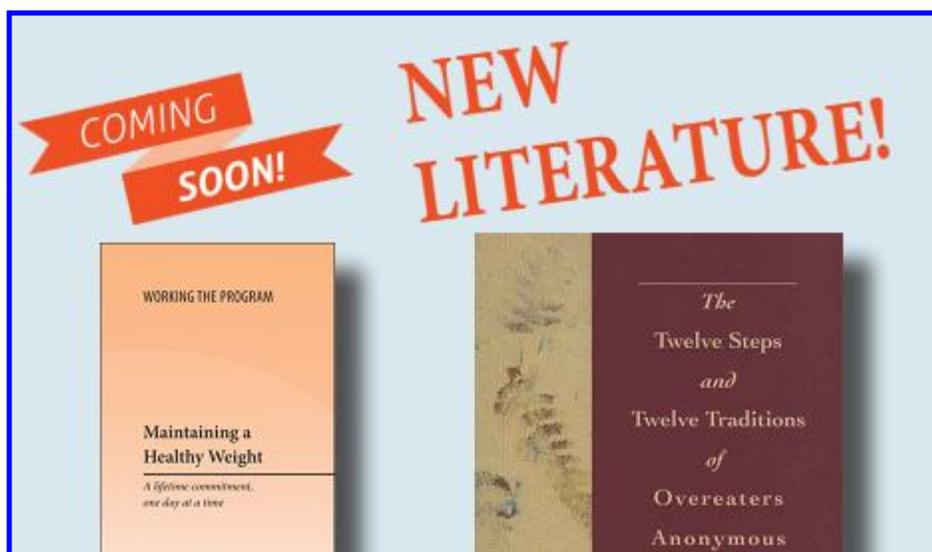
At WSBC 2016, the following Statement on Public Media Policy was adopted:

While Overeaters Anonymous has no opinion on outside issues, including social media, the delegates of the 2016 World Service Business Conference recommend that any OA member, group, or service body using social media for OA public information and public awareness maintain the personal anonymity of OA members.

Members of Overeaters Anonymous are anonymous. The Fellowship is not. Members of Overeaters Anonymous using social media are responsible for maintaining their own personal anonymity and respecting the anonymity of other OA members.

(WSBC Policy 2011a, amended 2016)

Should your service body choose to start its own social media site, please check our Guidelines for Anonymity in a Digital World, available for download in at oa.org.



The Conference Seal of Approval was granted to two revised pieces of literature: Maintaining a Healthy Body Weight and The Twelve Steps and Twelve Traditions of Overeaters Anonymous.

By 2018, we'll all be reading out of a new “12 & 12” that is packed with recovery!

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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. Please see the website for a list of Intergroup Officers & Committee Chairs.

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

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