



The Sunshiner Newsletter

Spring/Summer 2018 Edition, Volume 5

USING THE TOOLS OF OA

Hi everyone, I'm Rebecca P., a compulsive eater, anorexic and bulimic. I am excited that this issue of The Sunshiner is about the Tools of OA! I love and use all of the tools on a regular basis, and I wanted to write in about my favourite tools.

Sponsorship: A sponsor shows me how to work the Steps towards recovery, to the limit of his or her experience, strength and hope. It's like having a flashlight illuminating the path before me, showing me the way. I can't imagine working my program without this tool.

Meetings: One of my favourite tools!! When my disease has me in its grips and I'm not willing to do anything else, I thank HP that I have always been willing to get to a meeting. They say "keep coming back", and luckily that has worked for me. Meetings allow me to build relationships with my fellow OAers, they offer a place to do service, and best of all, being at a meeting allows me to share my truth and my vulnerabilities and find out that I'm not alone after all!

Telephone: After meetings and anonymity, this is probably the tool I have used the most over the years. Making phone calls to fellow OA members has gotten me out of so

many tight situations where the food was louder than HP's voice. When I was coming out of relapse and I couldn't trust myself to go to the grocery store, I would call an OA member and talk to them the entire time I was getting groceries! And it worked! I also use the phone to do service (outreach calls), especially when I'm feeling crazy or need to get out of "self". I call people I've seen at meetings (or haven't seen in a while) and ask them how they're doing. Texting is popular now, but I still prefer calling. I can hide behind texts but I can't hide when I'm speaking "live" with someone.

Writing: This is a tool that I NEVER used to use...I didn't know how to! But over time, it has become something that I cherish. In 2015, my sponsor suggested that I get a journal. It took over a year to fill that first journal, but now I go through a journal every 4 to 5 months! It is often a direct line to my HP and my emotions, and I'm so grateful for this tool.

Service: The Big Book says that working with another alcoholic (or in this case compulsive overeater) will save us when all else fails. I am grateful that I was encouraged to do service as soon as I got into program, and it has always been a key

part of my recovery. It makes me feel useful and strengthens my relationships to my fellows and to OA. Early in recovery, I could do service by chairing meetings, putting away chairs, making outreach calls and volunteering for service commitments here and there. As time went by, I discovered service at and beyond the group level. I lead a busy life but I make time to do service because I need program – if no one did service, OA wouldn't exist... and without OA I'd likely be dead. It's my duty to pass along what was freely given to me. Plus, every time I do service, I'm taking out insurance against my next binge! It's a win-win! :)

I'll end with this: The steps are what give us recovery, but for me, I couldn't walk this path without the tools as well. I am so grateful for them. Thanks for reading and for letting me do service!



From the Editor

My name is Dawn-Marie M. and I'm compulsive about food. I am now under the direction of the new Publications Chairperson, Bruce R.. Go to oa-ottawa.ca & check out the new look he has created for the website. As editor of the Sunshiner, 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 "How has service helped your recovery?". You can now send submissions through the website.

OA Ottawa District Intergroup Board 2018

Officers:			
Chairperson:	Juli McA.		chairperson@oa-ottawa.ca
Treasurer:	Patricia O.		treasurer@oa-ottawa.ca
Recording Secretary:	Sarah V.		secretary@oa-ottawa.ca
Region 6 Representative:	Cindi B.		r6_rep@oa-ottawa.ca
WSBC Delegate:	Juli McA.		wsbc@oa-ottawa

Committee Chairs:			
Literature:	Connie R.		literature@oa-ottawa.ca
Bylaws	Luci S.		bylaws@oa-ottawa.ca
Telephone & E-mail Service:	Karen M./Angie R.		telephone@oa-ottawa.ca
Publications:	Bruce R. Dawn-Marie M. (Sunshiner)		publications@oa-ottawa.ca sunshiner@oa-ottawa
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Special Events:	Aprile D.		special_events@oa-ottawa.ca
French-English Liaison:	Carmen D.		french_liaison@ottawa.ca

Recap of Welcome Back Workshop

On February 24, 2018 Intergroup, with financial help from Region 6, hosted a Welcome Back workshop focusing on relapse. There were about 25 OA members in attendance. It was moderated by Juli McA., our chair, and three speakers shared their experience, strength and hope on how they got back to abstinence after being in relapse. They focused on these questions:

- What happened to make you lose your abstinence?
- What significant factors helped you come back?
- What key factors helped you stick with it when you came back?
- Is there anything further you would like to say about avoiding relapse?

Free literature, courtesy of Region 6, was made available as well.



September 22, 2018
Intergroup meeting 10:15am-12pm
followed by Minithon 1:30pm-4pm



Location:
Arnprior or
Renfrew (TBD)

Go to: www.oa-ottawa.ca
for updates

Send your suggestions for a theme to
Aprile D. at special_events@oa-ottawa.ca



World Service Business Conference (WSBC) 2018

Growing OA Recovery Worldwide

Thank you all for giving me the opportunity to attend WSBC 2018 as your delegate. It was a phenomenal experience. I did my best to make the most of this opportunity. I was able to attend three early-bird workshops on (A) Building a Foundation of Strong Abstinence and Sponsorship, (B) Building Healthy Service Bodies and (C) Sharing “Carrying the Message” Successes and Challenges. I have notes for each which are not in any particular order:

A - Building a Foundation of Strong Abstinence and Sponsorship

1. Make a commitment to abstinence – treat it as a promise or a solemn oath
2. View abstinence as freedom versus deprivation
3. Provide coins for each year of abstinence and for finishing each of the steps
4. Have a service volunteer coordinator
5. Sponsor training workshops and quick step studies which create sponsors
6. Ask the fellowship what their concerns are at the beginning of the year and then do workshops throughout the year to address these concerns
7. Sponsor anyone, anywhere, anyhow (e.g. by phone)
8. Have a Twelfth Step Within/Relapse and Recovery committee on intergroup to help those who are still suffering within the fellowship
9. When choosing new intergroup members, ask them if they are being sponsored and if they are sponsoring
10. Encourage people to use virtual meetings to help supplement face to face meeting
11. Have a virtual workshop on sponsorship in your region
12. In Region 10, The First 12 Days is a good resource for the newcomer
13. Set up a buddy system for new people - not a commitment to sponsorship
14. Go through the newcomer’s package with the newcomer
15. When you qualify, say that you are abstinent – e.g. Hi, I’m _____, an abstinent, compulsive (over) eater
16. Carry a “before” picture of you on your phone to show people the physical recovery gained in program
17. When you share, talk about the hell you lived in before program

B - Building Healthy Service Bodies

1. Use the Strong Meeting Checklist and Intergroup Inventory
2. Within meetings, have a greeter to acknowledge people as they arrive
3. Recognize new people on their first, second and third meetings – offer an OA coin for the first time
4. Have abstinence anniversary coins and cheer at celebrations – it’s what we’re here for
5. Have a “Welcome to OA” meeting in which: people sign up to lead, the newcomer’s package is passed around and people put their name and phone number on it, there are groups of 4 with leaders, people identify as “I am an available sponsor/I’m a sponsor but I’m not available”

The Sunshiner—Fall Edition is on: “How has service helped your recovery?”. Deadline for submissions is September 1, 2018.

6. Intergroup renewal starts at the Region board – two region board members go out to the intergroup in person and help the intergroup:

- a. Get a good email list
- b. Identify the strengths and weaknesses of the intergroup board
- c. Create a 10-15 question survey to get feedback from the fellowship – use Survey Monkey

This type of work leads to action, vision and creates trends of retention of newcomers and matching new people with sponsors. Create a virtual sponsorship resource for those areas needing sponsors.

7. Some specific things done by different groups/intergroups all over the world:

- a. Have a yearly meeting where all the groups from an area are invited
- b. Have a group propose and host a workshop
- c. Do Public Information during Mental Health Week in a city/region at an open meeting at which health professionals speak and the press/radio are invited
- d. Have Sponsorship Packets made up by the Literature Committee on intergroup – tailor them to the needs in the area/groups.

C - Sharing “Carrying the Message” Successes and Challenges

1. Encourage service and rotation

- a. Make the job descriptions of intergroup positions available
- b. Set terms on positions at 2 years
- c. Have the intergroup meeting available by phone or Skype
- d. Rotate the location of the intergroup meeting
- e. Ask specific people with a good program to serve on intergroup
- f. Have a service and inclusion committee on intergroup
- g. Have an abstinence requirement for group reps
- h. Train group reps by providing useful literature and giving them a report to fill out to take back to their groups
- i. Divide responsibilities to make them more manageable – e.g. Co-chairs
- j. Leaders of intergroup empower others to do service they are good at – identify specific talents/ interests and professional experience which can be used at intergroup
- k. Have a call to service checklist with a service coordinator who keeps a spreadsheet of all interested people – identify service that can be done at each level of recovery so that there is service available to all members
- l. Have an OA meeting before the intergroup meeting and hold workshops and minithons after intergroup to encourage participation in intergroup
- m. Offer a copy of the new OA 12&12 to those visitors who come to intergroup

2. Encourage and support abstinence

- For intergroup renewal, have an outreach committee with a contact list of all people in the intergroup – 10 people on the outreach committee call contacts weekly and rotate their contacts
- Have fellowship after meetings and have some fun!

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- Call 12 people on the 12th of the month
- Have a newcomer workshop
- Have a list of virtual sponsors on the website
- Share about your personal abstinence at each meeting – length of time and weight loss
- Offer seed money to groups who offer to do a workshop
- Have a newcomer’s marathon after New Year’s – have speakers with long-term abstinence who also talk about the tools
- Encourage service on intergroup
- Have an annual relapse workshop
- Recognize abstinence with coins

3. Create strong sponsors

- a. Have a sponsorship workshop during regular meeting time which addresses how to start newcomers
- b. Have a workshop on sponsorship and keep doing them repeatedly
- c. Run the 15-week workshop on the Twelve Steps and encourage those who attend to sponsor when they finish
- d. Maintain a sponsor and speaker list
- e. Have a list of available sponsors in the newsletter
- f. Maintain a “We Care” list that has: name; last step you completed; do you sponsor; are you available to sponsor
- g. Create a strategic plan to educate members about the Twelve Steps and Twelve Traditions e.g. 3-hr workshops on Steps 1-3, Steps 4-9, Steps 10-12. Have speakers and breakout sessions at each of these workshops
- h. Send intergroup members to meetings to talk about sponsorship
- i. Have a committed 4-week step study
- j. Have special focus meetings within your own meeting

New Business Proposals and Bylaw Amendments

The highlights for these are that a committee will look into improving the website, we have a new Virtual Region and trustee; the steps were not amended; the web/tech committee was retained; the finance committee has been disbanded (all activities were duplicated by the Board of Trustees/Executive Committee); and the copyright for *For Today* was retained by OA. If you have an interest in a specific motion or bylaw amendment and wish to discuss it with me, I am happy to talk with you. Feel free to ask me when you see me or to call me at 613-816-8240 – Juli M.

Our Region 6 trustee was not elected; there is a call out for qualified people to apply for this position – the Board of Trustees will appoint a Region 6 trustee from the applicants for one year, at which time a new trustee will be elected.

A Seventh Tradition collection was taken on Friday afternoon, and the amount collected was \$15,978.59. Region 3 had excess funds and donated \$10,000 of that amount.

There is a movement within OA by a group of men to increase membership of men in OA. They have a list of meetings for men (face-to-face and virtual) and resources available. Anyone wanting this information can contact Juli M at 613-816-8240.

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Ottawa District Intergroup

Once again, Ottawa District Intergroup is coming to you to help increase Public Awareness about OA!

Do you want to strengthen your program?

We are Looking for Volunteers to help run the OA booth!



Queensway Carleton Hospital

June 13th

9am-12; 12-4pm

- All equipment and info sheets on “How to set up the booth” & “What to say” will be provided!
- Parking will be validated.

If you're interested in doing service or have any questions please contact:

PI Chair: Christine C. at

public_information@oa-ottawa.ca

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HUGS

It's amazing what a hug can do;
A hug can cheer you when you're blue.
A hug can say "I love you so" or
"I really hate to see you go."

A hug is "Welcome back again!" and
"Great to see you!" or "Where've you been?"
A hug can soothe a small child's pain,
And bring a rainbow after rain.

The hug! There's just no doubt about it,
We scarcely could survive without it.
A hug delights and warm and charms.

Hugs are great for fathers and mothers,

Great for sisters and for brothers,
And chances are some favorite aunts,
Love them more than potted plants.

Kittens crave them, puppies love them,
Head of states are not above them.

A hug can break the language barrier,
And make the dullest day seem merrier.

Never worry about running out of them.
The more you give, the more there are
of them.

So stretch those arms without delay and
Give someone a hug today!

Poor Me!!! The Sponsee's Lament **with Sponsor Response**

You know me, I hate to complain.
But this sponsor of mine is just such a pain.

I just want to vent. I don't get past the greeting...
"So how is it going? Were you at the meeting?"

I'm looking for advice. Please tell me what to do...
"Have you prayed, meditated? What does your HP tell you?"

I'm mad at the world, I'm feeling so blue...
Sounds like it is time for step work for you.

I'll never forgive them. I really don't care.
Look in the Big Book at the Acceptance Prayer

It is all his fault, he makes me so mad...
Journal, step work, blah, blah, blah.

I hate this program, all the treats that I've missed.
Now it is time for a gratitude list!

She's nice enough, but she does drive me crazy,
I'd get someone else, but I'm just too darn lazy.

So I guess I will keep her, might just as well.
Perhaps I can learn from the sponsor from hell!

(from an archived Sunshiner)

October 26-28, 2018

Region 6 invites you for a weekend of recovery!

Region 6 Convention 2018 News

3 QUICK TIPS!

1. Register online: www.oaregion6.org/2018
\$50 until August 15, \$60 August 16—October 12,
\$75 at the door
2. Order your Meal Plan: Weekend Meal
Plan \$180, Saturday Banquet only \$55
www.oaregion6.org/2018
3. Book your hotel: single or double \$150, triple \$160,
quad \$170 (plus taxes). Book by Oct 4 to guarantee
the hotel's convention rate. www.oaregion6.org/2018



HOLIDAY INN BY THE BAY
88 Spring St, Portland, ME



PORTLAND, MAINE 2018
WE LIGHT THE WAY
REGION 6 CONVENTION

THE BIG TOP 10!

“MAINE” REASONS TO PURCHASE THE MEAL PLAN FOR THE REGION 6 CONVENTION IN PORTLAND, MAINE OCTOBER 26-28, 2018

1. You know you're going to be hungry!
2. Reduces isolation: Fellowship is complimentary with the meal plan.
3. It's faster than finding a restaurant, waiting to be seated, ordering & waiting to be served.
4. All service charges, tips and taxes are included.
5. You might miss something if you leave the hotel.
6. Most restaurants are a distance from the hotel.
7. You can pre-plan your meals; the menu is on the website at: www.oaregion6.org/2018.
8. There are healthy options for many plans of eating; no guessing involved.
9. \$180 USD is a bargain! Includes Saturday morning to Sunday lunch AND the Saturday night banquet.
10. It's easier than planning on the fly!

MEAL PLAN DETAILS

- ⇒ Cost for meal plan: \$180 USD
- ⇒ Meal plans can be purchased up to October 12, 2018
- ⇒ Meal plans are transferable
- ⇒ Refunds up to October 12, 2018. \$20 fee for refunded meal tickets



To purchase your Meal Plan tickets go to: www.oaregion6.org/2018

RAFFLE BASKET REQUEST

For the Region 6 Convention
in Portland, Maine
October 26-28, 2018

Your opportunity to do fun service!

Calling all OA members, groups and Intergroups: Would you consider creating a basket to be raffled off at the Region 6 Convention as part of the fundraising effort?

Be Creative!

Create a theme. For example:

- Gardening
- Sports
- Health & fitness
- Crafts
- OA Literature

Contribute!

Cash & gift cards are very popular and easy to donate.

Only OA-approved literature in baskets please!

For more information please contact
r6conventionchair@oaregion6.org



PORTLAND, MAINE 2018
WE LIGHT THE WAY
REGION 6 CONVENTION



The Ottawa District Intergroup Business meeting is typically held on the 4th Saturday of each month at McNabb Community Centre @ 10:15 AM. Please check the website to verify the dates. All members are welcome.

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 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** or go to the website: **www.aa-ottawa.ca** and fill out the submission form.

Dawn-Marie M., Editor
Bruce R. Chair of the Publications Committee

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