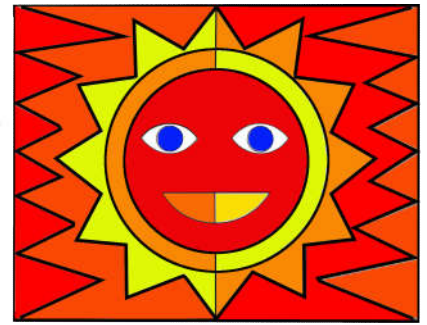




OVEREATERS ANONYMOUS

OTTAWA DISTRICT INTERGROUP

The Sunshiner Newsletter



Fall 2018 Edition, Volume 5

HOW DOES SERVICE HELP MY RECOVERY ?

In 1935, Bill Wilson discovered he could stay away from alcohol when he was trying to help other alcoholics do the same. This discovery is the basis of the Alcoholics Anonymous and Overeaters Anonymous method, the principle of Service. In Overeaters Anonymous, one stays abstinent by being of service to other compulsive overeaters. That's how Overeaters Anonymous works. We stay abstinent by being of service to compulsive overeaters. It's that simple.

That's why the old-timers with long abstinence are always insisting that it is not an imposition when a newcomer phones every day. The old-timer wouldn't be an old-timer without newcomers to help. He/She would long since have overeaten and be a newcomer again. It's that simple. The principle of Service.

There are many forms of Service in Overeaters Anonymous. Among these are the positions of responsibility: group treasurer, setting up for a meeting, literature person for a group, Intergroup representatives, various Intergroup positions, etc.. The point is that all these positions of responsibility are the opportunities to stay abstinent through service.

But wait! Look at all these forms of service again. Are they purely for the abstinence of the person doing them? By no means. They are also for the abstinence of the person being served. For example, both sponsor and sponsee benefit from their relationship. Both treasurer and the whole group benefit from the treasurer's work. Indeed, if the treasurer became irresponsible and really messed up, the group could lose its meeting place and fall apart. Then, how would its

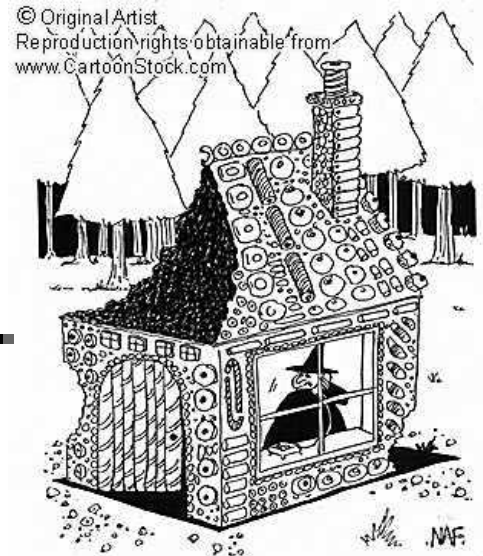
members stay abstinent? With no meeting? Impossible!

So opportunities for service are all positions of great trust and great responsibility. Since our lives depend on you're doing your job, please give it as much sense of responsibility as your paid work or childrearing or marriage. We all need it!

How does it work? By reliably being of Service. It's that simple.

Dick B. Ottawa 1987

Some benefits of doing service: Helps keep you abstinent; Insurance against a relapse; Fun; Gets you out of isolation; Opportunity to give back what was given to you; Participating in a vital link of keeping OA alive in our area; Opportunity to learn about and be introduced to different levels of service; Good fellowship; Make new friends!



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"Hello, is that over-eaters anonymous?"

The Twenty Commandments



1. If you feel far away from God, guess who moved?
2. Fear knocked. Faith answered. No one was there.
3. What you are is God's Gift to you. What you become is your gift to God.
4. I am God's Melody of Life and He Sings His Song through me.
5. We can never really go where God is not, and where He is, all is well.
6. No matter what is happening in your life, know that God is Waiting for you with open Arms.
7. God Promises a Safe landing, not a Calm passage.
8. Do your best and then sleep in peace. God is Awake.
9. God has a Purpose and Plan for me that no one else can fulfill.
10. The Will of God will never take you to where the Grace of God will not protect you.
11. We are responsible for the Effort, not the Outcome.
12. We set the sail; God makes the Wind.
13. Begin to weave and God will Give you the thread.
14. When God says "no", it's because He has something better in store for you.
15. The task ahead of us is never as great as the Power behind us.
16. Prayer: don't bother to give God instructions, just Report for Duty.
17. It's my business to do God's Business, and it's His Business to take care of my business.
18. Serenity is not freedom from the storm, but Peace amid the storm.
19. How come you're always running around looking for God? He's not lost.
20. God put me on earth to Accomplish a number of things; right now, I'm so far behind I will live forever.

HAPPY THANKSGIVING!

MIRACLES

There are many miracles in Overeaters Anonymous. It is a miracle that I am abstinent today, that I have the courage and faith to turn over the running of my life to God. It is a miracle that others who suffer from my illness have

provided a place for me to go where I am accepted just as I am. And it is a miracle to have a path to follow that restores me to sanity.

Perhaps now is the time to express my gratitude by offering what talents I have in

service to OA. Organizational skills are needed at all service levels. A gift for speaking can attract many who still suffer to the program. Gentleness and understanding are qualities everyone wants in a fellow

member.

For Today: The central miracle of my life is that I have been restored to sanity and usefulness. I may not have been asked, but if I look, I can find some service for which I can volunteer.

For Today, May 25

THE BLESSING OF UNANSWERED PRAYER

I asked God for strength, that I might achieve; I was made weak, that I might learn to humbly obey.

I asked for health, that I might do greater things; I was given infirmity, that I might do better things.

I asked for riches, that I might be happy; I was given

poverty, that I might be wise.

I asked for power, that I might have the praise of men; I was given weakness, that I might feel the need of God.

I asked for all things, that I might enjoy life; I was given life, that I might enjoy all things.

I got nothing that I asked for – but got every-

thing I had hoped for. And almost despite myself, my unspoken prayers were answered.

I am among all men and women, most richly blessed.

To me every hour of the light and dark is a miracle. Every cubic inch of space is a miracle.

Walt Whitman



For This I Am Responsible

I cannot imagine my recovery without service. "Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."

The OA responsibility pledge tells me that I am responsible to pass along what has been freely given to me.

Without the service that others do, OA would not exist and neither would my recovery.

For example:

Do I want a sponsor? Someone has to be willing to be a sponsor first. That's service.

Do I want to come to a meeting? Meetings need treasurers to collect and pay rent, people to lead meetings, people to set up chairs, etc.

Do I want to come to a celebration and hear a speaker's experience, strength and hope? Someone has to be willing to do service for that to happen.

Do I want people to call me during the week when I am struggling? Well, am I willing to phone others to say hello and see how they are doing?

Do I want to attend OA minithons, retreats and conventions to strengthen my recovery? These events would not be possible without the service of many people in OA.

Do I want OA literature to read, podcasts to listen to and a website to find a meeting or find resources? These things all strengthen my recovery and would not be possible without the service of OA members in Ottawa and all around the world.

Life is busy and we cannot always do service in all the ways that we might want to. But I can always do something small - whether it is leading a meeting or making an outreach call. Rigorous honesty in my program means I never have an excuse to not do service.

If I am in recovery today, it is thanks to all those who do service. Always to extend the hand and heart of OA to all who share my compulsion; for this I AM RESPONSIBLE.

Anonymous in Ottawa

How Service Helps My Recovery

I just came home from a meeting where we read on page 97 in the Big Book, “Helping others is the foundation stone of your recovery.” I really believe this to be true. Sharing my experience with others is essential to my own continued abstinence. It gets me out of myself and into thinking of others. Service and sponsoring is a great way to help others and it really adds to the quality of my recovery.

Service is one of my favourite tools. I didn’t get abstinent by doing service but I have found that it has helped to keep me abstinent. Many service positions come with a requirement of abstinence and there have been times when my commitment to doing service has kept me from eating because I actually wanted to do the service.

I got involved in service in my early years in OA. I found that if I was committed to doing service at a meeting, it was insurance that I would go to the meeting. I have done service at many levels: the group level, at Intergroup & Region and recently serving as a World Service Trustee. I have often felt that I wasn’t good enough to do the service role but if I ask for help from other OA members and my Higher Power, I find that I can do it. I’m not doing it alone.

Some of the benefits that I have enjoyed from doing service are: I feel like I belong; I’ve made lasting friendships; I’ve gained new skills. Also, being involved keeps me in the loop. Most importantly I’ve stayed abstinent and grown in my recovery as a result of being active in the Fellowship. I actually enjoy doing service. It’s fun! All of this for the price of some of my time and energy!

Service is really Step 12 work at its core. The first “must” in the BB is about doing service. In order to keep what I have, I have to give it away. I am a busy person but I make time to do service. I take my turn. Service has become a way of life. My life changed because of OA and I will always be grateful. I am happy to give back to the program that saved my life. I take to heart the OA responsibility pledge – ‘Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.’

Karin H.



Read personal stories from those who have struggled with compulsive eating and other addictions in Overeaters Anonymous literature. These Overeaters Anonymous workbooks help you work through the process by finding acceptance and words of encouragement.

The Sunshiner—Winter Edition theme is: “Searching & Fearless”. Deadline for submissions is Feb 2, 2019.

Autumn is a season of reflection, of response to God, and of remembering his grace and goodness. Let him soothe your spirit, cleanse your heart, and transform your thoughts with his love.

Do I do Service?

I do service. Service is a large part of my program. I try to give back some of what I am receiving from Overeaters Anonymous and the people in it. Actually, I never can give back all that I receive, because every time I give something, I get it back ten-fold. On the other hand, if I only 'take' from Overeaters Anonymous, there eventually will be

nothing left to 'give'.

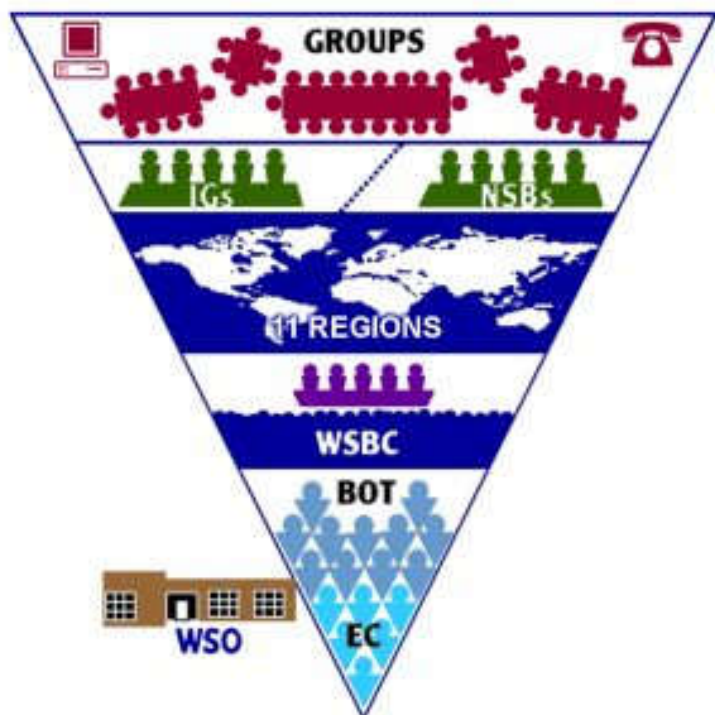
I believe this: Our recovery starts at the very moment that we reach out unselfishly to help someone else who is suffering.

Service can be: going to a meeting, sharing, phoning, listening to other compulsive overeaters, accepting, loving, living the program, looking forward positively,

not living in the past, setting a good example, etc.. It is not hard to find a way or a place to do some service; for myself and for someone else. One very special way of doing service is helping out at Intergroup.

I do not look for rewards, but they are there anyway.

Kerri M.



A Lifelong Sharing

Love cannot remain by itself -
it has no meaning.

Love has to be put into action and
that is service.

Whatever form we are, able or disabled,
rich or poor,

It is not how much we do,
but how much love we put in the doing;
A lifelong sharing of love with others.

Mother Teresa

Let Your Light Shine

A single sunbeam is enough to drive away many shadows.

St. Francis of Assisi

There are many tools I use to maintain my abstinence, but none of them are as important to me as service. I do a lot of service, but it's not for fame or glory; I do service in order to keep my program strong.

I came into program for the first time back in college, and only got there because someone offered to give me a ride.

When we first walk into these rooms, we often feel lost and alone in the dark world of compulsive over-eating. But at that very first meeting we hear people talk about their experience and strength,

and a small glow of light comes into our view. All it takes is that one “single sunbeam”, and we have hope again, and our world seems brighter.

As we keep coming back and working the steps, we encounter lots of different sunbeams, and slowly the shadows in our lives are cast away and the world becomes bright again. However, it is then our responsibility to let our own light shine. One of the beauties of this program is that everyone can find a way to give service. Whether it be on the group or Intergroup level, whether by sponsoring or just making a call, whether by serving as secretary, treasurer or just by helping to put chairs away after a meeting, there is a job for EVERYONE.

No one should feel “unimportant”.

I'm sure that the lady who gave me a ride to my first few meetings didn't feel like she was doing anything special, but she was the first sunbeam in my life, and years later her act of giving has ignited in me a burning desire to give back to others the miracle of this program.

ONE DAY AT A TIME...

I will be unafraid to let my light shine. Any act of service that I can give will not only help another, but will ensure that my own light does not burn out.

Unknown

**ONE
DAY
AT A
TIME**

Renfrew Mini-thon on Service

Attending the mini-thon on “service” in Renfrew, Ontario on October 22, 2018 was one of my OA experiences that I believe will have a really positive impact on my recovery for some time to come. Hearing from three speakers with a diversity of life and OA experiences share about how service has impacted their OA journey

has encouraged me to think about how service opportunities have, and will continue to shape my recovery.

As someone who has been in the OA program for about one year, I did not believe that I had anything to offer in terms of experience with service. I was reminded that there are a variety of opportunities to

provide service within the program. Something as simple as showing up to a meeting, setting up chairs, or taking phone calls from members is a good way to begin doing service as a newer member of OA. There are also more formal opportunities for providing service such as holding an Inter-group position,

volunteering to be a group treasurer, or agreeing to sponsor another member. These are all opportunities that present themselves as we immerse ourselves in recovery.

Meg E.

A Service Prayer

Sometimes, Lord, I wonder where I fit in and where I belong. I feel as if I don't have a clear purpose and that my life is insignificant. But you created me and you know for what purpose and to what end I was made.

Please open my eyes to your plan, to the uniqueness of my life and to the purpose of my existence. As I discover who you created me to be and what you created me to do, help me find fresh joy and a renewed energy for life. Thank you for giving me meaning.

Region 6 Convention
October 18—20, 2019
White Plains, NY

Super Early Bird Registration!

Only \$35 from October 28
until November 25, 2018!
(later price increases to \$55)

Whether you are coming for one
day or for the whole weekend,
this will be your best price!

To be held at Crowne Plaza,
Downtown White Plains, NY

For more info or to register go to:
www.oaregion6.org/2019



Hotel & Meal Plans
available in January

*No transfers or refunds available. If you find that you are unable to attend, Region 6 appreciates your contribution to help us spread the message of recovery.

Come & enjoy recovery & fellowship! “As we join hands, we find love and understanding beyond our wildest dreams!”

From the Editor

My name is Dawn-Marie M. and I am a food addict. This issue of the Sunshiner focuses on “How Service Helps my Recovery”. Your feedback is welcome. Bruce R. is the Publications Chairperson who oversees the Sunshiner Newsletter as well as maintains the Ottawa Intergroup website. The theme for the winter issue, which is due to come out Feb 2019, is: “Searching and Fearless”.

If you have any submissions in terms of articles or announcements, please email them to Sunshiner@oa-ottawa.ca or go to the website and submit them on-line. This is a great way to do service!

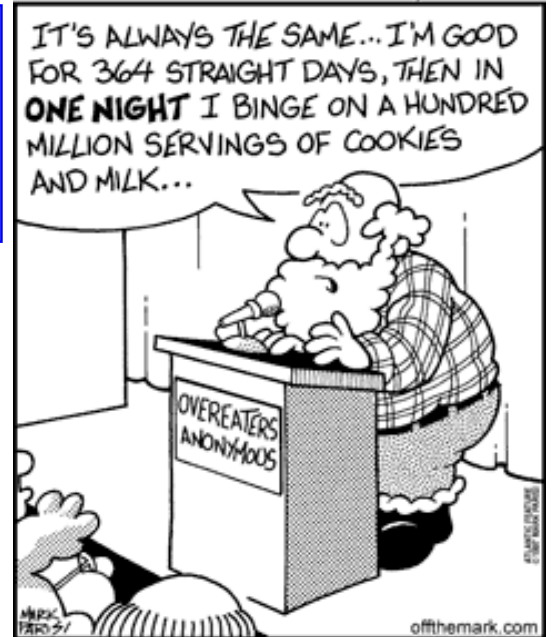
Intergroup Elections in November

Intergroup elections will be held in November 2018. All positions are open. Ask your Group Rep about what it means to be on Intergroup, and then fill out the form (Appendix B) on page 11 of this newsletter.

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

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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
Public Information:	Christine C.	public_information@oa-ottawa.ca
Special Events:	Aprile D.	special_events@oa-ottawa.ca
French-English Liaison:	Carmen D.	french_liaison@ottawa.ca

The Sunshiner—Winter Edition theme is: “Searching & Fearless”. Deadline for submissions is Feb 2, 2019.

APPENDIX B

APPLICATION FORM FOR INTERGROUP BOARD NOMINEES

Bring completed form to Intergroup or email it to oa-ottawa@hotmail.com

Name: _____

Address: _____

City & Province: _____ Postal Code: _____

Telephone: () _____ Email _____

Intergroup position nominated/applied for: _____

How long have you been abstinent? Years Months

For World Service Business Conference Delegate candidates only:

how many years have you served above the group level? _____

List the kinds of service you have done at group and Intergroup levels.

Why would you like this position?

Endorsement: Based upon group conscience, the members of the following member
OA Group

(please print) _____

endorse this nominee for the position of _____

Signature of Group Secretary or Group Treasurer: _____

Qualifications: I meet the qualifications as outlined in Article V, Section 3 of these
Bylaws.

(signature) _____



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

Ottawa District OA Intergroup

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Email: oaottawa@hotmail.com

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