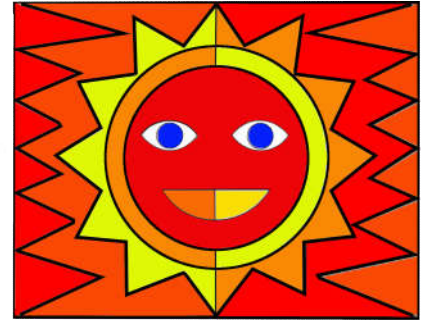




**OVEREATERS  
ANONYMOUS**®

OTTAWA DISTRICT INTERGROUP

# The Sunshiner Newsletter



Winter 2019 Edition, Volume 6

## Made a searching and fearless moral inventory of ourselves

Looking honestly and unflinchingly at our behavior, while at the same time having compassion for ourselves, is a powerful combination. Steps Four through Nine offer us a simple process for clearing up the wreckage of the past so that we can live without the burden of regret. In recovery, we have the opportunity to change for the better, not to demand perfection of ourselves or others.

My perfectionism sometimes makes me forget that I'm engaged in a process of change

over time. It also lets me exaggerate both how "good" and "bad" I am. If I'm not "the greatest" in some situation, I decide, in my arrogance, that I must be the "the worst". What a strange way of giving myself importance! One of the program sayings reminds me not to compare my insides with other people's outsides. I have my own unique gifts; accepting and nurturing these gifts brings me joy and allows me to contribute to the human community.

We're capable of feeling love and compassion for others who are far from perfect. In recovery, we can learn to extend that love and compassion to ourselves.

For today, I will delete "perfect" from my vocabulary and practice using the word "better".

Originally published in Sunshiner 1989

**THE BIGGEST  
MISTAKE IS  
CLINGING TO PAST  
MISTAKES**

### February 24

**Unity Day:** This day recognizes the strength of the Fellowship worldwide. At 11:30 a.m. local time, OA members pause to affirm the strength inherent in OA's unity.

The Financial Review Committee is a new ad hoc committee responsible for looking at how Intergroup refunds members for anything paid, and to help create a budget. The Committee chairperson is Luci S.



## Twelve Steps and Twelve Prayers

### First Step Prayer

Today, I ask for help with my addiction. Denial has kept me from seeing how powerless I am and how my life is unmanageable. I need to learn and remember that I have an incurable illness and that abstinence is the only way to deal with it.

### Second Step Prayer

I pray for an open mind so I may come to believe in a Power greater than myself. I pray for humility and the continued opportunity to increase my faith. I don't want to be crazy anymore.

### Third Step Prayer

God, I offer myself to Thee. To build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of thy Power, Thy Love and Thy Way of life. May I do Thy will always!

### Fourth Step Prayer

**Dear God, It is I who have made**

**my life a mess. I have done it, but cannot undo it. My mistakes are mine, and I will begin a searching and fearless moral inventory. I will write down my wrongs, but I will also include that which is good. I pray for the strength to complete this task.**

### Fifth Step Prayer

Higher Power, my inventory has shown me who I am, yet I ask for Your help in admitting my wrongs to another person and to You. Assure me, and be with me, in this Step.

### Sixth Step Prayer

Dear God, I am ready for Your help in removing from me the defects of character which I now realize are an obstacle to my recovery. Help me to continue being honest with myself.

### Seventh Step Prayer

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here to do your bidding.

### Eighth Step Prayer

Higher Power, I ask Your help in making my list of all those I have harmed. I will take responsibility for my mistakes and be forgiving to others as You are forgiving to me.

### Ninth Step Prayer

Higher Power, I pray for the right

attitude to make my amends, being ever mindful not to harm others in the process. I ask for Your guidance in making indirect amends. Most important, I will continue to make amends by staying abstinent, helping others, and growing in spiritual progress.

### Tenth Step Prayer

I pray I may continue: To grow in understanding and effectiveness; To take daily spot check inventories of myself; To correct mistakes when I make them; To take responsibility for my actions; To be ever aware of my negative and self-defeating attitudes and behaviors.

### Eleventh Step Prayer

Higher Power, I pray to keep my connection with You open and clear from the confusion of daily life. Through my prayers and meditation I ask especially for freedom from self-will, rationalization and wishful thinking. I pray for the guidance of correct thought and positive action. Your will, Higher Power, not mine, be done.

### Twelfth Step Prayer

Dear God, my spiritual awakening continues to unfold. The help I have received I shall pass on and give to others, both in and out of the Fellowship. I pray most humbly to continue walking day by day on the road of spiritual progress. I pray for the inner strength and wisdom to practice the principles of this way of life in all I do and say. I need You, my friends, and the Program every hour of every day. This is a better way to live.

# WORK THE OA PROGRAM WITH OUR NEW SECOND EDITIONS

OA's keystone book,

*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition,*

and companion workbook,

*The Twelve Step Workbook of Overeaters Anonymous, Second Edition,*

have been created specifically as a study of the OA Twelve Step recovery program.

These new editions have been revised for clarity and inclusivity, with a restructured Step Four chapter to increase usefulness.

Read how, through working the Twelve Steps and studying the Twelve Traditions, members have found

***"physical, emotional, and spiritual healing that we don't hesitate to call miraculous."***



## How to Buy

Purchase your new print book (#990-2), print workbook (#992), and e-workbook (992V) at [bookstore.oa.org](http://bookstore.oa.org) or by calling 1-505-891-2664 with your credit or debit card ready.

The large-print *Twelve and Twelve, Second Edition* is available solely through Amazon at [www.amzn.to/2yLq0tH](http://www.amzn.to/2yLq0tH).

E-books are available for Amazon Kindle at [www.amzn.to/2KspT11](http://www.amzn.to/2KspT11) and Apple iBooks at [www.apple.co/2s1TwtB](http://www.apple.co/2s1TwtB) and Barnes and Noble Nook at [www.bit.ly/2MugmX](http://www.bit.ly/2MugmX).

OA receives a royalty share for all purchases of new books and e-books made at the third-party websites listed above.

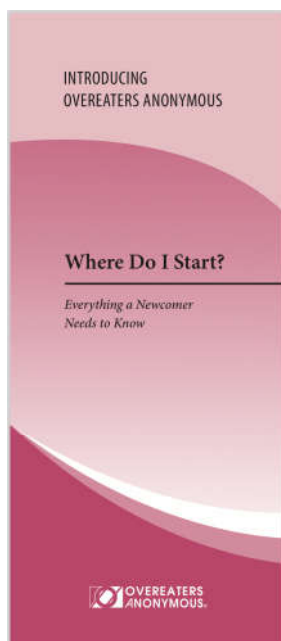
“When we face the guilt that truthfully tells us, ‘You made a mistake,’ we’re freed of shame that falsely tells us, ‘You are a mistake.’”

The Twelve Steps and Twelve Traditions of Overeaters Anonymous  
Copyright 2018

This quote helped me finish my inventory. Once I had shared the mistakes I’ve made with another...and was helped to see my assets, I was amazed that my life went on. With the help of the program, the Fellowship of OA and my Higher Power, the feeling deep within that the core of my being was rotten has left me. A day at a time, the need to destroy myself with food is taken away from me as I face the scars of my disease.

Voices of Recovery p. 162

Copyright 2002



Greet newcomers and help them get started with OA's welcome pamphlet. Packed with key information about OA's Twelve Step program of recovery, this 32-page pamphlet includes the Fifteen Questions, Tools (abridged), Plans of Eating, OA Promise, AA Third and Seventh Step Prayers, "Welcome Home," and so much more. With *“Where Do I Start?”* in hand, newcomers get an introduction to OA and can find answers to frequently asked questions, such as:

- What is compulsive eating?
- Can OA help me if I am bulimic or anorexic?
- Is OA a religious society?
- What is the Twelve Step recovery program?

Help newcomers start their journey of recovery; welcome them with *Where Do I Start?* Copyright 2018. *Replaces newcomer packet.*

**The Sunshiner**—Spring/Summer Edition theme is: “Spiritual Awakening”. Deadline for submissions is May 4, 2019.

Faith teaches a new math, which subtracts old ways and adds new thoughts. Sharing with God divides troubles and multiplies possibilities.

When I was in Grade One in school I happened to pass the open door of a Grade Six classroom. I stood there for a moment and saw work that was on the blackboard. My first thought before I fled was I'll never be able to do it, the work is too hard. I had occasion in a recent quiet time to recall that incident because when I came to OA I was suicidal with little self-worth. At my first

meeting after reading the Twelve Steps I readily admitted that my life was unmanageable and I was a compulsive overeater. I quaked, however, at the thought of facing the Fourth Step. I mentally made an inventory which contained nothing at all good about myself and that thought made me hate myself more. What I didn't realize, however, is that one doesn't magically go from Step One to Four overnight,

but that a lot of love, support and acceptance by yourself and others guides you along the way – just as I didn't go from Grades One to Six overnight. By the time I got to Grade Six I'd forgotten the incident and was, of course, ready for the work.

Originally published in  
Sunshiner 1989



## **A good garden may have some weeds.**

— Thomas Fuller

There is no one without faults, even men of God. They are men of God not because they are faultless, but because they know their own faults, do not hide them, and are ever ready to correct themselves.

I'm glad you've made me, Lord. Thank you for the qualities I like most about myself, things you've built in that make me feel special. Help me remember these positives during times when others put me down or when I'm feeling down about myself. Teach me to accept myself, my whole self —weakness, warts and all — remembering that I am a work in progress, created by your hand and being recreated within by your love.

## Tendons la main à ceux qui souffrent encore

**Samedi, 30 mars 2019 de 10h à 15h**

2 conférenciers, 1 atelier



Inscription : 9h30 à 10h

Apporte ton dîner ou visite les restaurants à proximité

Apporte des souliers de maison/pantoufles s'il ne fait pas beau

Merci de ne pas porter de parfum par respect pour nos membres qui souffrent d'allergies

7<sup>e</sup> tradition : don suggéré 7\$

**À la Source de Vitalité**  
435 boul. de La Vérendrye Gatineau J8R 2W8  
Coin Labrosse et La Vérendrye

Par soucis d'écologie et une meilleure gestion d'impressions, une pré-inscription serait appréciée

Pour informations et ou pré-inscription: Brigitte 819-635-4915

**The Sunshiner**—Spring/Summer Edition theme is: "Spiritual Awakening". Deadline for submissions is May 4, 2019.

# **OVEREATERS ANONYMOUS**®

OTTAWA DISTRICT INTERGROUP

## *One Day Winter Retreat*

*Getting Back on Track – Relapse*

March 30, 2019 Time: 9:00a.m. to 4:00p.m.

*Providence Point Retreat Center.*

The center is located at  
251 Providence Point Lane,  
Lanark, Ont.  
613-259-5016



Hwy #7 West to Hwy #511 North  
**(turn right)** to Pine Grove Rd.  
**(turn left)** to George St. **(turn  
right)** to Paul Drive **(turn right)** to  
Providence Point Lane **(turn left)**  
to end of Lane and park in the  
visitor parking.

Come and enjoy a full day of fellowship with your OA Family in a beautiful country setting. Along with our usual programming we will have an opportunity to take in some of the Retreat Centers amenities. Enjoy a beautiful luncheon prepared with OA people in mind. Socialize with your fellows on an afternoon stroll through the woods, take a tour of the Sugar Shack, book a 15 min. massage or gather around the indoor fireplace on the enclosed porch. If you would like to have a time of meditation and prayer you can visit The Chapel in the woods. Whatever your choice it will surely be a rejuvenating and memorable day.

### *Menu:*

*Harvest Soup, 2 salads (dressing on the side)*

*5 oz. Chicken Breast, Roast Potato Wedges, 2 vegetable sides.*

*Fresh baked, homemade whole wheat bread.*

*Rice Pudding with Raisins (sugar free) with Maple Syrup on the side (optional)*

*Fresh Fruit Salad with Whip Cream (sugar free/optional)*

*Cost \$35.00 per person*

*Massage \$15.00 per person, (15 min.) prepaid with registration.*



## ODIG Winter Retreat March 30, 2019

**Registration Deadline: March 3<sup>rd</sup> with full payment.**

Registration can be mailed to:

Aprile Dempsey at 2393 Galbraith Rd., Lanark, Ont. K0G 1K0

or hand delivered to her at the Rainbow Group meeting on Wednesdays at Hintonburg Community Center.

You can also give it to any Intergroup Member and ask them to pass it along to Aprile

Payments can be made by **etransfer**, see below (be sure to include access password), **cash or cheque**.

### **Limited Space Register Early!!**

**Registration Form:** Group attending: \_\_\_\_\_ Massage requested yes/no (\$15.00 enclosed)

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov. \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_ Payment: Etransfer: to [apriledempsey@gmail.com](mailto:apriledempsey@gmail.com) Cash: \_\_\_\_\_ Cheque: \_\_\_\_\_

**NO REFUNDS!** If you are unable to attend you can find someone to replace you and your payment can be transferred to them.

Anyone requiring a ride to the retreat is asked to contact Aprile at 613-259-5536 during the day or email her at [apriledempsey@gmail.com](mailto:apriledempsey@gmail.com)

Providence Point has prepared this menu for us taking into consideration our dietary needs however, cannot guarantee cross contamination. If you have any other dietary needs which cannot be accommodated with the current menu you are asked to make it known to Aprile with your registration and the Center will do their best to accommodate you.

# Region 6 Convention White Plains, NY

October 18—20, 2019

## Now Available!

### Get your Meal Plan, Hotel Reservations and Registration

Meal

**Meal Plans:** \$180 (5 meals)  
\$150 (4 meals) \*New!  
**Banquet only \$55** All plans & banquet include taxes & service charges. Go to [www.oaregion6.org/2019](http://www.oaregion6.org/2019) to purchase.

Hotel

**Hotel:** single & double \$149, triple & quad \$159 (US\$ plus applicable taxes). To book a reservation go to: [www.oaregion6.org/2019](http://www.oaregion6.org/2019) or call 1-866-594-6747. Book by Sept 19, 2019 to guarantee the convention's rate.

Register

**Registration:** Early bird—\$55 until August 15, 2019, \$65 from August 16 to October 1st, 2019, \$75 at the door. Register at [www.oaregion6.org/2019](http://www.oaregion6.org/2019)



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



For more info go to: [www.oaregion6.org/2019](http://www.oaregion6.org/2019)

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



## Surround me With Your Light

Surround me with Your light,  
Penetrate the very depths of my  
being with that light;  
Let there remain no areas of  
darkness within me;  
Clear away the shadow of my ego,  
The clouds of my defects;  
Transform my whole being with the healing  
light of Your love,  
Open me completely to receive your love, and help  
me to let go of all that blocks Your healing.



God, I want to live fully and passionately. I don't want to miss a thing. I'm persuaded that I can live with abandon, to seize the day -- without being reckless and foolish. Help me make the most of every opportunity you give me, and grant me Physical, Mental, and Emotional stamina to enjoy each day. Keep me from overindulgence that might put any aspect of my life out of balance. And if I do start slipping into some unhealthy habits, God please grant me grace to respond to your warnings. I love you. I love the life you've given me. Let it be filled with all the wonder you've intended for me from the beginning.

## New Phone List Codes

The Ottawa District Intergroup Service Directory (Phone List) sign-up sheet has added letter-codes to reflect how we communicate and protect anonymity. People who welcome **voicemail** messages can leave a **V** next to their name, and those willing to receive **text** messages can leave a **T**.

This is in addition to the existing codes for availability to **sponsor** (S), willingness to **speak** (W), and time-of-day preferences for calls: Anytime (A), Daytime only (D) or Evenings Only (E).

Telephone is a great tool of recovery to “help us learn to reach out, ask for help and extend help to others” (The Tools of Recovery pamphlet).

The new phone list sign-up sheet is available through your group representatives or at [oa-ottawa.ca](http://oa-ottawa.ca) > Group Support > Documents > Service Directory Sign-Up Form

Those of us who have completed step 4 have found... this searching and fearless moral inventory was one of the most loving things we ever did for ourselves. As we took an honest look at the past, at who we'd been and what we'd done, we began to understand ourselves better. That understanding was the beginning of emotional healing. Many of us had lived our lives up to this point with a secret feeling of shame. We carried deep in our hearts the feeling that we were worthless or insignificant. Often the shame stemmed from unresolved guilt over mistakes we'd never fully dealt with. We had never faced our wrongs honestly and acknowledged cleaning up the messes of the past so we could start life over, afresh.”

The Twelve Steps and Twelve Traditions of Overeaters Anonymous 2nd edition Copyright 2018

**The Sunshiner**—Spring/Summer Edition theme is: “Spiritual Awakening”. Deadline for submissions is May 4, 2019.

# Is there anyone out there RECOVERING?

How are you doing it? What is it you are doing? Will you take the time to share it with us?

Remember the things your sponsor used to say to you (and may still say!) — Will you take the time to share with us?

Remember the great words of wisdom you heard at the meeting- —Will you take the time to share it with us?

Remember those words of comfort you turn to time and time again—Will you take the time to share it with us?

The thoughts that work for you could become thoughts that work for others.

Please write to [Sunshiner@oa-ottawa.ca](mailto:Sunshiner@oa-ottawa.ca) and also include any ideas on how to improve the newsletter. The theme for the next issue is “Spiritual Awakening”.

The new Publications Chairperson, who oversees the Sunshiner Newsletter as well as maintains the Ottawa Intergroup website is Elizabeth R.. Welcome aboard!

Thanks to all who contribute!

Dawn-Marie M. (Editor)

## Ottawa District Intergroup Board 2019

Officers:		
Chairperson:	Bruce R.	<a href="mailto:chairperson@oa-ottawa.ca">chairperson@oa-ottawa.ca</a>
Treasurer:	Luci S.	<a href="mailto:treasurer@oa-ottawa.ca">treasurer@oa-ottawa.ca</a>
Recording Secretary:	Sarah V.	<a href="mailto:secretary@oa-ottawa.ca">secretary@oa-ottawa.ca</a>
Region 6 Representative:		
WSBC Delegate:	Juli McA.	<a href="mailto:wsbc@oa-ottawa.ca">wsbc@oa-ottawa.ca</a>

The positions of Bylaws, Public Information, Region 6 rep and Telephone/Email are still vacant. Each position has a minimum requirement of 6 months abstinence.

Committee Chairs:		
Literature:	Connie R.	<a href="mailto:literature@oa-ottawa.ca">literature@oa-ottawa.ca</a>
Bylaws:		
Telephone & E-mail Service:		<a href="mailto:telephone@oa-ottawa.ca">telephone@oa-ottawa.ca</a>
Publications:	Elizabeth R. Dawn-Marie M. (Sunshiner)	<a href="mailto:publications@oa-ottawa.ca">publications@oa-ottawa.ca</a> <a href="mailto:sunshiner@oa-ottawa.ca">sunshiner@oa-ottawa.ca</a>
Public Information:		
Special Events:	Aprile D.	<a href="mailto:special_events@oa-ottawa.ca">special_events@oa-ottawa.ca</a>
French-English Liaison:	Carmen D.	<a href="mailto:french_liaison@oa-ottawa.ca">french_liaison@oa-ottawa.ca</a>
Intergroup Renewal (Ad Hoc):	Juli McA.	<a href="mailto:ig_renewal@oa-ottawa.ca">ig_renewal@oa-ottawa.ca</a>
Financial Review (Ad Hoc):	Luci S.	

**The Sunshiner**—Spring/Summer Edition theme is: “Spiritual Awakening”. Deadline for submissions is May 4, 2019.

# Ottawa District Intergroup Finances 2018

Without generous donations OVEREATERS ANONYMOUS would not exist. The Ottawa District Intergroup is currently comprised of 17 groups. The primary purpose of Intergroup is to aid those with the problem of compulsive eating through the 12 STEPS and 12 TRADITIONS of OA guided by the 12 CONCEPTS of OA and to serve and represent the OA Groups from which it is formed (BYLAWS p.1).

The TREASURER of ODI maintains bank accounts, collects donations and pays INTERGROUP expenses.

The following is a basic financial summary for 2018:

OPENING BALANCE JANUARY 1, 2018	\$5064.40
CREDITS / REVENUES	+ \$7197.32
TOTAL CREDITS	\$12261.72
DEBITS/EXPENSES	- \$9102.37
CLOSING BALANCE DECEMBER 31, 2018	\$3159.35
PRUDENT RESERVE	- \$1100.00
	\$2059.35
DESIGNATED FOR WSBC	- \$1000.00
CASH AVAILABLE DECEMBER 31, 2018	\$1059.35



Notes:

- \* Debits greater than credits
- \* The PRUDENT RESERVE (\$1100.00) protects ODI so that all bills can be paid even if there is a drastic change in donations
- \* Revenues include group donations, monies from Retreats, Minithons and Special Scholarships from Region 6 and WSBC
- \* Expenses include utilities, Public Information sessions and publication of the SUNSHINER newsletter

I would like to thank you for your generous donations to the OTTAWA DISTRICT INTERGROUP. It has been a fabulous experience these past four years. I wish Luci S. the very best as the newly elected TREASURER!!

Take care,  
Patricia O.

Always to extend the hand and heart to all who share in my compulsion - for this I am responsible.

## Summary of Intergroup Inventory

Recently, Intergroup conducted an inventory of itself as part of a process of Intergroup Renewal. We found that our Intergroup does do a great deal for its membership; however, there are a number of areas where Intergroup could improve, as we see it. Our purpose is to serve the membership and we believe we could do this better. We have ideas about this, but the next step is to send out/make available a survey in which the membership would be able to share with us its concerns and areas for improvement. So, you can all expect soon to hear about this survey. We hope you will be excited to tell us how we can help you improve your recovery!

**The Sunshiner**—Spring/Summer Edition theme is: “Spiritual Awakening”. Deadline for submissions is May 4, 2019.



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**

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

OA Ottawa District Intergroup  
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