



The Sunshiner Newsletter

Spring/Summer 2019 Edition, Volume 7

Step 12

Having had a **spiritual awakening** as a result of these Steps we tried to carry this message to other compulsive overeaters...

Twelve Pointers

My understanding is that a spiritual awakening is a radical internal rearrangement of attitudes, priorities, desires, and beliefs. The effect is I've now become able to do, think, feel, and say things that I could not before— no matter how hard I tried, how sincerely I wanted to, or how dire any consequences. I came into OA in my early 20s. I've found that the Twelve Steps have been the only cause of a spiritual awakening for me. I have incorporated other spiritual practices as our literature recommends, but my awakening started with my introduction to the Twelve Steps.

Posted April 2019 Lifeline Magazine

**Report following Region 6 Spring Assembly
held on April 13, 2019
in Albany, New York**



Budget for 2019-2020 was adopted.

Proposal to have the 2020 Region 6 convention in Burlington, Massachusetts was accepted.

Motion to have 4 - \$250 scholarships to attend the Region 6 convention was adopted. Applicants must have financial need.

There was a presentation on Restructuring the OA Board of Trustees from an ad hoc committee member. There will be an updated presentation at World Service Business Conference (WSBC).

There is a new procedure for applying for scholarships to WSBC. The Intergroup must fill in both the Region 6 form and the WS delegate support form and send both to Region 6 by October 8.

Region 6 will give what they can for scholarships and send the remaining ones on to World Service Office by Nov 1.

Intergroup Renewal workshop will be held in the Fall just before the Assembly on Sept 19 and 20.

Fall Assembly is September 21.

Elections for R6 chair, coordinator and website/publications coordinator will be held in the Fall.

Applications are due by July 23.

PI Blitz proposals and scholarship applications to attend Assembly are also due by July 23.

There were 50 reps in attendance.

(Notes provided by Karin R. H., attending as volunteer at the Assembly)

Thank you, Karin, for your service.

Danielle G.

Region 6 Representative

Raffle Tickets for 2019 Region 6 Convention

‘Rooted in Recovery’—White Plains, NY

October 18-20, 2019

Karin H., Danielle G. and Juli D. will be going around to various OA groups to see if members would like to sell or purchase raffle tickets to support the 2019 R6 Convention.

Prizes:

1st Convention Registration, Hotel & Meals

2nd Full set of Convention Recordings

3rd Convention Registration

(prizes are transferrable)



The Sunshiner—Fall Edition theme is: “Courage to change”. Deadline for submissions is September 21, 2019.

Hi everyone! I am a compulsive overeater and my name is Bruce. I am also the chair of your Intergroup.

What is Intergroup? Tradition 5 states that each group's primary purpose is to carry its message to the compulsive overeater who still suffers. There are many groups in our region, including Ottawa proper, Vanier, Nepean, Kanata, Renfrew, Pembroke, Constance Bay, Cornwall and most recently, Arnprior. But there is only so much an individual group can do to carry the message.

Intergroup hosts minithons and an annual retreat, maintains both a phone line and a website, creates service lists and a newsletter (the Sunshiner you are reading!). And we can use help.

If you found OA through the website, you can thank Intergroup. If you found OA from a poster, you can thank Intergroup. If you found OA through your doctor, you can thank Intergroup. Intergroup pools our groups' resources (both in time and money) to create and maintain ways to help carry our message. All this is done through our Public Information (PI) Committee. Intergroup needs someone to help with bringing our message to the person out there who is suffering from compulsive eating, and does not know there is a solution.

You won't be alone. You may not know this about Intergroup, but we have fun! There are many resources already set up to help you out, not to mention other members willing to help out. This is a "we" program, that goes for our recovery and our service.

If you feel that your HP is guiding you to do something more, please consider joining Intergroup as our PI Committee Chair. Ask someone at your next meeting, or email me at chair@oa-ottawa.ca

"Meetings are fully self-supporting only when they contribute their share of the work that goes into carrying OA's message areawide, regionwide, and worldwide. We, as individuals, are fully self-supporting only when we do what we can, when we can, giving back some of the help we have been given in OA". *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, 2nd ed. (2018), p. 135

No matter what you face, don't let go of God's hand.

Registration Information

Tick for:	Price
<input type="checkbox"/> Full Weekend	175.00
<input type="checkbox"/> Saturday Only with Lunch	40.00
<input type="checkbox"/> Sunday Only with lunch	40.00
<input type="checkbox"/> Friday dinner	15.00

Total \$ _____

Name: _____

Address: _____

Phone: _____

Email: _____

Name on name tag: _____

Payment Options: NO REFUNDS

Payments can be made by:

- Etransfer-**
(apriledempsey@gmail.com include password)
- Cash** - Give to Aprilie at

Bells Corners or Rainbow Group

- Cheque** - Mail to:

Aprilie Dempsey, 2393 Galbraith Rd.,
Lanark, Ontario, K0G 1K0

If after paying you are unable to attend you can find someone to replace you and your payment can be transferred to them.

Agenda

Day	Schedule	Session starts
Fri. Dinner	6:00 sharp	
Fri. Eve Check In.	6:30-7:30 pm	8:00 pm-9:30
Sat. breakfast	8:00 -8:30am	8:45am-12:15
Sat. Lunch	12:30 -1:15pm	1:30-4:00pm
Sat. Art with Marsha		4:00-5:00pm
Sat. Dinner	5:15 -6:15pm	7:00pm
Sat. Art with Marsha		6:15-7:00pm
Session		7:00- 8:15pm
Sat. Sing-a-long	8:30-10:00pm	
Sun. Breakfast	8:00 -8:30am	8:45-11:15am
Sun. Cleanup	11:30 pm	
Sun. Lunch	12:30-1:15 pm	

Meal times are not flexible. We are asked not to arrive at the dining room early. The elderly nuns are fed ahead of us and it is too busy for them.

Just For Fun

Saturday Night:

Old Fashioned Sing-a-long. Please bring a campfire instrument and lyrics. Prize for Best Singer/ Best Effort by ballot.

Therapeutic Art Project: With our very own Marsha. May be completed during any free time.

50/50 Draw: Bring cash to participate in the 50/50 draw which will go to support our ODIG.

For Further Information please contact:

Aprilie Dempsey at apriledempsey@gmail.com
Home 613-259-5536 Text or call 581-397-5536



OTTAWA DISTRICT INTERGROUP

ODIG ANNUAL RETREAT

21st - 23rd June 2019

Save the date.
LIMITED SPACE
REGISTER EARLY!

Working the 12 Steps

Program – Working the 12 Steps

As our program teaches, there is no right or wrong way to work the 12 steps of Overeaters Anonymous therefore, it is as varied as the number of members. Each time we discover another way to approach the 12 steps we are further encouraged to experience recovery and the promises of the program in a new way reviving our commitment to ourselves and our fellows.

Our Retreat Leader has been in the program for several years and will share her continuing journey through the 12 steps. The hope is that in sharing her experience, strength and hope, each individual will gain new insights into their own program of recovery.

Venue

Providence Spirituality Center is nestled in a lovely landscaped area in the heart of Kingston. It was founded in 1861 to look after the city's poor, orphaned and elderly. It has taken on many rolls over the years always maintaining its key purpose of taking care of the needy.

Providence Spirituality Center

1200 Princess St.

Kingston, Ontario 613-542-8826

From Hwy. 401 – Take Exit 615 – Sir John A. MacDonald Blvd. Go south to Princess St. turn RIGHT. Turn LEFT at 1200 Princess St.
accessible entrance on west side. Drop off your luggage and park in the large lot at the back of the building.

Anyone requiring a ride please advise Aprille D. and we will do our best to accommodate you.

Accommodation

Thirty three people can be accommodated in mainly single rooms with shared facilities. There are twenty eight single rooms. The rest are shared accommodations so if you prefer a single please book early as these rooms will go quickly.

Food

All meals from breakfast Saturday to Lunch Sunday are included. Friday night supper is available at an additional charge of \$15.00 and must be paid and booked in advance with your registration. If not having Friday night dinner please eat before your arrival.

The facility offers a wide range of food choices at the buffet taking into consideration some dietary needs however, are not able to cater to any specific diets. The facility is not able to guarantee cross contamination. Individuals are allowed to bring their own gluten free bread.

Some Items you may like to bring

Big Book of Alcoholics Anonymous, OA12&12, Pen, Highlighter, Pad of paper, Reusable water bottle, Coffee Travel Mug, Personal Fan (rooms are not air-conditioned) and a musical instrument and song lyrics for the sing-a-long. Cards or board games for Friday night.

Service Opportunities

Beverage Site Person

- Coffee Maker Sat. a.m.
- Coffee Maker Sun. a.m.
- Greeter/Name Tags *
- Meeting Room Tear Down
- P.m. Light Monitor
- Washroom Attendant
- Decorations
- 50/50 Ticket Seller
- Meeting room set up *
- Room Inspection
- Water Person
- Room Name Labeller
- Key deposit Person *
- Room Escort *
- Room Escort *
- Meditation Leader
- Meeting Chair

* Must arrive for orientation and set up by 6:00 p.m.

Each of these positions are fairly small jobs. Please ask Aprille for details.

The Retreat on Relapse

by Mari

I'm coming back to OA after living in a Territory with no meetings and relapsing for two years. What a pleasure to be back in a region with so many meetings and such lovely members!

We gathered in a cozy space in Lanark while the weather switched from snow to rain to learn about relapse. April D. had invited a number of speakers to share their journeys, and I heard parts of my own story in theirs. I learned that relapse starts at a spiritual level. We stop working with our HP, then we stop using the tools, and finally, without the full strength of our program, the food is too alluring to resist.

We were lead through the "From Slip or Relapse to Recovery" form at OA.org. This action plan has three parts:

1. An inventory of what happened, to assess what was not working
2. Looking at actions we are willing to take now to move back into recovery
3. Create an action plan for each of the tools.

Together, we came up with many ideas for our action plan:

A Plan of Eating: Plan ahead. Go to any lengths. Remember, it's a working document.

Sponsorship: Use one; be one.

Meetings: Go to meetings regularly, no excuses. It's principles before personalities. You can always start a meeting (it only takes 2 people to be a meeting).

Telephone: Use the phone list. Call someone you haven't seen in a while--it's a form of service. Telephoning can be a daily practice.

Writing: Get a nice journal and pen. Use a template for Step 10 or a workbook. Set a timer for 10 minutes or answer two questions a day for 3 minutes.

Literature: Read and study the Big Book of AA. Leave different books in different parts of the house and car. Read daily.

Action Plan: Use a sponsor/friend and a calendar. Prioritize your actions and do a weekly review.

Anonymity: Respect and protect it.

Service: It's the 12th step. It brings serenity. It is rewarding.

In the end, "we only have to do this one day at a time, one moment at a time, and one meal at a time. May our Higher Power bless us, our recovery and our abstinence". (From Slip or Relapse to Recovery)



(This one day retreat was held March 31, 2019 at Providence Point Retreat Center in Lanark, Ontario)

The Secret

I met God in the morning	And we sailed in perfect calmness
When my day was at its best,	O'er a very troubled sea.
And His Presence came like sunrise,	So I think I know the secret,
Like a glory in my being.	Learned from many a troubled way,
All day long the Presence lingered,	You must seek Him in the morning
All day long He stayed with me.	If you want Him through the day!

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AHA Moment!

Have you ever had an AHA moment? I call that a spiritual awakening. Those moments when my HP is doing for me what I couldn't do for myself - become abstinent and maintain it ODAT, end relationships, jobs, stand up for myself, say no, say yes, cope well with my daughter living in England (really miraculous) and many more. The AA Big Book calls them the garden variety kind - slow and gradual. They're exciting, healing, amazing and I want more. I can get more by working the Steps so I keep doing them. When I'm working the Steps on something, I sometimes get discouraged.

My sponsor tells me "I'm in the process." Inevitably, I move through the feelings and again my HP brings me healing, peace and joy. She also surprises me sometimes. I try really hard to speak up for myself and can't. Then one day out come the words. That's my HP's grace.

On January 13, 1984, I attended my first day of university after 2 1/2 years of relapse. I was given an intuitive thought to be abstinent that day. I didn't know it at the time, that it was an intuitive thought from my HP. It was much, much later that I put it together. I proceeded to make the same decision the next day, and then the next, and so on.

Early in my recovery, I was learning to downhill ski. I was going up the rope tow and had a spiritual awakening. I

suddenly realized what it meant to turn my will and my life over to my HP. WOW!

This morning I got upset about something the car dealership said to me. I immediately called back and left a message for the manager. Something told me (my HP) I didn't need to be angry.

I didn't know it at the time, that it was an intuitive thought from my HP.

I was able to stop blaming and take responsibility for myself. My attitude changed by the time the manager returned my call. Thanks again HP.

Our HP has much more in store for you and me. Keep coming back. We love you and want you to have what we've experienced.

Tish

In the blink of an eye everything can change. So forgive often, and love with all your heart. You never know, you may never have that chance again.

WSBC 2019 Brief Report

Here are the highlights from my recent visit representing our district in Albuquerque. We had 188 eligible voters who had come from 18 countries. The focus was Growing OA Membership Worldwide. It was a very good year for OA financially because of the new OA 12&12 and the Study Guide which has meant some special projects are in process. There was more of a focus on OA outside of North America this time and quite a lot of talk about how virtual meetings are affecting OA.

The Board of Trustees is being reorganized over the next 5 years with a plan to reduce the number of trustees from 17 to 12. Efficiency as well as cost are the reasons. There is a search on for alternative electronic methods to share stories because Lifeline will cease publication by the end of 2020.

The Forum had as its focus Each One, Reach One, Every Day to encourage each member to reach out to potential/suffering members every day. I was on the Twelfth Step Within Committee again this year. I will be working on a subcommittee to gather existing Twelfth Step Within resources from every regional website. Seven trustees were elected – our appointed trustee was elected for Region 6. A new book, *Body Image, Relationships, and Sexuality*, which is personal stories about these topics, passed as did a new pamphlet merging the pamphlets *Welcome Back* and *Members in Relapse*.

Regarding New Business Proposals and Bylaw Amendments, our Statement on Abstinence and Recovery has been changed into two definitions, one on Abstinence and one on Recovery but the original proposal was amended. The Board of Trustees (BOT) will continue to meet quarterly. The proposed amendment to the Twelve Concepts was defeated. Please feel free to contact me if you want to talk about any other items that were covered.



In service,

Juli D.

Twelfth Step Within Day – monthly and yearly

You might know about the 12th Step Within Day on every December 12. But did you know that there is also a 12th Step Within Day on every 12th of every month? The Region 6 12th Step Within Committee invites our Intergroup and its OA members to engage in important 12th Step Within action. Mobilize as many OA members as possible within your groups to telephone those still-suffering OA members on the 12th day of each month.

Our primary purpose is to abstain from compulsive eating and carry the message of recovery through the Twelve Steps of OA to those who still suffer. Twelfth Step work is not only about introducing the OA program of recovery to those compulsive eaters who have never heard of OA. Among us, we have still-suffering compulsive eaters who are already in the rooms. Members in relapse suffer greatly and need a caring connection and our support. As the saying goes: ‘Relapse isn’t contagious, but recovery is’.

There are also those members who may have taken a break from program and recovery who may just need a phone call from a familiar voice saying, “We’ve been missing you at the meetings” in order to feel welcomed back into the fellowship.

Please distribute the flyer on the next page to your meetings and encourage members to make phone calls on the 12th day of each month.

by Danielle G.
Region 6 representative

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Reach Out to Suffering Members in Fellowship

Telephone on the 12th of Every Month

Commit to a simple 12th Step Within action on the 12th of every month. Let's encourage one another to pick up our telephones. Call at least one member who hasn't been seen in your meeting in a while. Call an OA fellow who you've noticed drifting away from program. Look through your meeting's *We Care* book and phone lists and select just one name. Let's each make just *one* phone call, *one* day each month. Imagine the numbers of compulsive eaters we could reach!



Not sure what to say? Here are some suggestions:

"Hello, is this _____? It's _____ from the meeting. I've been thinking about you and I'm reaching out to let you to stay in touch."

"Hi _____, this is _____. Is this a good time to chat? I'm just checking in to see how your day is going."

"Hi _____. It's _____. It's great to hear your voice today. I'm calling to wish you peace and serenity in recovery today."

"Hello _____. This is _____. I saw your name on an old page in the We Care book at the _____ meeting. So, I'm calling to let you know that I'm thinking of you."

Make a call on the 12th of this month!

Please remember OA's Tradition of Anonymity when making phone calls.

For more ideas and suggestions on how to reach out to the still suffering compulsive eater in the rooms please browse the resources available at the OA World Service Website: [WWW.OA.ORG](http://www.OA.ORG)



Or go to:

http://oaregion6.org/wptest/wp-content/uploads/2013/11/R6-12th_Step_Within_Telephone_Call_flyer-20131121.pdf

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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 to purchase.

Hotel

Hotel: single & double \$149, triple & quad \$159 (US\$ plus applicable taxes). To book a reservation go to: 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



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



For more info go to: 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.

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

MEAL PLAN

Why purchase a meal plan?

1. You can pre-plan your meals
2. It takes all the guess work out
3. Healthy options
4. No restaurant hassles
5. No need to leave the hotel
6. Prices are a bargain
7. All tips, service and taxes included
8. The banquet dinner will be plated
9. Fellowship is complimentary!

****And did you know:**

10. Your purchase contributes to the cost of the meeting room rental!



MEAL PLAN DETAILS

5 MEALS: \$180 USD

4 MEALS: \$150 USD

CAN BE PURCHASED UP TO

OCTOBER 1ST, 2019

MEAL PLANS ARE TRANSFERABLE

CANCELLATION FEES APPLY



To purchase your meal plan tickets go to: www.oaregion6.org/2019

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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
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