



The Sunshiner Newsletter

Winter 2020 Edition, Volume 9 Powerless over my Emotions

I have been in OA for almost 10 years now, and abstinent for 4.5 years. I have learned during my years in OA that I am indeed powerless over many things: food, my weight, my body shape, how much food my body needs, my parents (and people in general), my health, what happens to me in life, the list goes on. However, I have never truly understood how powerless I am over my emotions until last month.

The fact that I can even be aware of my emotions is a gift of this program. I think from about junior high until a year into my abstinence (a good 14 or 15 years), I was completely out of touch with my emotions. Food, controlling my weight, and trying to control my life were my answers to "feeling uncomfortable" in any way. That worked for some years, but over time, as the disease progressed, I felt more and more out of control. In OA (and a couple of other 12-step programs), I eventually learned that I was truly powerless over food, other people, and my life. The more I could accept that and surrender to it, the more I could tune into my HP's will for me, and the better life became.

Fast forward to last month. I came back from an abstinent 3-week holiday with my family in Edmonton. It was truly a wonderful time, and I am blessed that recovery has

allowed me to experience my family in a positive way (a huge dose of acceptance of others, myself, and BOUNDARIES!!! And of course, taking care of my food). I came back from 3 weeks of being surrounded by love and people 24/7 to my empty apartment in Ottawa. Being back to "the grind" and the bleak weather certainly didn't help. I knew that when I come back to "real life" after a holiday, I usually go through a transition period of a few days...a week at most. However, I found myself feeling disconnected and in withdrawal for almost three weeks.

It was awful. For a compulsive eater, feeling uncomfortable and lonely are the worst!! Think of HALT...Hungry, Angry, LONELY, Tired...nothing sends me to the food faster. However, I am so grateful for my program and this Fellowship. As soon as I got back to Ottawa, I started going to my regular meetings again, I got in touch with fellows, I made sure to follow my plan of eating and take care of my food, and I tried to ease myself back into life as gently as I could. However, it was still not working. After a week, I still wasn't feeling better! "What the _____, god?" I thought. "What's going on? Why do I feel this way?"

Yet, I kept on trucking. I kept using my OA program, and although I

started to see small changes in my willingness, I was still feeling depressed and lonely after 2 weeks. "Will I ever feel better??? Why do I feel this way??" The answer popped into my head as I spoke to another OA member on the phone: *This too shall pass*. I remembered that slogan which had helped me so much in the past.

I kept doing what I was doing, and last weekend, three events happened which came together and gave me the willingness to get out of my funk. And suddenly, I feel back to my old self after three weeks. "Hallelujah, what a miracle!! I've come through to the other side!"

Over the last three difficult weeks, I've learned a lot about myself and what family means to me... I had no idea! I also learned that I can't force my emotions to change. I can't change the fact that feeling lonely affects me so deeply; I wish it weren't the case. But thank god for OA, thank god for abstinence, so I can get to know myself better. Thank god for all of you who loved me through these last three weeks. This program doesn't promise life will be easy, but it promises we will be abstinent and better able to handle life. I am grateful for the continuing gifts of this program.

Rebecca P.

MEMBERSHIP SURVEY

Full details of responses from the Summer 2019 Anonymous Membership Survey guided by Intergroup Renewal Committee are on the Ottawa OA website.



NEW TOOL FOR SERVICE BODIES: SHORT VIDEOS ON SOCIAL MEDIA

In today's tech-savvy world, we are constantly bombarded with online ads, photos, and posts that compete for our attention as we scroll through our social media. With that in mind, OA's Public Awareness Committee has hired special workers to produce four bright, eye-catching short videos to carry the message of Overeaters Anonymous. These short, shareable videos will help OA stand out in social media posts, catching the eyes of and encourage your service body to deploy them to help OA get noticed!

Members may also view and download two of the videos at oa.org/files/mp4/OA-1.mp4 and oa.org/files/mp4/OA-2.mp4. To maintain Tradition Eleven, it is suggested that individual OA members not share these videos so that they may "maintain personal anonymity at the level of press, radio, films, television, and other public media of communication." If you or your service body is inspired to create an OA public information message for social media, send the World Service Office a copy! Email it to info@oa.org

OA RETREAT

June 12–14, 2020

Maison de Retraites Notre-Dame de la Providence

1754 St Joseph Blvd, Orleans, ON

Save the Date!



Important OA Dates for 2020

Jan 18-19 OA Birthday (60 years!)

Feb 22 Step 2 Workshop

Feb 29 Unity Day

Mar 28 Step 3 Workshop

Apr 17-18 R6 Assembly (Albany, NY)

Apr 20-25 WSBC (Albuquerque, NM)

Apr 25 Step 4 Workshop

June 12-14 Retreat (Ottawa District)

Aug 15-16 Sponsorship Day

Aug 20-22 World OA Convention
(Orlando, FL)

Oct 2-3 R6 Assembly (Albany, NY)

Oct 23-25 R6 Convention
(Burlington, MA)

Nov 21-22 IDEA Day (3rd weekend)

Dec 12 12th Step
Within Day



Giver of All Good Gifts

Giver of all good gifts, thank you for providing what I need today. As I enjoy the abundance in my life, stir my heart with compassion for those – both nearby and far away – who struggle to find a way to survive – spiritually, emotionally, and physically. And as I look for opportunity to share the resources I have, grant me wisdom to know how and to whom I should give. Finally, I ask that you bless and multiply these tokens of my gratitude. May praise come to you through the charity you inspire in my heart. Amen

Connie R.

The Sunshiner—Spring Edition theme is: “Living in Today”. Deadline for submissions is April 4, 2020.

Be a Sponsor!



Each group has but one primary purpose - to carry its message to the compulsive overeater who still suffers. Tradition Five, Big Book of AA

(All quotes below are taken from the pamphlet “A Guide for Sponsors”, unless otherwise stated).

To keep our program, we need to give it away.

Through sponsorship, the meaning of this statement becomes clear. It is in the sharing of our experience, strength and hope that we renew and reaffirm our own recovery.

We realize the greatest benefit – and the greatest joy – is reaching out... doing together what we could never do alone! (p. 2)

Serving as a sponsor helps reinforce our physical, emotional, and spiritual recovery. In giving back what we’ve been given, we strengthen our group and the Fellowship as a whole; and we make a vital personal connection with a sponsee.

Are any of the following concerns holding you back from becoming a sponsor?

- Am I “good enough” to be a sponsor?
- Have I been abstinent long enough to be a sponsor?
- How do I know when I’m ready to be a sponsor?
- Will sponsoring take up too much time?
- Are there any time limits to the daily contact or length of time we sponsor?

In addition to working with and learning from your own sponsor, you will find answers on how to sponsor by clicking this link: <https://oa.org/members/working-the-program/be-a-sponsor/#readmore>. It has two great podcasts and three pieces of literature you can order from OA bookstore. On the next page are two testimonies from OA members to support the advantages and joys of sponsoring:

I find that for me sponsoring is one of the greatest rewards of my Twelve Step OA program. I have received many gifts from sponsoring. I have made and am making very loving, meaningful and enduring relationships. As I share my experience, strength and hope with a sponsee, it strengthens my program. I need to work my program to be able to give it away. I need to be a power of example that OA works. There is an element of trust in this relationship and I feel privileged when my sponsees feel that trust with me as they share their experiences and their step work. There is a saying "helping you is helping me". If you have hesitated trying sponsorship, think of all it can bring you. You have a lot to offer. Don't underestimate the wonderful qualities you have. I've always had a sponsor and I wouldn't be without one. The unconditional love that I have received has been a great healer in my life. If you don't sponsor now or don't have a sponsor, pray to your Higher Power for guidance and trust that the answers will come. It's an experience you do not want to miss.

Claire L.

Getting a sponsor soon after I joined the program was crucial to kick-start my recovery. She helped me get through the first 3 steps more quickly and thoroughly than I could have done on my own. At the meeting I went to they said, "If someone here has what you want, go up to that person and talk to them." That's what I did. I wanted to know more about how the program works and I thought we would just talk about that. We met for coffee and by the time we were done I had a sponsor! I was amazed and so grateful. I have since become a sponsor and have found the experience humbling and very rewarding. I understand now what my sponsor meant when she said she got just as much out of the relationship as I did.

Luci S.

Sponsoring can begin at any time after Step 3. Simply sponsor up through the level of your experience, sharing as much recovery as you have. No one has to have worked all Twelve Steps before reaching out and helping another compulsive overeater. The "perfect" sponsor does not exist.

In closing, consider this...

"I put my hand in yours, and together we can do what we could never do alone." (OA promise).

"Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible." (OA's Responsibility Pledge)

Danielle G. & Judith T.
Sponsorship Committee

The Sunshiner—Spring Edition theme is: "Living in Today". Deadline for submissions is April 4, 2020.

The Special Events Committee presents:

Step Workshops

February 22nd, 2020 “Step 2”

Mar 28th, 2020 “Step 3”

April 25th, 2020 “Step 4”

From 1pm–2:30pm

(Following the Ottawa District
Intergroup meeting)

McNabb Community Centre
180 Percy St., Ottawa, Ont.

ALL ARE WELCOME

PLEASE BRING PEN, PAPER,
BIG BOOK & OA 12 & 12
7TH TRADITION BASKET



Ottawa District Intergroup

Step Workshops

Region 6 Convention October 23-25, 2020

Registration, Hotel Reservations and Meal Plans Now Available!

Focus on Recovery



Registration:

Early bird \$55 until August 15, 2020, \$65 from August 16 to October 7th, 2020, \$80 at the door.

Register at www.oaregion6.org/2020



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

www.oaregion6.org/2020

or call 1-888-236-2427

Book by Sept 22, 2020 to guarantee the convention's rate.

To be held at Boston Marriott Burlington
One Burlington Mall Rd
Burlington, Massachusetts



Meal Plans: \$185 (5 meals)
\$160 (4 meals)

Banquet only \$60. All plans & banquet include taxes & service charges. Go to www.oaregion6.org/2020 to purchase.

For more info go to: www.oaregion6.org/2020

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.

The Sunshiner—Spring Edition theme is: "Living in Today". Deadline for submissions is April 4, 2020.

In order to be considered, candidates must:

1. Be an OA member with a minimum of 3 years current, continuous abstinence
2. Submit in MP3 digital format a talk recorded at an OA event/registered meeting
3. Register for the 2020 Convention prior to recording submission

**CALL FOR
KEYNOTE
SPEAKERS!**

**OA Region 6 Convention
Burlington, MA
October 23–25, 2020**



Keynote speakers will receive a free hotel room during the convention!

Four keynotes will be selected!



2020

FOCUS ON

RECOVERY

BURLINGTON MA

How to Submit:

Include your full name, address, telephone, email address, abstinence date and length of time in OA.

- Email to R6ConventionChair@oaregion6.org
- Mail to R6 Convention Chair
1229 Winding Trail
Mississauga, ON, L4Y 2T6
Canada
- Submit directly to the Region 6 Coordinator at the Region 6 Spring Assembly in Albany, NY on April 17-18, 2020.

Submit your recording for consideration

Keynote submission recordings will be reviewed by a preselected committee.

Deadline to submit: May 5, 2020

The Sunshiner—Spring Edition theme is: “Living in Today”. Deadline for submissions is April 4, 2020.

Make Today Amazing

Make today amazing, there will never be another exactly like it.

Grow a garden of dreams; dreaming is the first step to becoming.

If we love, we will always be free.

Our past is the canvas upon which our future masterpiece is painted.

Life lessons are best learned by living.

Something good is going to happen today.

Always be ready, inspiration never hints at its arrival.

Only love will light the way.

Joy is contagious.

Imagination is the light that shines on the path of intelligence.

Always make time for a friend.

Today is the most precious gift we could ever receive.



Don't Quit

When things go wrong, as they sometimes will,

When the road you're trudging seems all uphill,

*When funds are low, and the debts are high,
And you want to smile, but you have to sigh,*

When care is pressing you down a bit,

Rest if you must, but don't quit.

Life is queer with its twists and turns,

As every one of us sometimes learns,

And many a failure turns about

When he might have won had he stuck it out.

Don't give up though the pace seems slow.

You may succeed with another blow.

Often the goal is nearer than

It seems to a faint and faltering man.

Often the struggle has given up

When he might have captured the victor's cup.

*And he learned too late when the night slipped
down*

How close he was to the golden crown.

Success is failure turned inside out

The silver tint of the clouds of doubt

And you cannot tell how close you are

It may be near when it seems so far

So stick to the fight when you're hardest hit.

It's when things seem worst that

you must not quit!

OTTAWA DISTRICT INTERGROUP BOARD

Intergroup Officers	
Chairperson	Bruce R.
Treasurer	Luci S.
Secretary	Polly S.
Region 6	Danielle G.
WSO Delegate	Juli D.

SERVICE

Intergroup Committee Chairs	
Bylaws	Laurel M.
Literature	Shauna H.
Publications	Dawn-Marie M.
Public Information	VACANT
Special Events	Karin H.
Telephone Answering & Email	VACANT
Ad hoc Intergroup Renewal	Juli D.
12th Step Within	Sarah V.
French-English Liason	Carmen D.
Seaway Liaison	Susan P.

ODIG Strategic Plan – 2020-2023

1. Help members strengthen their physical, emotional, and spiritual recovery.
 2. Increase the number of sponsors.
 3. Increase the retention of newcomers.
 4. Help those in relapse.
 5. Inspire people to give more service.

SERVICE



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 & Chair of the Publications Committee

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