

The Sunshiner Newsletter

Spring 2020 Edition, Volume 10

PROGRAM AND THE PRESENT WORLD REALITY: HOW DOES PROGRAM HELP ME?

What is the reality today: major crisis or golden opportunity? People's situations differ and no doubt for many it is a crisis on many fronts. I have compassion for those suffering, but my own reality is that it is a golden opportunity to grow spiritually.

There is no doubt that the world is changing. New words enter our vocabulary daily and familiar words take on new meanings, penetrating our thoughts. E.g. cov-idiot and social distancing. By writing a daily gratitude list, using positive recovery language, I bring to the forefront vocabulary worth resonating in my mind (e.g. self-care).

Words lead to action. Where can I hear positive words and ideas that will resonate in my mind: meetings. So, I tune into virtual meetings. This action gives me a golden opportunity to connect with many varied people, broadening my perspective.

Our actions become our hab-

its. I choose to write a to-do list, to write a detailed gratitude list, to journal extensively, to read a short OA passage and to make a healthy food plan every day. Meetings and phoning my sponsor are scheduled frequently. These activities are time consuming but the resulting peace is freeing. Habits make the world seem less chaotic. Doing OA work is a priority and leads me to practice the principles of OA in all my affairs.

Our habits become our character. Recovered addicts demonstrate characteristics worth embracing. Being with them, even virtually, strengthens my sense of who I want to be.

Our character becomes our destiny. What is it we want in the end - a happy spiritual life: at peace with Higher Power, ourselves and others. My foot work prepares me to receive the Grace of God. Working the steps leads to recovery. Participating in fellowship helps.

In truth I have exactly the same

issues troubling me now that I had before this physical isolation: the same need for Step work; the same need for fellowship. I have the same golden opportunities program has always offered me, but now I have time to reflect on them. I feel that I am growing spiritually. What a miracle!!!

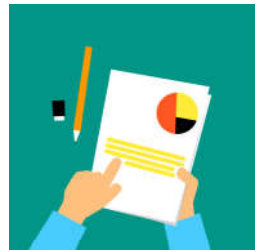
I am grateful for the OA program and for the opportunity to write this article. I will continue to connect and reach out to others. What a privilege to be part of an OA group. Amen.

"If we have carefully followed directions, we have begun to sense the flow of His spirit into us. To some extent we have become God-conscious. We have begun to develop this vital sixth sense." (B.B. Page 85)

Alice B.



Region 6 Representative's Report



Region 6 2020 Spring Assembly was cancelled due to COVID-19. However, the Service Board meeting still took place virtually. As well, registered Region 6 representatives voted electronically on two motions (see below). I, Danielle G., voted on behalf of the Ottawa District Intergroup.

- Motion 1: To accept the 2020-2021 Region 6 budget. This motion was passed.
- Motion 2: To amend the submission date of World Service Business Conference Travel Fund Scholarship Application to October 1 and change subsequent notification deadlines. This motion was also passed.

Until Region 6 2020 Fall Assembly takes place, as Region 6 rep, I will remain a member of the Intergroup Outreach Committee. This Committee will meet virtually to plan the Intergroup Renewal Officer Training which will be offered before the Fall Assembly. The objective of this training is for attendees to learn the basics of leading an Intergroup as well as how to restructure, to make an Intergroup more effective and more attractive to the membership.

In service,

Danielle G.,

Region 6 Representative

Attitude Is Everything (especially during pandemic!)

Be kinder than necessary,
For everyone you meet is fighting some kind
of battle.

Live simply.

Love generously.

Care deeply.

Speak kindly...



Life isn't about waiting for the storm to pass...It's about learning to dance
in the rain.

My name is Juli D. and I will be the point person for the “OA Ottawa Pioneers and Long-timers” project. We are collecting the history of OA Ottawa, and if you have been a member of OA for 20+ years, we're hoping you'll contribute. Please consider the questions below and contact me with a story or to be part of this committee. You can contact me at: WSBC@oa-ottawa.ca

OA GUIDELINES



Suggested Guidelines for Writing the History of Your Local OA Area

The following guidelines are offered as suggestions only; they are guides to aid you in deciding what information to collect.

We invite any and all of you to participate in recording your local history and in gathering local historical memorabilia. This will help to ensure that your history is not lost. The World Service Office invites you to submit your histories for safekeeping to allow historians and scholars, as well as OA visitors from around the world, to gain a broader perception and appreciation of OA history in different areas. Anonymity and confidentiality will be protected. Please note: the WSO is only able to accept electronically formatted files due to storage limitations.

We suggest that the content and interpretation of local histories be approved by the group conscience of members involved in your area.

You may want to begin by interviewing longtime members or writing the history of your own OA experience.

On a personal level:

Where did you first hear about OA?

Did you have a sponsor? If so, how did it help you as a newcomer?

Do you continue to have a sponsor?

What contributions did you make to the Fellowship's growth? (Please don't be modest.)

How has OA changed since you first encountered it?

On the birth of OA in your area:

When was OA started in your town or area? Where were the first meetings held (homes, churches, etc.)?

Who was responsible for starting the group? Which early members contributed to the growth and success of the group? How was it started: as an offshoot of a parent group, as a split from the first or main group, or by one person starting the group?

What was OA like in the early days in your area?

How were new members contacted? How was Twelfth Step work done?

Was the cooperation of local community agencies and professionals—ministers, doctors, etc.—looked into?

Who were the founders and group officers of the early groups?

How often were meetings held and what kinds of meeting formats were used?

If English is not the local language in your area, how did the founding members start the group? What literature did they use and how has this changed? How has translation of OA literature been carried out?

Did any special problems arise during the early years? Did the early groups suffer growing pains?

Was your group ever given a name? What was it? Is it still the same? If it has been changed, what is the present name of the group?

Do you know how the community received the first group when it started? How has it affected the community since?

Do you have an intergroup/service board or central office in your area or community? Do you know when it started? How? By whom? Were there any problems?

Was there any opposition to OA or were there intergroup/service board feuds in your area? Please elaborate.

Does your area sponsor OA events such as conventions, marathons, retreats, or assemblies? When were they started? How often are they held? Are they well-attended?

Do you participate in events outside your area, such as those hosted by other service bodies? Do other members from your area attend also?

Have you experienced growth in your group, in your area? Who approaches OA today: mostly young people, women, men, minorities? Are all welcome? Are there any special problems?

Does your area have a website? How was this idea received when it was proposed? How was the website created, and how is it maintained?

Has your group ever completed a public awareness/information project? Have any members ever written articles for, or been interviewed by, local newspapers?

Do you celebrate individual and group anniversaries? How?

Program Blessings During Pandemic



This period of isolating at home has been healing in an incredible way for me and my family. I have thoroughly enjoyed the slowed down pace of life which has allowed for many things. Firstly, the extra time in the morning to connect with God and work my program. In the past couple of weeks, my growth in humility has guided me to do Steps 1, 2, and 3 on my knees. I list the many things from which I am powerless, admit that only God can and will restore me to sanity, and say the Third Step Prayer. Working through Steps 6 and 7

in a weekly OA meeting, has helped me get up from my knees ready to face the day ahead with confidence that God IS relieving me of my human limitations and strengthening my attributes, one day at a time.

Secondly, I have been led to prioritize and nurture relationships with family and friends. I'm an introvert by nature, and have kept my world very small. I have been reaching out to extended family and friends on a more regular basis. The most significant change is the relationship between my husband and myself, and the family dynamic with our daughter. We work like a team on household chores, plan our meals and movie

watching. We do fun things like play ping pong and badminton. These may sound like normal family activities, but that hasn't been the case with us...until now. We've healed and bonded. We've grown to respect one another's space, time, and opinions. We speak without yelling. We listen. We understand, we comfort and support each other. We hug often. We laugh. I know these changes are nothing short of a miracle...a miracle that only God and working the OA program could have gifted me with. I have a blessed life. Thank you God! And thank you OA fellowship!

Shauna H.

How to Contribute The Seventh Tradition in Virtual Meetings

OA's Seventh Tradition states: "Every OA group ought to be fully self-supporting, declining outside contributions." During a Virtual meeting, the chairperson may suggest putting your 7th Tradition contribution in an envelope to bring to your group once face-to-face meetings resume. In the meantime, as your envelope gets full, here are some other suggestions of what you can do with these funds to contribute back to OA:

- Alternatively to putting money aside in an envelope, members may want to consider keeping a ledger of their contributions on paper, since cash may not be readily available. As aforementioned, members would bring their contributions in once face-to-face meetings are back up and running.
- Groups may want to consider nominating someone (like their Treasurer) to accept and handle electronic/digital contributions. Intergroup continues to work during this pandemic, maintaining the website, administering the Zoom account and providing newcomer services, such as email and telephone answering. The Ottawa District Intergroup is not in a position to accept digital contributions at this time. However, groups or individuals can still contribute to Intergroup by sending a cheque to:

OTTAWA DISTRICT INTERGROUP
Westgate Postal Outlet
P.O. Box 35036
1309 Carling Ave.
Ottawa, Ontario
K1Z 1A2



- Region 6 continues to provide scholarships, maintain their website, and spread the message of recovery. Region 6 accepts digital contributions on their website (www.oaregion6.org) via PayPal. You can contribute as an individual, for your group, or for your Intergroup. For the latter two, you will need your group or Intergroup # (ODIG # is 09275). You can look up your Group # on the World Service Office website (www.oa.org) under Find a meeting. You can also download Region 6's flyer from their website.
- WSO accepts contributions via credit card on their website. You can make a recurring gift if you wish to contribute regularly, and you can make your contribution anonymously. You will be asked for a group or Intergroup #.

SUGGESTED GUIDELINES FOR ATTENDING/ CHAIRING VIRTUAL MEETINGS

Attending a virtual meeting is different from a regular phone conversation. For example, small noises in the background may cause feedback and may prevent the speaker from being heard clearly. Our experience, strength, and hope with virtual meetings has led us to develop the following guidelines during a virtual meeting:

- **Arrive early:** Many of these services will announce whenever someone new joins the meeting, which can get disruptive during a group phone call. It is recommended to join 10 minutes prior to the stated time.
- **Stay on mute:** As mentioned, any noise such as background traffic, children or pets, and coughing can be heard and may result in feedback. The moderator will instruct you when you should mute, but to be safe, it is best to stay muted until you want or need to speak. Phone mutes are done by pressing * then 6. If you are using a mobile phone or a computer, you can mute by clicking on the icon that looks like a microphone.
- **Avoid speakerphone:** Using speakerphone when speaking can also result in feedback or distortion, making it difficult to be understood. If possible, when speaking, use headphones or earbuds that have a microphone. Again, using mute will prevent feedback if you are not sharing.
- **Long-distance and data plans:** There may be long-distance or data usage associated with the virtual meeting. Check with your service provider to find out what your plan covers.

Virtual meeting information is changing rapidly. For important updates on Virtual Meetings go to: “Sign-up for Ottawa District Intergroup Email Updates” on the home page of the oa-ottawa.ca website, and subscribe. Your information is kept strictly confidential and only used for Ottawa District Intergroup updates. Recently added to the Zoom Meeting List are: Friday Morning Big Book, Overbrook Beginners, How it Works and Brockville’s OA 12&12/Big Book.



WSBC 2020 Report

Hello all,

As you may know, the in-person World Service Business Conference at which the annual business of OA is handled by the World's Delegates, was canceled due to COVID-19. However, needing to transact some business as a non-profit and having certain business that needed to be managed, we had a virtual version. One hundred and eighty delegates from 13 countries (Australia, Brazil, Canada, Greece, Ireland, Israel, Italy, New Zealand, Russia, South Africa, Spain, United Kingdom & USA) took part in this alternative conference.

Trustees were rotating out of service and needed to be replaced. For the six positions available, there were five applicants. All five were elected to three-year terms (Regions One, Four and Seven and two General Service Trustees).

Four pieces of literature, which were developed or updated by the Conference-Approved Literature Committee at the request of the Board of Trustees, were put forward for adoption. All four were adopted. These pieces of literature are titled:

“In OA, Recovery is Possible”

“Temporary Sponsors: Newcomers’ First Twelve Days”

“To the Young Person”

“A Lifetime of Abstinence”




I have also read all of the reports submitted by the committees, Regions and the Board of Trustees, etc. Here are the highlights:

1. OA celebrates 60 years this year! The convention is in Orlando, Florida on August 20-22, 2020.
2. Soon, the new book with stories from the fellowship on “Body Image, Relationships and Sexuality” will be available.
3. OA’s membership continues to drop in every Region in the world except for the Virtual Region.
4. While members’ contributions have increased, we continue to depend on literature for about half of our revenue. Please support OA by buying your literature from our OA bookstore.
5. We are fortunate to have so many hard-working people striving to ensure that OA functions well and continues to change in order to fulfill our primary purpose of getting the message of OA out to the world. Staff, board members, trustees and many, many members astound me with their dedication, passion and creativity. It is truly inspiring!
6. In order to spread our message, OA is in need of translators. Literature is a key way to spread OA’s vital message to other areas of the world where English is not the primary language.
7. The number of resources, and the experience, strength and hope that is available to us through our updated website and through connection to each other is amazing.

If you want to talk with me about anything in this report or about anything else related to OA, I would be delighted to talk with you. You can email me at WSBC@oa-ottawa.ca

Thank you so much for giving me the opportunity to be of service to our District. It is an honor to have been able to do so.

In service,
Juli D.



Please note that this year’s Annual Ottawa District Intergroup Retreat has been cancelled due to the pandemic.

COVID-19 AND THE 12 STEPS COVID-19 PANDEMIC WHAT STEP, SLOGAN OR TOOL APPLIES?

This article is part of a personal blog from Don C., in Connecticut. It is not OA literature.

Step 1 and COVID-19: Honesty. I accept that I'm powerless over the fact that an epidemic is on the loose. However, I am not helpless. There are things I can do to help myself and others. Hygiene and social distance; if possible, help those who cannot help themselves.

Step 2 and COVID-19: Hope. There will be an end to the epidemic. We – science, government, citizens – are working on knowledge and solutions. We have had epidemics before, and we have found treatments and vaccines. Smallpox, Yellow Fever, Cholera, Scarlet Fever, Typhoid Fever, Spanish Flu, Diphtheria, Polio, Measles, Whooping Cough, and of course HIV and AIDS since the 1980s.

Step 3 and COVID-19: Faith. I accept and surrender to the suggestions coming from the scientists and government. I will comply even if I don't exactly understand the science. I will trust the process and follow instructions of the experts who are a power greater than myself. I will let go of anxiety. I will trust. I will accept that I am only in charge of my choices and actions, not of the world or anyone in it.

Step 4 and COVID-19: Courage. I will let go of anxiety about the epidemic, accept and face the reality of the situation, and step up to take the actions I need to take of myself and my family, my town and my country. I will not be afraid. I have my program and fellowship to support me. I am not alone. I will look carefully at any thoughts, words or actions that undermine my courage.

Step 5 and COVID-19: Integrity. I am free to be who I am. I am not ashamed to ask for help. I am not ashamed to say I don't know. I can say no to people who want me to do things that I don't think are the right thing to do – like having that party, taking that trip, buying and consuming more than my fair share, respecting the social distance guidelines, following the hygiene guidelines, be open to helping those I can help. I'm okay and I'm worth taking care of.

Steps 6 & 7 and COVID-19: Willingness and Humility. I need to be open-minded, flexible and willing to suspend my everyday way of behaving and learn a new way – for now – until this virus passes. I need to trust the experts, take their advice, go with the flow, don't think I know better and, most importantly, have a positive attitude through the discomfort. This too shall pass.

Steps 8 & 9 and COVID-19: Self-Discipline, Forgiveness, and Love. I need to have the self-discipline to do the things I need to do every day to maintain my abstinence and recovery, to not say or do things that could hurt others, to practice love and tolerance, acceptance and forgiveness. Practice the hygiene and social distance guidelines recommended by the government. Accept and forgive those who don't because I can't afford to hold on to anger and resentment. Do what I need to do to prepare for myself and my family. Don't play victim. Take responsibility.

Step 10 and COVID-19: Perseverance. As noted above, when discussing *hope* in Step 2, there was a beginning and there will be an end. I say I will keep on keeping on, doing the best I can with what I have. God and I. The strength is there.

Step 11 and COVID-19: Spiritual Awareness. The pandemic is not God's will. Bad stuff happens. Such is the human condition. God's will is that I do all I can with what I have. Connect with the quiet spirit of truth, goodness and love deep within myself for strength, peace and direction. Let God be my compass. Align my thoughts, words, and actions as best I can with what I think God would want me to do. Stay close to God by being loving and useful to my fellow human beings. God will show me the path, give me the strength and courage to follow the path, and not give me more than *We* can handle along the path.

Step 12 and COVID-19: Service. Two different perspectives come to mind on this Step and Principle and the virus. If I lose my recovery, I'm not going to be useful to myself or others. That means living the moral principles mentioned above, plus others.



VIRTUAL OA STEP WORKSHOPS



Steps 5, 6 & 7 May 30, 2020 1pm–3pm

Steps 8 & 9 June 13, 2020 1pm–2:30pm



Social distancing is still going on and so are these Virtual Step Workshops! Join with Zoom. It's easy!

Click on

<https://us04web.zoom.us/j/482983728>

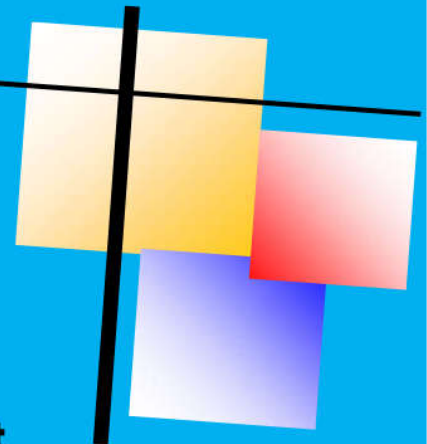
Meeting ID: 4824983728

Or dial: 16473744685 Canada

16475580588 Canada

For passwords, sign up for Ottawa District Intergroup Email Updates at: OA-Ottawa.ca

For more information contact Karin H. 613-850-4413





*Virtual Region
of Overeaters Anonymous
invites the OA fellowship from
around the world to join with us in our*

1st Annual Virtual Region Convention

Many Languages One Virtual Recovery

- Featuring Keynote Speakers with multi lingual translation
- Meditation Room
- Sponsor / sponsee speed match
- Writing workshops
- Virtual Region tools search
- Recovery celebrations
- Newcomer Meetings

SAVE THE DATE
Saturday, June 20th
11am-11pm EDT (GMT-4)
Sunday, June 21st
6am-6pm EDT (GMT-4)

*Workshops will be led and supported by
multiple Intergroups around the globe
& Virtual Region special focus.*

Virtual Region seeks service volunteers in the following areas:

*Translators, zoom dashboard co-hosts, WhatsAppHosts,
speakers, greeters, room monitors, graphic artists, workshop
leaders, registration, outreach within and entertainment.
Please contact vrconvention@oavirtualregion.org*

October 23-25, 2020

**Region 6 Convention 2020 News
Burlington, MA**

A weekend of Recovery

3 Quick Tips!

1. Register online: www.oaregion6.org/2020
\$55 until August 15, \$65 from August 16—October 7th,
\$80 at the door
2. Order your Meal Plan: 5 Meals \$185, 4 Meals \$160,
Saturday Banquet only \$60
Purchase at www.region6.org/2020
3. Book your hotel: single/double/triple or quad
\$159 (US\$ plus taxes). Book by Sept 22, 2020 to
guarantee the hotel's convention rate.
Reserve at www.oaregion6.org/2020



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



For more info go to: www.oaregion6.org/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 (including virtual meetings)
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 your recording for consideration

Keynote submission recordings will be reviewed by a preselected committee.

Submission deadline extended to: July 22, 2020



The Ottawa District Intergroup Business meeting is typically held on the 4th Saturday of each month. At the moment they are being held virtually @ 10:15 AM. Please check the website to verify the dates & links. 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

Thank you!

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

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