

# The Sunshiner Newsletter

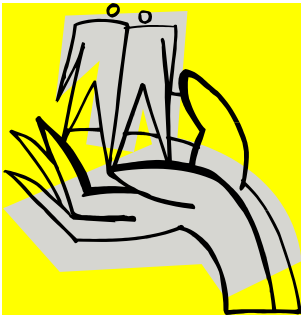
Fall 2020 Edition, Volume 11

## Carrying the Message

A woman who had dropped out of the program got a call from a member of the OA group she used to attend. They had the following conversation: *First OA:* I've really missed you at meetings. How are you? *Second OA:* Terrible. I can't stop eating, and I've gained a lot of weight. *First OA:* Why don't you come back? I'd love to see you at the meeting tonight. *Second OA:* I can't. How can I go to meetings when it's not working? I can't relate to those abstainers. *First OA:* You don't have to be abstinent to go to meetings and be with other compulsive overeaters. The only requirement for membership is a desire to stop eating compulsively. *Second OA:* I want to get abstinent, but I can't. *First OA:* Getting abstinent after a lifetime or even a short time of compulsive overeating can be a slow process. It involves getting in touch with your Higher Power, working the program and becoming willing to have the compulsion lifted. *Second OA:* I am willing, but I can't do it. I can't stop eating. *First OA:* Of course you can't – not by yourself. That's the point

of Step One. Remember? We are powerless over food. *Second OA:* Another thing bothering me is that I feel like a failure at meetings. I don't have anything valuable to share. *First OA:* Other compulsive overeaters need you as much as you need them. Abstainers need to hear your story. We may be taking our abstinence for granted, or we may even be on the verge of breaking it. Eating can sure look like a great way out of a problem sometimes. Maybe you can tell us a thing or two we've forgotten about that. Besides, every compulsive overeater has a right to sit around the OA table. Talking about your feelings will help you – and that's what matters. *Second OA:* I'm so tired and impatient. And people at meetings don't seem accepting and understanding. It seems to me they look at me and think, "Why can't you get with it?" *First OA:* When we're so down on ourselves, the tendency is to think other people are too. But the truth is, we OAs love each other for going through what all of us have gone through. And we're all

there because we have the desire to stop. Remember, that's what is required, not success. *Second OA:* I've got the desire, all right, but how do I stop? *First OA:* Come to meetings, for a start, and use the tools and practice the Steps in whatever way you can. There are certain things you can do, just for today. *Second OA:* How can I go back to meetings looking the way I do, and after all the crazy things I've said and the way I've treated my friends? *First OA:* No one is keeping score. You always welcome in OA, no matter what. It's like home – always there for you regardless of what you said or did, how long you've been away or how far you've wandered. You can never be a "former member" of your family, can you? Well, you can't be an ex-OA member either. *Second OA:* Maybe I'll give it another try. *First OA:* I hope you do. You'll be welcomed with open arms, just like the first time. You'll see. *Second OA:* I think I will give it a try.



# Carrying the Message

Use this guide with suggestions of what to say and what not to say when speaking to someone about OA for the first time.

(taken from OA.org)

## DOs

- I am open to talking about my recovery.
- I mention how much my weight has changed, and I may show my pre-OA photo.
- I am positive and happy when talking about OA.
- I am always willing to give out the New Prospect Card and my phone number.
- I emphasize the peace of mind I have found in life around food.
- I suggest that people come to a meeting and just listen. Nothing is required of them.
- I mention OA to my doctor and other health care professionals.
- I carry the message as part of my action plan.
- I am concise when talking about the OA program, leaving room for curiosity.
- I explain the concept of “Just for Today”.
- I mention that OA is a non-profit organization and there are no membership dues or fees.
- I share how OA has helped in all facets of my life.
- I explain some of the program’s Tools.
- I give examples of my unhealthy eating behaviors from before OA (such as eternal dieting, starving, bingeing, constantly weighing myself).
- I say that our program is modeled on Alcoholics Anonymous and that my problem is similar to alcoholism. OA is for people who use food just like alcoholics use alcohol.
- I offer to meet them at their first meeting, if at all possible.

## DON'Ts

- I don’t tell people that OA is the only way.
- I try not to sound like a preacher or give a speech.
- I don’t judge other people, and I don’t label them as compulsive overeaters.
- I don’t talk about another’s shape or weight, only my own.
- I do not mention specific spiritual or religious beliefs.
- I don’t speak about OA to someone new unless he or she shows an interest.
- I don’t try to “sell” the Twelve Step program or exaggerate about it.
- I don’t promise anything.
- I don’t put down diets or methods of weight loss; I don’t compare OA to other programs.
- I don’t give too much information about meetings and how it all works; the best way to understand is to come to a meeting.

## **DON'Ts (continued)**

I don't give unsolicited advice or suggestions.

I don't rush people into making a decision.

I don't argue.

I don't shut the door. Even if someone is not interested now, he or she may be interested in the future.

I don't try to give away what I don't have.

## **Why Carry the Message?**

“Service is its own reward.” (OA Twelve and Twelve, p.175)

“When I give service, I receive more than I could ever give.” (Voices of Recovery, p.328)

“I don't have to wait until I am perfect to do service.” (Voices of Recovery, p.252)

“Service gives me practice at freeing myself from the bondage of self.” (Voices of Recovery, p. 284)

“Only by working with those who are not yet free [from the disease] do I fully realize that freedom.” (For today, p.252)

“We now have a message of hope to carry to other compulsive overeaters. (OA Twelve and Twelve, p.99)

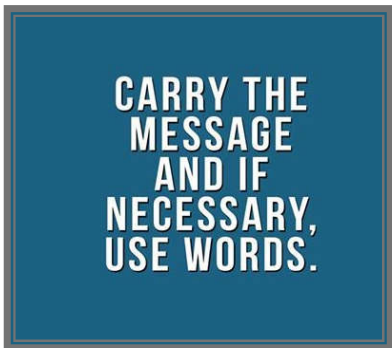
“When all other measures failed, work with another alcoholic would save the day.” (Alcoholics Anonymous, 4<sup>th</sup> edition p.15)

“Most of us who've worked this program will be unable to keep the recovery we have unless we share our experience, strength, and hope with others.” (Alcoholics Anonymous, 4<sup>th</sup> edition., p.89)

“Those of us who live this program don't simply carry the message; we are the message.” (OA Twelve and Twelve, p. 106)

## **Whose Job Is It?**

This is a story about four people named: Everybody, Somebody, Anybody and Nobody. There was an important job to be done and Everybody was asked to do it. Everybody was sure Somebody would do it. Anybody could have done it, but Nobody did it. Somebody got angry about that because it was Everybody's job. Everybody thought Anybody could do it but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.



**CARRY THE  
MESSAGE  
AND IF  
NECESSARY,  
USE WORDS.**

# Face-to-Face Meetings in the Ottawa Area

Sunday 10am  
Hampton Park  
Ottawa  
Big Book

Tuesday 6:30pm  
Westcliffe Park  
Bells Corners  
OA 12 & 12

Thursday 11am  
Laroche Park  
Ottawa  
Big Book

Saturday 11am  
McNabb  
Community  
Centre Park  
Big Book

All meetings are weather permitting. Bring your own chair & literature.  
Please adhere to social distancing. For more information contact  
Shirley B. at (613) 829-5068

# MORNING PRAYER



Good morning, God. Thank you for the gift of another day. Help me not waste it. Grant me the discipline to be productive and useful and the power to remain abstinent. Direct my thinking today, God, especially keep it free of self-pity, dishonest, and self-seeking motives. Keep me free of selfishness, dishonesty, resentment and fear and all of fear's stepchildren – controlling, perfectionism, procrastination, false pride and worry. Help me to carry the OA message to the next sufferer.



## Things to Consider

**(From Carrying the Message Workshop at OA.org)**

- Is this a situation where you choose to carry the message?
- Briefly, what is the OA message you want to share in this scenario?
- What Steps, Traditions, Concepts and/or Principles do you need to consider in your message?
- What OA materials could you use to develop your message?
- What should you pay special attention to in this scenario, such as anonymity, attraction rather than promotion, etc.?
- How do you address these challenges effectively?

## Public Information

You can become part of the Public Information Committee (PIC) without ever attending a (PIC) meeting—just carry the message of recovery. When you go to see your doctors, why not tell them how Overeaters Anonymous has helped you? Why not take along some *15 questions* pamphlets and/or your old Lifelines, and ask if you can leave them in the waiting room? Or, keep Bulletin Board Attraction Sticky Notes with you (available from oa.org). These are great to put up at your grocery store, health food store, fitness club, church, schools, etc.? People are dying because they have not heard the message of recovery that Overeaters Anonymous offers. Please help! If you want to become part of the Public Information Committee of Intergroup, please contact: Susan P. at: [public\\_information@oa-ottawa.ca](mailto:public_information@oa-ottawa.ca)

# NEWCOMERS' MEETING

Join this new Virtual Speaker meeting (plus Q & A) which focuses on the Newcomer

Thursday 7pm

Join the Zoom Meeting

Meeting ID: 810 6928 9063

Passcode: 020793



If you have questions about compulsive eating, consider this Newcomers' meeting!

## OA Responsibility Pledge

Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.

### Where Do I Start?

*Everything a Newcomer  
Needs to Know*

*Where Do I Start? Everything a Newcomer Needs to Know* is now available as an e-book on [Amazon Kindle](#), [Apple Books](#), and [Barnes & Noble Nook](#). *Where Do I Start?* packs key information about OA's Twelve Step program of recovery into a single pamphlet, including the Fifteen Questions, Tools, Plans of Eating, OA Promise, AA Third and Seventh Step Prayers, "Welcome Home" story, and so much more. Help newcomers get started in OA with this comprehensive pamphlet, now available as an e-pamphlet. Print copies (#705) are also available from the OA bookstore at [bookstore.oa.org](http://bookstore.oa.org).



**The Special Events Committee presents**



# **Relapse Prevention Workshop**

September 12, 2020

1pm—3pm

This workshop is designed to help maintain your abstinence by recognizing early warning signs of relapse. You will also learn methods of prevention.

Meeting ID: 482 983 728

Password: 687840

**3 Speakers + Interactive Session\***



\*You will need pen & paper for this session.

**Keep coming back. It works!**

7th Tradition collected electronically



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

# Virtual Step Workshops

Presented by the Ottawa District Intergroup  
Special Events Committee

Learn about Steps 10, 11 & 12 with  
keynote speakers and strengthen  
your abstinence!



Step 10 October 17, 2020 1pm –2:30pm



Step 11 November 7 , 2020 1pm–2:30pm



Step 12 November 21 , 2020 1pm–2:30pm



Meeting ID/  
Password to  
follow

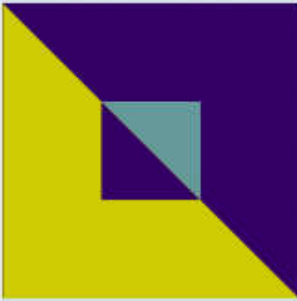
7th Tradition will be collected electronically



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



# Region 6 Convention October 23-25, 2020



## Focus on Recovery Virtually!

**Webinar  
Room  
features  
Keynote  
Speakers  
& Panels!**



**Zoom Meeting  
Rooms feature  
lots of  
workshops!**

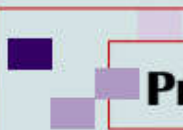


**Registration \$35 USD**

**French Interpretation**

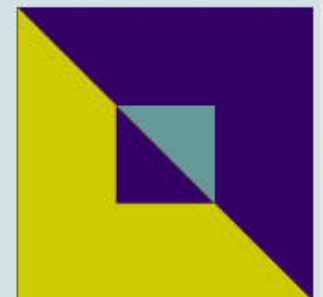
**Virtual Raffles**

**Entertainment**



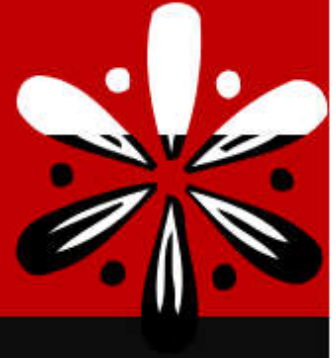
**Program coming out soon!**

**For more info go to: [www.oaregion6.org/2020](http://www.oaregion6.org/2020)**



No transfers or refunds available on convention registrations paid after 07/30/2020. If you find that you are unable to attend, Region 6 appreciates your contribution to help spread the message of recovery.

# Virtual Raffle for Region 6 Convention October 23-25, 2020



**Groups and Intergroups are invited to donate e-gift cards for the Convention's Virtual Raffles. A great way to join the fundraising effort!**

**Canadian/US Currency Preferred**



**Suggested Denominations:  
\$25, \$50 & \$100**

**To donate an e-gift card please contact  
[oaregion6raffles@gmail.com](mailto:oaregion6raffles@gmail.com)**



# Hope for the Holidays

December 5, 2020 1pm–3pm

Theme: Staying  
Abstinent Through  
the Holiday Season

**Virtual Mini-thon**



**Meeting ID/  
Password to  
follow**



7th Tradition collected electronically

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



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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