

# The Sunshiner Newsletter

Winter 2021 Edition, Volume 12

## Turning my Will Over to my Higher Power

This is an interesting topic. I'm supposed to be doing this everyday in Step 3, but sometimes I'm just not willing to let go of certain areas of my life. I think that I still need to figure out these things because "how could I possibly turn over these important areas to something that I can't see; that I don't 100% know is real?"

Even as I write this out, I know that all the "controlling" that I think I need to do is an illusion. I really don't have any control over my life in the grand scheme of things.

But why do I think I have control? Well, I see that if I eat less and exercise more, I lose weight. So I think I have control over my weight. Never mind that my weight doesn't stay down for long, and I also lose my mental sanity when I am restricting. I can't keep restricting forever so eventually I binge. Eventually I start to purge. My weight creeps up again and now I'm even more miserable and desperate than I was before.

But I try and push out those Big Truths and only cling to the small truths that support my old belief, that "I can control my weight". I try and cling to the memory that initially when I restricted, my weight did go down. "See, it's true! I CAN control my weight!" This belief makes

me feel safe. If I can control my weight, I can be ok in the world. All my problems will go away. I will be accepted by my peers. I'll get the job I always wanted, and the respect I deserve.

So I try and control my weight.

This is the insanity I was in when I first came to OA. I've learned over the years that my HP works miracles in my life. The first area I noticed this in was with my weight, food, and exercise. When I came into OA I was encouraged to stop exercising for a while (I had damaged my knees through exercise) and to eat more (I was undereating). I was terrified of this, but also desperate to stop the insanity around the food and my weight. So I listened.

I stopped looking at my reflection everywhere I went, I stopped weighing myself, I wore clothes that weren't too tight for me and that I felt comfortable in, and I ate appropriate, measured portions of food that I feared were huge. I kept coming to OA meetings, worked with a Sponsor, and worked the Steps.

After many months of doing this, I realized that I had lost weight – I wasn't weighing myself but my clothes felt looser. I was eating more and I wasn't exercising, but some-

how I lost weight! This was the first time that I recognized HP working a miracle in my life. I had thought I knew what I needed to do to lose weight, but it brought me to a lonely, anguished place. Only through desperation did I become willing to turn my will over to my HP with my food, exercise, and weight; and when I did that, HP worked a miracle in my life.

Fourteen years later, I'm struggling with two subjects that I don't feel I can trust HP with. Chronic pain and romantic relationships. I am terrified to just let go and let HP do Her work. What if the pain gets worse or stays the same? What if I never find someone to be with?

I'm reminded of the miracle that HP worked in my life fourteen years ago, and the many miracles since then. One day at a time, I pray that I can surrender. That I can move out of the way to let HP work more miracles in my life, specifically in these areas. I'm terrified. Even writing this out, I can feel the fear. But something is whispering "Try it. Just try it."

I know it's the voice of my HP. Please God, help me trust Your voice.

Rebecca P.

## Outgoing...

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This is my last issue as Editor of the Sunshiner. I've truly enjoyed my time in this capacity. I experienced the truth that "service is its own reward"! I learned to depend on my Higher Power to provide inspiration and information.

I will be continuing on as Ottawa District Intergroup's Publications Chairperson, overseeing both the Sunshiner Newsletter and the ODIG website.

Thank you all for your support, kind words, and inspiration. A special thank you to Gabriela for taking on this service!

Very grateful,  
Dawn-Marie

"Service is its  
own reward."  
Voices of Recovery  
p. 328



## ...Incoming!

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By way of introduction I would like to say thank you to Dawn-Marie for her trust in me to continue the Sunshiner Newsletter...I have big shoes to fill!

I began in OA during the pandemic and, as a result, have relied heavily on the electronic words of the Sunshiner Newsletter and all of the other messaging that Ottawa District Intergroup, Region 6 and World Service publish. When I saw the call out for an editor in order to be able to continue this valuable communication, I felt the pull to step in, so here I am, in your service.

Gabriela

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**Ottawa District Intergroup** elections were held in December 2020. Here are the results:

Chair	Bruce R.	Chair@oa-ottawa.ca
Vice-Chair	Rebecca P.	Vicechair@oa-ottawa.ca
Treasurer	Luci S.	Treasurer@oa-ottawa.ca
Secretary	Polly S.	Secretary@oa-ottawa.ca
Region 6 Rep	Danielle G.	Region6@oa-ottawa.ca
WSBC Delegate	Juli D.	WSBC@oa-ottawa.ca
Literature	Shauna H.	Literature@oa-ottawa.ca
Publications	Dawn-Marie M.	Publications@oa-ottawa.ca
Special Events	Karin H.	Special_events@oa-ottawa.ca
12th Step Within	Karen B.	12stepwithin@oa-ottawa.ca
Intergroup Liaison— Outaouais	Carmen D.	French_liaison@oa-ottawa.ca

The Public Information/Professional Outreach Committee (PI/PO) position is still vacant. Only 6 months of abstinence required.

## **Literature**

Our Literature Chair, Shauna H., has some books/pamphlets for sale. You can contact her at [literature@oa-ottawa.ca](mailto:literature@oa-ottawa.ca). Did you know that some of OA's books and pamphlets are available as digital downloads? The pamphlet for newcomers, "Where Do I Start: Everything a Newcomer Needs to Know" is available online. Go to [oa.org](http://oa.org) for instructions on how to obtain a digital copy. Printed copies of this, and other pamphlets, continue to be available at the OA Bookstore.

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# News from Your Region 6 Representative October 2020

## **2020 Region 6 Convention—Focus on Recovery**

The first virtual convention took place from October 23—25, 2020. 875 members from around the world registered. A record! Thank you to the organizing team and all volunteers who helped make this virtual Convention a huge success.

## **Region 6 Fall Assembly**

Susan P., Claire L. and Danielle G. virtually attended the Region 6 Fall Assembly on October 3, 2020, as voting members.

## **Assembly Facts**

- 22 Region 6 Intergroups comprised of six board members, 57 voting members, plus alternative members and visitors attended the Assembly
- 13 first-time representatives attended the Assembly
- Elections of Vice-Chair, Secretary, Treasurer, and endorsement of a Trustee (Trustees are voted in at the WSBC in 2021) took place.
- By-law amendments were voted on and were passed:
  - ◊ To allow virtual or hybrid meetings of Region 6 Assembly (R6A) to take place
  - ◊ To add the OA mission statement to the R6 bylaws
  - ◊ To make the R6 logo more readable
  - ◊ To reimburse an Officer Sunday lunch, in addition to meals from Friday dinner through Sunday breakfast on weekends when an Assembly meets.
  - ◊ To modify one of the requirements for the election of a Committee chair, from attendance to two (2) previous R6 Assembly to one (1) previous R6 Assembly.

# News from Your Region 6 Representative (continued)

## Twelve Steps Within (TSW)

Danielle G. joined the Twelve Steps Within (TSW) committee which was presented with the following project:

- An outreach platform, called The OA Welcome Room, is being developed by the World Service Business Conference, Public Information and Professional Outreach Committee (PIPO). This Welcome Room would serve as a virtual office to “carry the message” of Overeaters Anonymous, 24/7.
- It will be an on-line (Zoom)/phone room staffed by the global OA fellowship. Here are just some of the possible functions of the room:
  - ◇ Information line
  - ◇ Public information outreach
  - ◇ 12 Step Within support at all hours
  - ◇ Once a month sponsor-sponsee match up
  - ◇ Twelve-Step study groups

Members of the TSW committee will be asked to promote and recruit OA members through their own Intergroups to staff the Welcome Room. Shifts will be 2 1/2 hours long. More details to follow.

## Intergroup Officers Training Workshop

Claire L. and Danielle G. had the privilege to attend this training which comprises of 11 hours of presentation and material given by Don C., a knowledgeable long-timer OA member. 46 participants were in attendance.

## Intergroup’s Mission:

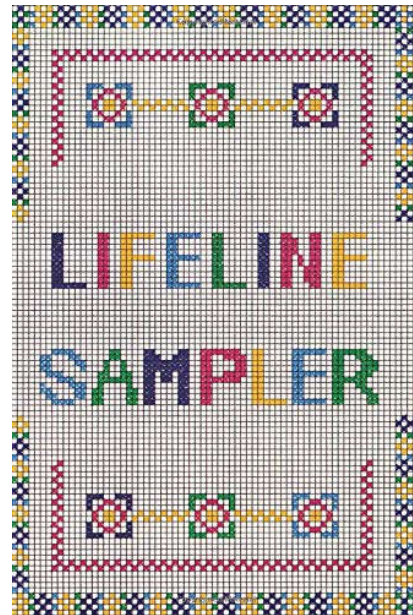
The objective is to transform Intergroup into a proactive Tradition Five organization whose highest priority is providing opportunities for members to strengthen their personal recovery.

Danielle G.  
Ottawa District Intergroup—Region 6 Representative

# Lifeline Magazine Will Live On in OA Literature

*Lifeline* magazine, our much-beloved “Meeting on the Go,” (saw) its production come to an end in December 2020 after fifty-five years of publication. Since the original 2018 announcement of its discontinuing, many OA members have enthusiastically expressed their gratitude for the support and community that *Lifeline* has provided over the years.

*Lifeline* was conceived in the early 60s, when our founder, Rozanne S., and others recognized the need for a “sharing place for O.A. ideas and news” and “a forum for the thoughts, feelings and growth of the individual O.A. member.” The magazine’s pledge was to “minimize the geographical handicaps to communication between groups” and “grow and respond to the needs . . . of its participants . . . represent the O.A. way of life as it is offered in the [Twelve Steps](#) and [Twelve Traditions](#), and serve as a supporting companion in our daily lives” ([Beyond Our Wildest Dreams](#), p. 199). *Lifeline* has indeed lived up to this pledge, peaking at 25,000 subscribers in 1990 and declining steadily ever since as digital communications began bridging the geographical barriers to communication across the Fellowship.



Though we are saddened to see our magazine go, loyal *Lifeline* fans will continue to have the opportunity to dive in and rediscover *Lifeline*’s real stories of recovery through our thoughtful compendiums of past *Lifeline* articles. These books are available in print from the online shops mentioned below and in e-book formats for Amazon Kindle, Apple Books, and Barnes and Noble Nook.

*Lifeline Sampler* was first printed in 1985 and is now reissued as a print-on-demand paperback solely through Amazon. This OA classic has not seen its compelling messages of hope and recovery dull over time and features members writing candidly about their struggles and successes with compulsive eating. Pick up a paperback copy at [amzn.to/33NmSK3](https://amzn.to/33NmSK3) to see keen spiritual insights about timeless topics, such as abstinent living, slips and relapse, food and weight, and the Steps and Traditions themselves!

*Seeking the Spiritual Path: A Collection from Lifeline* is written for OA members by OA members and contains more than seventy stories of spiritual recovery and discovery. Buy your [softcover copy \(#978\)](#) at [bookstore.oa.org](https://bookstore.oa.org) and join fellow OA members on their introspective, personal journeys to belief as they explore such topics as their Higher Power, spiritual practices and other tools for growth, and experiences as agnostics and atheists in program.

*Taste of Lifeline* is the contemporary successor to *Lifeline Sampler* and is available as a [softcover book \(#970\)](#) from [bookstore.oa.org](https://bookstore.oa.org). *Taste of Lifeline* shares more than one hundred stories from OA members, whose diverse experiences reflect the breadth of our program and act as a rich resource for us all. Newcomers, longtimers, those experiencing slips or relapses, sponsors, sponsees, and international members will all find stories that resonate within these pages. Additionally, *Taste of Lifeline* contains a section of writing prompts to inspire your use of the Tool of writing. Journal your responses to these prompts and share your thoughts and reactions with your sponsor, sponsee, and group to strengthen your recovery.

Thousands of individual [back issues of Lifeline \(#820\)](#) are available for purchase for US\$4 each through [bookstore.oa.org](https://bookstore.oa.org). If you prefer the portability (and gift-ability!) of single magazine issues, put a few back issues in your cart today! As we close this chapter in OA’s history, let’s share a moment of gratitude for all of the *Lifeline* contributors, subscribers, group representatives, special workers, and trusted servants who touched our lives and strengthened our recoveries in this unique way. Thank you for your many years of hope and service!

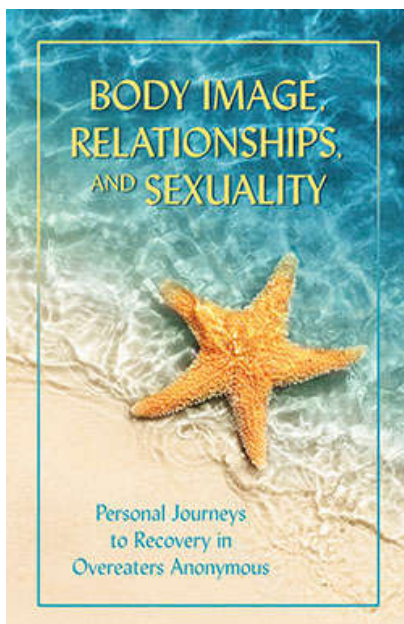


# Food Slip Inventory

1. The food is always the last to go, so inventory it first. Write down exactly what happened as if there was a video camera rolling.
2. Remember that food is the symptom, not the problem. Before the slip occurred, there was emotional distress of some sort. Go back several hours or the previous 24 hours or a few days and come forward.
  - a. What feelings were you experiencing before the slip? (It may help to think about this first and also to talk to someone else to get clear before writing.)
  - b. Were you avoiding facing something?
  - c. What lies did your disease tell you that you decided to believe? How did you decide that it was okay to eat and drink?
3. What was the spiritual problem? Was God/your HP anywhere? Did you do your morning 11<sup>th</sup> Step work?

## GOING FORWARD

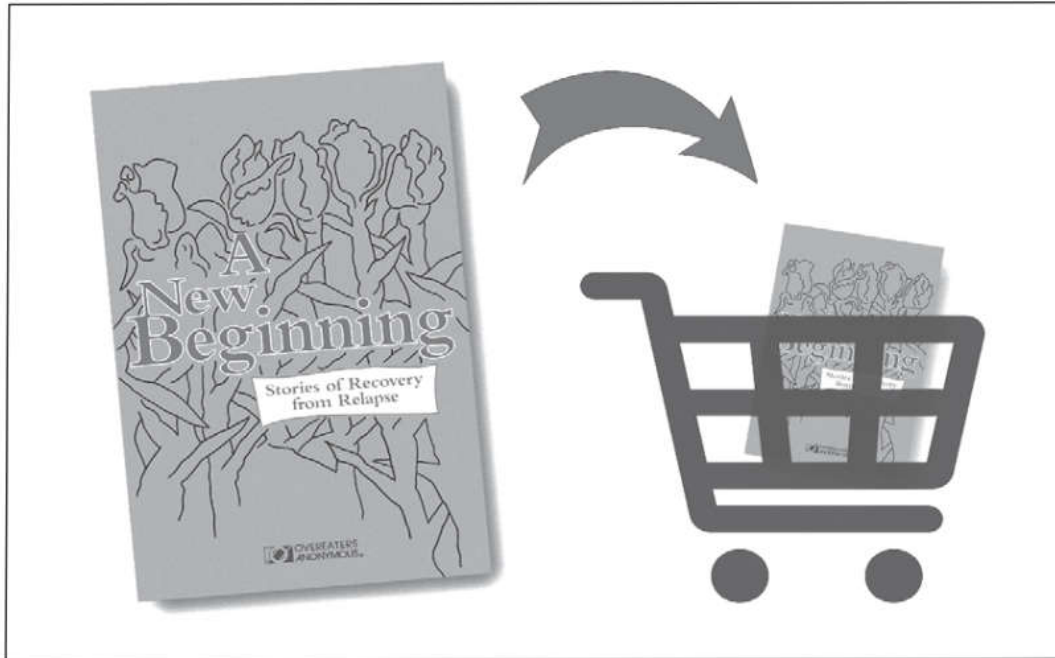
4. What physical actions are you ready to take to become abstinent and stay abstinent?
5. What emotional actions are you ready to take to become abstinent and stay abstinent?
6. What spiritual actions are you ready to take to become abstinent and stay abstinent?



*Body Image, Relationships, and Sexuality; Personal Journeys to Recovery in Overeaters Anonymous* is a first-of-its-kind collection of member stories about how our disease can be deeply intertwined with the most intimate parts of our lives - our deeply held traumas, personal relationships, and changing identities. In this book, OA members share openly and honestly about their journeys from unfulfilled - even shattered - existences to lives overflowing with the acceptance, freedom, and serenity found by working and living OA's Twelve Step program of recovery. Find hope as you read in *Body Image, Relationships, And Sexuality* how these OA members became truly "Happy, joyous, and free." Softcover; 132 pages.

# *A New Beginning*

— available once again in print paperback —



**GO TO** amazon.com  
**ENTER** 1889681016  
**CLICK** “Paperback \$9.99” \*  
**GET** *A New Beginning*, printed  
and delivered to your address

OA’s heartfelt story collection from *Lifeline* speaks to anyone struggling with slips and relapse. Full of experience, inspiration, and wisdom, this recovery resource is a valuable gift and a tool for your Twelfth Step Within toolbox.

**\*OA receives a royalty share for this printed literature only when you choose the “Paperback \$9.99” option.**

*A New Beginning* is also available as an e-book for your Amazon Kindle, Apple iBooks device, and Barnes and Noble Nook.

— Find help and offer hope with *A New Beginning* —



# In Your Language, What is the Best Translation for “Abstinence,” “Recovery,” and “Higher Power”?



***If You Know the Answers, We Need Your Service.  
Become a Glossary Volunteer!***

Compulsive eaters worldwide are struggling to access our Overeaters Anonymous program because of language barriers. Can you help them?

- Are you an active member of Overeaters Anonymous?
- Is English a second (or third) language for you?
- Are you willing to give service beyond the group level?

The OA Glossary is a compilation of hundreds of the most common English words and phrases used in our OA meetings and literature. These words, such as *abstinence*, *recovery*, *sponsor*, *plan of eating*, *food plan*, *Higher Power*, and *World Service Business Conference*, often have a special meaning in OA. As an OA Glossary Volunteer, you can consider the special meaning of each English word and phrase and suggest the best translation for your language.

Being a Glossary Volunteer is a great opportunity for service and recovery! Your service can accelerate the translation of all OA literature into your language and help carry the message of Overeaters Anonymous worldwide!

To become a Glossary Volunteer, contact your local or national language translation committee or your region chair or trustee and ask to join a translation or validation team. It is also helpful to read *Guidelines for Translation of OA Literature and Materials* found at [oa.org/document-library](http://oa.org/document-library) under category “Translation.”





**FEBRUARY 20-21, 2021**

# **2021 OA Virtual Region Convention**

**“There is a Solution”**

**Registration is  
now open!**

**\$5, \$10, \$15 or \$20 USD**

**JOIN US FROM  
SATURDAY,  
FEBRUARY 20,  
2021 5AM EST  
UNTIL SUNDAY,  
FEBRUARY 21,  
2021 9:30PM EST**

**▶ KEYNOTE SPEAKERS**

**▶ WORKSHOPS**

**▶ INTERACTIVE SESSIONS**

**▶ RELAY MARATHON**

**INTERPRETED IN MANY LANGUAGES**



**To register go to: [www.oavirtualconvention.org](http://www.oavirtualconvention.org)**

**ZOOM LINK & CALL-IN INFORMATION WILL BE EMAILED TO REGISTRANTS**



Cape Cod Intergroup



South Coastal Mass Intergroup

**Cape Cod Intergroup and South Coastal Mass Intergroup**

**Present**

**Love Across the Fellowship**



**Join us to Celebrate OA Unity with Diversity  
3 Speakers and Breakout sessions**

**Date: Sunday, February 28, 2021**

**Time: 1:00-4:00 PM, EST.**

**Virtually on Zoom**

**Registration Required**

**To Register, email: [OASCMIGmail.com](mailto:OASCMIGmail.com)**





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.,  
Chair of the Publications Committee

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