



Spring/Summer  
2021

# The Sunshiner Newsletter

## Focus on Newcomers

I am a newcomer...

I have recently celebrated 365 days of abstinence from compulsive eating...a concept that I truly did not understand when I walked through these doors. Well, I didn't really walk through any doors since I joined when we were all under orders from public health to remain at home and all meetings became virtual...and for some reason people were hoarding toilet paper :-)

Consumption of my trigger food was out of control. Having been in other rooms of recovery for many years and finding myself here, at yet another surrender point, felt familiar yet overwhelming.

Why me? Why do I have to give up yet another substance in my life?

I reached out to a couple of women that I knew were members of Overeaters Anonymous and asked for their help and guidance about how to get connected virtually to OA.

Zoom...Zoom...Zoom. I bought e-versions of the literature and got with the program.

OA has given me the safe place to "speak the language of food"...a vocabulary that carried with it a lot of shame and family rules and also broken promises.



I am a newcomer to planning my food without it coming from a diet book or linked to an allowance of calories.

I am a newcomer to a change in my food plan not having an end date.

I am a newcomer to applying the 12 steps to food.

The last thing I wanted to do was define an abstinence that cut out the last page of every restaurant menu and also meant I would no longer shop in the sweet shops. But because I had surrendered, I knew that was exactly what I needed to do for my abstinence and to start on my ride to being restored to sanity. Continuing to include my trigger ingredient in my food would have undermined the process of recovery from compulsive eating for me.

And lo and behold I discovered other foods that are healthy and wholesome and satisfy me and that I appreciate in a way I never had before.

And then I heard about the concept of compulsive food behaviours...huh? As I listened to what that meant for others, I could relate to many and have needed to include some of these in my abstinence as well in order to further feed (no pun intended) my recovery.

*...continued on page 2*

I have heard members say they are no longer compelled to overeat food and that they have found peace with food. The newcomer in me wants all of

that right now and forever while at the same time accepting that desired state of mind will take a commitment ...a commitment to my recovery

from compulsive eating...one day at a time.

Gabriela

# Meetings ~ did you know the world of OA is available to all of us.



Taken from OA Web site <https://oa.org/service-bodies/regions/>

# FIND MEETINGS TO FIT YOUR SCHEDULE

oa.org/find-a-meeting/?type=1

USA Available in 20+ countries Select Language Powered by Google Bookstore 7th Tradition Contribution Search

**OVEREATERS ANONYMOUS®** Find a meeting MENU

## Find a meeting

Face-To-Face **Online** Telephone Non-Real-Time Find a Service Body

### Find an online meeting

Your time zone: Eastern Time (Change)

Sometimes newcomers find it hard to fit meetings into their schedule, but with virtual meetings available to us all, the possibilities of meetings at almost any time of day or night are open to us. We can attend meetings from a different time zone to suit our schedules. When the world rights itself again, as it surely will in time, the OA Virtual Region will always have virtual meetings available to us.

Click here for meeting definitions.

Select your timezone

Eastern Standard Time (GMT-5:00)

Additional search options ^

Day	Open/Closed
All days	All meetings
Special topic	Language
All meetings	All meetings
Special focus	Time of day
All meetings	All times

Find a meeting Clear form

How fortunate are we? Check it out!

## **If I Can, You Can**

I'm not a newcomer to OA-I've been coming to meetings for over a year-but I am a newcomer to abstinence. I've been abstinent for thirteen glorious days. Hallelujah! For thirteen days I've been waking up and going to bed surprised and grateful that God is doing for me what I cannot do for myself.

I didn't think the miracle would happen for me. I was terminally unique, or so I thought. I was fatter, sicker, and crazier than all of you. The program didn't, couldn't, wouldn't work for me. But desperation and the commitment I made to open a meeting once a week kept me coming back. That was the only thing I did right all those months: I kept coming back. I rarely picked up the OA Tools. Sometimes I did, but most of the time I didn't.

"How It Works" on page 58 in the Big Book (Alcoholics Anonymous, 4<sup>th</sup> ed.) told me I needed to be rigorously honest and willing to go to any length. I was neither. It told me I needed to be fearless and thorough from the very start. I was neither. It told me I needed to stop searching for an easier, softer way and to stop holding on to my old ideas. I did neither. Then after months of on-again, off-again prayer-more off than on, a miracle happened!

For thirteen days I have picked up the OA Tools and used them. For thirteen days I have been rigorously honest and willing to go to any length. For thirteen days I have been fearless and thorough. For thirteen days I have stopped searching for an easier, softer way, and I have stopped holding on to my old ideas. And for thirteen days I have been abstinent! Is this a coincidence? I think not.

The program works if I work it. It's that simple. If I want to hang on to my abstinence, I know what I need to do. Am I willing? You better believe it! Abstinence is even better than everyone says it is. Can you get abstinent? You better believe it! If I can do it, you can do it.

April 2005

**Taken from OA Lifeline**

# Congratulations to Celebrants!

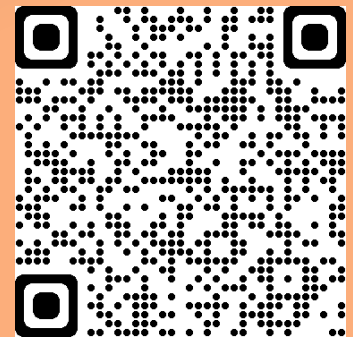
**We will be publishing celebrants information in the Sunshiner. Be sure to let your group representative know you want to see your name here too.**

<b>Celebrant</b>	<b>Abstinence</b>	<b>Anniversary date</b>
<b>Debbie B</b>	<b>24 years</b>	<b>February 27</b>
<b>Dolly S</b>	<b>5 years</b>	<b>March 23</b>
<b>Josée</b>	<b>3 years</b>	<b>April 1</b>
<b>Gabriela B</b>	<b>1 year</b>	<b>April 18</b>
<b>Bruce R</b>	<b>16 years</b>	<b>April 21</b>

## Follow OA on Instagram

[https://www.instagram.com/overeatersanonymous\\_official/](https://www.instagram.com/overeatersanonymous_official/)

The QR (quick response) code shown on the right provides easy access to the web address above. Simply scan this QR code with your smartphone or tablet camera and then tap the notification that appears to open the associated link.



## Unique Service Opportunity

Have you been looking for an opportunity to do service in OA using your writing skills?

The Ottawa District Intergroup is putting together an archive of member stories regarding the history of OA in Ottawa.

We need volunteers to interview long-timers and do write-ups of their stories. To help with this unique service opportunity, please contact Juli D. at [wsbc@oa-ottawa.ca](mailto:wsbc@oa-ottawa.ca)



## Another Service Opportunity

The next issue of the Sunshiner is scheduled for September 2021. Our theme will be

**“Gifts from my Higher Power”.**

What information would you like to see in your newsletter?

Have a theme or topic in mind for future issues?

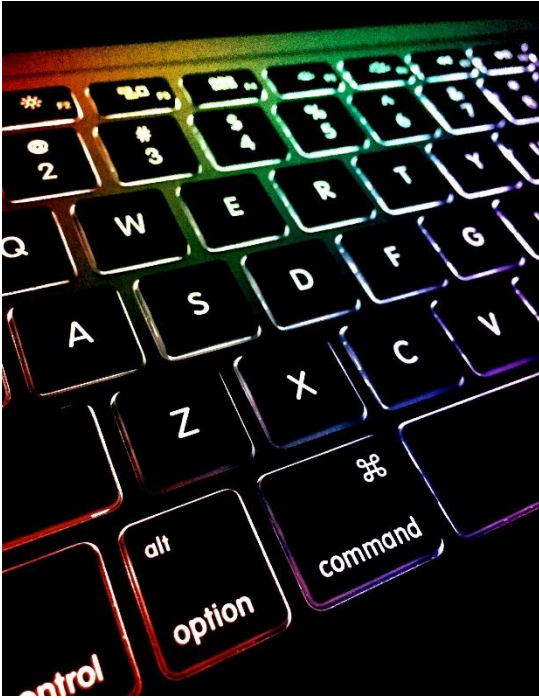
Speak up by emailing [Sunshiner@oa-ottawa.ca](mailto:Sunshiner@oa-ottawa.ca)

Did you know that literature is still being sold?

Please contact Shauna for your literature order at

[literature@oa-ottawa.ca](mailto:literature@oa-ottawa.ca)

# ZOOM Workshop

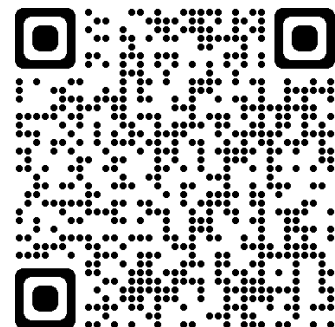


On April 6, 2021, our resident Zoom guru of Ottawa District OA, Erik K, facilitated a well-attended workshop on the how-tos of hosting a Zoom meeting. Over the course of the workshop, it became apparent that there are vast differences in comfort levels between members of our fellowship with Zoom, and that more resources were needed to support members in this service.

As such, Eric created a folder of resources in our Ottawa District Google Drive, including a guide for sharing permissions, a bank of Zoom resources, and an instructional walk-through video (approx. 25 minutes in length) which explains all Zoom host functions relevant to hosting. The OA Ottawa web site has a link for you to be able to locate this information.

<https://oa-ottawa.ca/learn-zoom-hosting/>

Hope this information is helpful and will encourage you to do service in your group by hosting your Zoom meeting.



QR Code - scan with camera

## News from your Region 6 representative for Ottawa District Intergroup

*Region 6 of Overeaters Anonymous supports communities in New York, Connecticut, Massachusetts, Rhode Island, New Hampshire, Maine, Vermont, Central and Eastern Ontario, Quebec, Newfoundland and Labrador, New Brunswick, Nova Scotia, Prince Edward Island, and Bermuda.*

*There are 37 Intergroups and 831 groups in Region 6 (as of February 2021).*



### Region 6 Spring Assembly 2021

Danielle G. virtually attended the Region 6 Spring Assembly on April 10, 2021 as your representative and voting member.

### Assembly Facts

- 73 attendees represented by **29 intergroups**, including 54 voting members, six board members plus alternative members and visitors.
- **20 first-time** representatives attended the Assembly!
- Several motions and by-law amendments that were voted on and passed:
  - To allow a member, living outside the geographic boundaries of Region 6, to represent virtually such Region at an Assembly.
  - To reallocate from 2020-2021 budget \$3,000 for enhancing Region 6 website with Google AdWords. This program would drive people who search for terms related to our disease to the website.
  - To ensure that Region 6 board members are residing in the geographical boundaries of such Region. These board members are to be duly invested in and impacted by the specific issues which are distinctive to the geographical region.

### Twelve Steps Within (TSW)

Danielle G. joined and worked with the Twelve Steps Within committee (TSW). Region 6 board members asked the TSW to organize and present a 45-minute sponsorship workshop. Two planning meetings took place virtually prior to the workshop.

The skit presented at the Ottawa District Sponsorship workshop, held August 2020, was used. It was a huge success.

Following the skit, four breakout rooms were created to discuss questions on sponsorship with each group reporting back to the whole Assembly.

### 2021 Region 6 Convention - Mark your calendar!

- The Region 6 Convention was voted to be held virtually on **October 22, 23 and 24, 2021**.
- The Theme will be: **TOGETHER WE CAN**. For more information, flyer and to register click

<https://oaregion6.org/2021/>

*Danielle G.  
Region 6 representative - ODIG  
April 2021*





## 2021 CONVENTION VIRTUAL 2021 REGION 6 TOGETHER WE CAN

Region 6 of Overeaters Anonymous  
invites you to attend the  
2021 Region 6 Convention!

### JOIN US ON ZOOM

### CONVENTION HIGHLIGHTS

#### Friday, October 22

- 3:00 pm Registration opens
- 4:00 pm Workshops begin
- 8:00 pm Grand opening/keynote speaker
- 9:00 pm Entertainment
- 9:00 pm Workshops continue

#### Saturday, October 23

- 8:30 am Workshops begin
- 1:30 pm Keynote Speaker
- 2:30 pm Workshops continue
- 8:00 pm Keynote speaker
- 9:30 pm Entertainment/dancing
- 9:30 pm Workshops continue

#### Sunday, October 24

- 8:30 am Workshops begin
- 10:30 am Grand closing/keynote speaker

For additional information, please contact:  
[conventionchair@oaregion6.org](mailto:conventionchair@oaregion6.org)

For registration information, please contact:  
[r6conventionregistrar@gmail.com](mailto:r6conventionregistrar@gmail.com)

### PART 1: CONVENTION REGISTRATION

Registration is online only at:

<http://oaregion6.org/2021/>

Credit Card/PayPal accepted

**\*\*No refunds or transfers\*\***

#### Registration Rates

- \$15 USD
- \$25 USD
- \$35 USD includes Registration and early access to recordings

Online registration is available until **October 24th**

Additional copies of flyer can be downloaded  
from <http://oaregion6.org/2021/>

### PART 2: SIGN UP FOR SERVICE

You will be sent an Email with sign-up  
instructions in mid-summer

#### General Service Opportunities

We will need people to do service in several  
areas. There is no abstinence requirement for  
this service. Here are some examples:

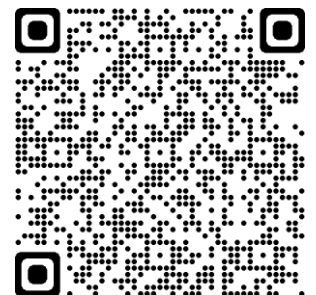
- Talent show/entertainment
- Zoom Host and Zoom Cohost

#### Workshop Speakers

Note: Speakers need a minimum of 1 year  
abstinence

Here are some topic examples for speakers:

- Abstinence • Steps
- Anorexia/Bulimia • Tools
- 100 lb. Emphasis • Relapse/Recovery
- Long Timers • Tradition
- Spirituality • Special Focus



QR code - scan with camera



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.

## 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.

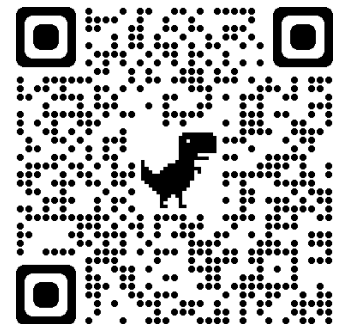
Please address all submissions and correspondence via email to:  
**Sunshiner@oa-ottawa.ca**

Thank you!

Gabriela B., Editor, Sunshiner Newsletter

Dawn-Marie M., Chair of the Publications Committee

OA Ottawa District  
Intergroup Phone: 613-820-5669  
Email: [oaottawa@hotmail.com](mailto:oaottawa@hotmail.com)  
Website: [www.aa-ottawa.ca](http://www.aa-ottawa.ca)



QR code - scan with camera