

**OVEREATERS
ANONYMOUS**®
OTTAWA DISTRICT INTERGROUP



September
2021

The Sunshiner Newsletter

Gifts from my Higher Power

The following is a letter submitted to the Sunshiner from a member.

As part of her step work, her sponsor suggested that she write a letter to herself as though it came from her higher power. It had such a profound effect, that she generously chose to share it with all of us. We thank her for her willingness to share this and for her service.

Dear Alma,

Congratulation for your work on your husband. Your great efforts towards wanting to lead a more loving and spiritual life speaks to what I want for you and for the communion with your husband.

Letting go of the past; taking care of the moment; trusting in the future is growing in you. I am ever-present and embrace you every second of the day. I am listening. I hear your prayers and pleas. I know that you are listening and growing. You give 100%. You are doing my will.

You are a divine child and just as the sun gives life, love gives life. Know that I love you! You are a delicate flower: spreading joy, beauty, knowledge in your own unique and wonderful way. Perfection - there is no such thing. I love you for who you are and for your humanness. I am always there so call on me. It will bring us together. It will allow for all the beauty and love inside of you to come out.

I embrace you with all my heart. Your husband loves you with all his heart. Your heart is growing and bonding you together.

So, keep up the good and thorough work! The more you give love, the more you have to give away.

*Your loving Higher Spirit,
Higher Power*



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Celebrations

Celebrant	Abstinence	Anniversary or Celebration date
Liz W	8 years	April 1
Renee	26 years	April 23
Rebecca P	6 years	May 21
Ann S	22 years	May 31
Shauna H	15 years	June 2
Karen B	2 years	June 12
Colette	16 years	June 26
Christine C	5 years	June 28
Sarah V	5 years	July 14
Carol R	3 years	August 4
Jennifer B	17 years	August 25
Karin H	30 years	September 13



Whenever you see a Quick Response (QR) code symbol, you are able to scan it with your smartphone or tablet camera and then tap the notification that appears to open the associated link.

Meeting News

Outdoor Meetings in the Ottawa area as of July 2, 2021:

1. Saturday 9:30 am Fairmont Park on Fairmont Street
2. Sunday 10 am Hampton Park on Island Park Drive
3. Tuesday 6 pm Westcliffe Park on Seyton Drive, Bells Corners
4. Thursday 11 am at Fairmont Park on Fairmont Street



All meetings are weather permitting. Bring your own chair & literature. Please adhere to social distancing. For more information contact Shirley B. 613-697-6075.

New Meeting in Vankleek Hill as of July 19th, 2021

Join Mondays from 6:30pm to 7:30pm. This group will meet at the Creating Centre, 11 High Street, Vankleek Hill, Ontario. For more information please call: 613-571-2662

Service Opportunities

CALL FOR DIVERSE VOICES

OA is updating the existing publication *A Common Solution: Diversity and Recovery* and expanding the representation of OA's diverse membership. We are seeking stories that express your experience, strength, and hope, particularly if you identify as a member of one or more of these under-represented groups within OA:

Race (Black, Asian/Pacific Islander, Indigenous, Latinx) • Male, non-binary, transgender • LGBTQ+ • Atheist, agnostic, Jewish, Muslim, Buddhist, or other religion • Young (under 30) • Nationality outside of North America • English not first language • Compulsive food behaviors or surgical methods of weight control (e.g., anorexia, bulimia, or bariatric surgery) • Disability or other health condition

You can help under-represented members identify with other OA members by sharing what brought you to OA, what you found here, and what keeps you coming back. Please include which diverse group(s) you identify with and how our common solution (i.e., the Twelve Steps of OA, the nine Tools of Recovery, and reliance on a Higher Power) has led to your abstinence and recovery.

Share your unique OA experience with us...

1. How do you celebrate your diversity as a recovering member of OA? How have you used your diversity to support your physical, emotional, and spiritual recovery?
2. Did you ever feel misunderstood or unwelcomed by other OA members because of your diversity? What kept you coming back?
3. What would you like other OA members to better understand about your diversity as it relates to your disease and recovery?
4. How has racism, prejudice, bigotry, or marginalization affected your disease of compulsive eating?
5. As a bulimic, anorexic, or bariatric surgery patient, have you felt welcomed?
6. As an atheist or agnostic, how were you able to come to believe that a power greater than yourself could restore you to sanity without becoming religious?
7. As a trans person, how has your recovery and membership in OA challenged or supported your transition?
8. Do you have a physical or mental disability that requires accommodations in order to participate in OA? Do you have a health condition that you would like other OA members to understand?
9. Has living in a country outside of North America challenged or supported your recovery from compulsive eating?
10. How have you welcomed, reached out to, or sponsored newcomers who belong to a race, ethnicity, gender, sexual orientation, age group, or nationality different from your own? What have you learned from them?

Important Rules

1. Submissions are assumed intended for publication, are subject to editing, and become the property of OA, Inc.
2. Submissions are not returned.
3. All submissions must contain the author's full name and address. You may request anonymity with publication. Your state, province, or country may remain anonymous if you so indicate.
4. Submissions must be submitted with a signed release form.
5. Submissions of approximately 500-800 words are preferred.

Due by October 31, 2021



**Email your story to
info@oa.org with subject
line "Common Solution."**

Service Opportunities

Calling All Sponsors! We Need Your Experience, Strength, and Hope!

OA is updating and reforming our current sponsorship publications. The new publication will provide guidance to sponsors, both new and veteran, who are being challenged to meet the needs of our increasingly diverse Fellowship.

We are asking all sponsors to share their experience, strength, and hope. Write about the ways you provide support and guidance to your sponsees, while keeping the focus on their recovery through the Twelve Steps and Twelve Traditions.

As you respond, please focus on one or more of the prompts below, answer one prompt at a time, and be specific. We are looking for targeted and concise submissions of 250 to 300 words in a story format. It is our intention that your responses will be the framework for this new publication.

Share your unique OA experience with us...

1. *How do you keep the focus on your sponsee's physical, emotional, and spiritual recovery through working the Steps?*
2. *What criteria do you use when deciding whether to sponsor a potential sponsee and/or for what reasons have you decided to end a sponsoring relationship? How did you handle the interaction?*
3. *How do you help a sponsee develop a plan to achieve abstinence, recovery, and a healthy body weight?*
4. *What is your experience when sponsoring members who live with a different expression of our disease than your own (e.g., overeating, under-eating, food addiction, binge eating, anorexia, bulimia, purging, weight-loss surgery, over-exercising, etc.)?*
5. *What is your experience when sponsoring members with different attributes than your own (e.g., age, race, creed, nationality, religion, gender identity, sexual identity, etc.)?*
6. *How do you ensure that you focus on your own experience, strength, and hope when you work with sponsees?*
7. *How have you responded to a sponsee's relapse or inability to maintain abstinence? If pertinent, include how you deal with taking them through the Steps in this situation. How has your relationship been altered when you have had a break in abstinence?*
8. *How do you focus on the Twelve Traditions, as well as the Steps, with your sponsees?*
9. *What do you do to encourage sponsees to sponsor and take on other types of service?*
10. *What are some of the obstacles to sponsoring you have encountered, and what solutions have you found?*

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4. Submissions must be submitted with a signed release form.
5. Submissions of approximately 250-300 words are preferred.

Due by November 30, 2021



**Email your story to
info@oa.org with subject line
"Sponsorship Story."**

Ottawa District Intergroup

Ottawa District Intergroup News

Do you know what the Ottawa District Intergroup (ODIG) does?
It's OK if the answer is no...you have an opportunity to learn more through the brochure

Ottawa District Intergroup What is it? How can it improve my recovery?

https://oa-ottawa.ca/wp-content/uploads/2015/01/ODIG_Brochure_2014-11-12.pdf



The Ottawa District Intergroup Business Meeting is currently being held virtually on Zoom on the 4th Saturday of each month @ 10:15 AM. Please continue to check the website to verify the dates & links.



All members are welcome.

Ottawa District Intergroup Committee News

Literature Committee - Our literature has recently been stocked. Please refer to the link below for more information on what inventory is in stock and how to place your order.

<https://oa-ottawa.ca/order-literature/>

Public Information Committee - ODIG is looking for a Public Information/Professional Outreach (PI/PO) Committee Chairperson. Abstinence requirement is 6 months. The details of the role can be found in the document Duties and Responsibilities of Ottawa District Intergroup Board Members <https://oa-ottawa.ca/wp-content/uploads/2020/11/Part-II-Duties-and-Responsibilities.pdf>

Special Events Committee - is hosting a workshop entitled "Acceptance is the Key" on October 3, 2021 at 1:00 pm EST. Please watch for flyer to be posted to the web site soon.

12th Step Within Committee - supports existing OA members and strengthens the fellowship by sharing information/ideas that generate recovery. Since meetings became virtual, the committee identified a need for a list of available sponsors in the Ottawa area. Please let the Committee know you are available to sponsor by emailing 12stepwithin@oa-ottawa.ca. You can be a temporary sponsor to take somebody through their first 30 days or the first three Steps; you can be a food sponsor, a Step sponsor, or both.

Region 6

Region 6 Convention

The Region 6 Convention program has been posted and registration for this virtual convention is underway.

Bundle up with a great convention line-up on October 22nd-24th.

Check out all details



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

Virtual Region



 **VIRTUAL REGION WORKSHOP**

"4TH SATURDAY OF THE MONTH"

STEP 10 – HOW TO TURN IT AROUND

SEPTEMBER 25TH

5:30 pm London/UK
12:30 pm New York

Zoom ID: 891 6554 0024
Passcode: 120912

For more information go to oavirtualregion.org

World Service

A revised Abstinence and Recovery Policy was adopted at World Service Business Conference 2021. OA's revised policy states:

“WSBC 2021 accepts the following:

Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

Spiritual, emotional, and physical recovery is the result of living and working the Overeaters Anonymous Twelve Step program on a daily basis.”

(Business Conference Policy Manual, 1988b [amended 2019, 2021])

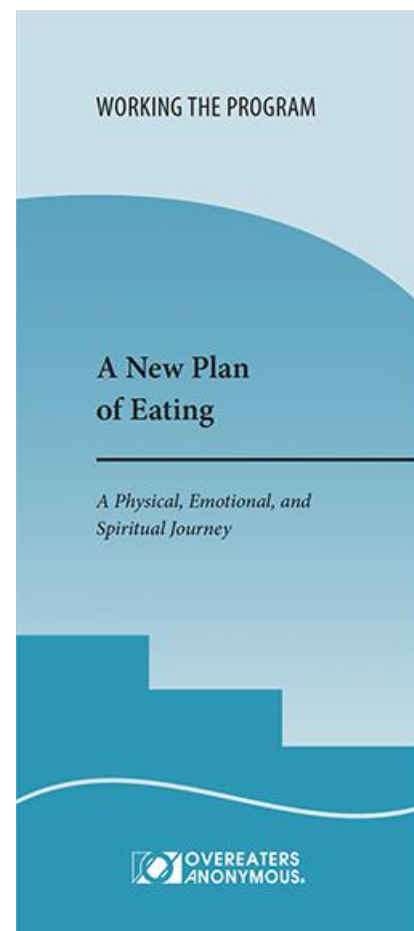
A New Plan of Eating Combines and Replaces both Dignity of Choice and A Plan of Eating

If you are interested in this pamphlet, please use the literature request email to place your order locally:

literature@oa-ottawa.ca

Or, order from the OA Bookstore

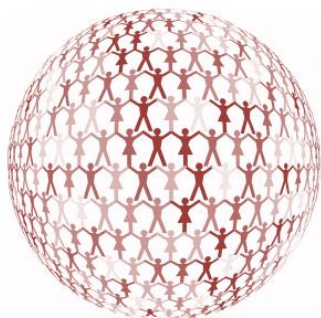
<https://bookstore.oa.org/pamphlets/a-new-plan-of-eating-a-physical-emotional-and-spiritual-journey-144.asp>



“Bits and Bites”

Does anyone go to the library anymore? You’d be surprised what you can find at the OA Virtual Library.

<https://oa.org/document-library/>



For example the Unity with Diversity Trifold Pamphlet is available for download there at no charge...many other pamphlets and items of interest.

<https://oa.org/app/uploads/2021/05/unity-with-diversity-trifold.pdf>



EDITORIAL POLICY – aka the fine print

The Ottawa District Sunshiner Newsletter publications committee welcomes your comments and suggestions. The opinions published in the newsletter are those of the writer, not those of Ottawa District Intergroup or OA as a whole. Please address all submissions and correspondence via email to: **Sunshiner@oa-ottawa.ca**

We request that submissions be signed, but names will be withheld from publication upon request. Please limit the scope to your OA experience noting that references to other Twelve Step programs cannot be published.

Gabriela B., Editor, Sunshiner Newsletter
Dawn-Marie M., Chair of the Publications Committee