

**OVEREATERS
ANONYMOUS**®
OTTAWA DISTRICT INTERGROUP



December
2021

The Sunshiner Newsletter

Twelfth Step Within Committee

Hello, friends! My name is Karen B - I am a compulsive overeater and the chairperson of your Twelfth Step Within Committee.

One purpose of the Twelfth Step Within Committee of the Ottawa District Intergroup is to support existing OA members and to strengthen the fellowship by sharing information and ideas that generate recovery.

Since March 2020, a large component of the Committee supporting the existing membership has been to maintain a list of available sponsors in the Ottawa area. While members are still encouraged to attend many meetings to find somebody who has what they want and ask that person to be their sponsor, Zoom meetings have presented challenges in doing this. On Zoom, remaining online to chat after meetings can be awkward for some, and more frequently, people are experiencing screen fatigue. The list of available sponsors has been very important in assisting members in finding a sponsor with whom they can work the Steps of our program.

As recovered, and recovering, compulsive overeaters, it is our privilege and responsibility to carry the message of recovery by being guides through the Twelve Steps that has brought us freedom and serenity. I would like to encourage all of you to prayerfully, and thoughtfully, consider and discuss with your own sponsor, making yourself available to sponsor. 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. You can let the Committee know you are available to sponsor by emailing us at 12stepwithin@oa-ottawa.ca to be added to our list. We periodically contact available sponsors to make sure they wish to remain on the list.

Carrying the message of OA, paying back and forward to another still suffering member of OA, is not only our responsibility, but it brings us so much joy – the joy of being of service to our Higher Power and to our fellows – which in turn strengthens our own program of recovery. Many blessings to you as we walk this road – TOGETHER!

Karen B.

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Celebrations

Celebrant	Abstinence	Anniversary or Celebration date
Chantal M	2 years	September 10
Dawn-Marie M	14 years	September 10
Sandra	1 year	September 12
Joanne K	2 years	October 6
Chris H	1 year	October 13
Robin L	1 year	October 27
Claire L	27 years	November 6
Kim S	1 years	November 29

Meeting News

Due to the cooler weather, the outdoor meetings in the area have ceased, but there are some face-to-face meetings happening in our district. Face-to-face meetings are subject to the provincial mask and vaccination passport guidelines.

Monday 6:30 pm - Vankleek Hill (an hour East of Ottawa)

Wednesday 7:00 pm – This meeting rotates weekly between Steps, Traditions, Big Book and speaker meeting and is located at the Hintonburg Community Center.

Saturdays at 10:00 am - Brockville

Sunday 11:00 am – Big Book meeting at the Bell's Corners Legion.

Monday 7:30 pm - Overbrook Beginner meeting has **closed**

Friday 10:00 am – this Big Book Study meeting is now **on-line** at a new time.

Editorial - Sunshiner 2022

Hello fellow OA members. My name is Gabriela B. and I am a grateful member of Overeaters Anonymous.

Over the last several months, there have been conversations and ideas floating around the Ottawa Area Intergroup (ODIG) membership about the future of this newsletter.

- Should we go to a monthly publication schedule?
- How long will the Sunshiner remain in electronic format only?
- Will we go back to print copies of the newsletter?
- Will we adopt a hybrid model of both electronic and print for distribution as in person meetings become more a reality in the Ottawa area?

Lots of questions and only some answers at this point.

The ODIG Publications Committee has decided to take the Sunshiner to a monthly publication schedule and to remain as an e-publication for now. Time and the reality of post pandemic return to in-person meetings will drive the conversation once again on the topic of print newsletters. As always, we welcome your input.

So, moving forward into 2022, the future of the Sunshiner will follow a theme for the year and the theme will be “The Principles in the Steps of Overeaters Anonymous”. Yes, the Principles...not the steps or traditions.

What do we know about the Principles? Do we talk about them at meetings? Do we journal on them? Have you discussed them with your sponsor?

The Principles in the Twelve Steps (as listed in Step Twelve of The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition) for your consideration.

- 1. Honesty**
- 2. Hope**
- 3. Faith**
- 4. Courage**
- 5. Integrity**
- 6. Willingness**
- 7. Humility**
- 8. Self-discipline**
- 9. Love**
- 10. Perseverance**
- 11. Spiritual Awareness**
- 12. Service**

The hope is that the monthly focus next year on each Principle will give us a chance to reflect, perhaps, on a new perspective to the spiritual aspect of this program, or to refresh the ideas for those that live these Principles on a daily basis.

So, please share with your community in writing your experience, strength and hope with the Principles of this program.

Do you have something to say about Integrity, for instance, but know it won't be published until May 2022? No problem, it will be placed in the queue and help with the preparation of that future issue. Don't delay...find your voice in writing.

Thanks

Gabriela B.
Editor, Sunshiner Newsletter

Ottawa Area Intergroup

Ottawa District Intergroup News

The Ottawa District Intergroup Business Meeting continues to be 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.



Elections in December

Are you looking for a way to give back to the Fellowship? Intergroup elections are coming up in December! If you are interested in a position, please obtain and complete the nomination form. Contact us at oaottawa@hotmail.com for any questions.

[Nomination-form-for-IG-position.pdf \(oa-ottawa.ca\)](#)

Role	Abstinance Requirement
Officers <ul style="list-style-type: none">• Chair	1 year plus previous experience on Intergroup
<ul style="list-style-type: none">• Treasurer• WSBC Delegate	1 year
<ul style="list-style-type: none">• Vice Chair• Secretary• Region 6 Representative	6 months
Committee Chairs <ul style="list-style-type: none">• Literature• Telephone/Email• Publications• Public Information/Professional Outreach• Special Events• 12th Step Within• Intergroup Liaison - Outaouais	6 months

Virtual Region

2021 Region 6 Convention – Together we can – October 22 – 24

The Convention was a resounding success with over 600 registrants. For the first time, Region 6 created a Facebook page advertising the Convention. There was a possible viewing of 96,000 Facebook users. There were between 900 and 1,000 clicks on the page. Around 350 sent a Facebook message to inquire about OA.

2021 Region 6 Fall Assembly – September 25

Claire L. and Danielle G. attended virtually as voting members for Ottawa District Intergroup (ODIG).

Election of Region 6 Board Officers for a two-year term

- Carmen D., from Intergroupe français de l'Outaouais, has been re-elected as Chair.
- Chuck F., from Central Ontario IG, was re-elected as Web/Publications Coordinator.
- Linda B., from Central Ontario, was elected Coordinator.
- Sue S., from Long Island NY, was elected Secretary.
- Two members, representing Region 6, were voted in to join the World Service Business Conference (WSBC) sub-committee to study motions during the upcoming WSBC taking place April 2022 in Albuquerque, New Mexico.

Public Information (PI) Blitz Fund

- For the 2021/2022 fiscal year the PI Blitz fund was approved at \$10,000 to be used in both the fall and spring assemblies. The following Intergroups submitted a request for Blitz funds:
- New York State Capital District - \$2,500 (Facebook Ads)
- Southwestern Connecticut OA - \$400 (Table at a Wellness Expo)
- Western Mass Intergroup - \$2,100 (Billboards)

Proposal for restructuring the Board of Trustees

- A PowerPoint presentation was shown to the attendees on behalf of OA Board of Trustees restructuring Committee. A proposed plan is to reduce the number of Board of Trustees at the level of World OA. Many questions were given to the Region 6 Board of Trustees to bring back to the Committee working on this project. More to come.



Assembly Facts

- 37 Intergroups participated at the Fall Assembly.
- 50 eligible voting members plus alternative members and visitors attended the Assembly.
- Seven (7) first-time representatives attended the event.
- Spring Assembly 2022 will take place on April 2.
- Fall Assembly 2022 scheduled for September 23.
- PI Blitz proposals and travel scholarship applications to attend Spring Assembly are due **February 1, 2022**.

Twelve Steps Within (TSW)

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

- The TSW Committee was asked if it would be possible for Region 6 to provide and manage a sponsor & sponsee bank/list.
- Consensus was to have sponsor banks at the level of Intergroups rather than regional level.
- The goal of the Committee is to prepare a plan to encourage Intergroups to create sponsor banks.
- The short-term action plan is to get samples of existing sponsor banks from various Intergroups and Regions.

Danielle G. - Ottawa District Intergroup - Region 6 representative

Follow OA on Instagram

Overeaters Anonymous has expanded its social media presence. Get a bit of OA inspiration or program wisdom — follow us at

https://www.instagram.com/overeatersanonymous_official/.

Virtual Region

The Virtual Region of Overeaters Anonymous is hosting a Twelve Step Workshop.



The introductory session is Sunday, January 9, 2022 at 6:00 pm EST

<https://oavirtualregion.org/c-step-study-workshop-sign-up/>

World Service

WSO Interview

Sarah Armstrong, the managing director in the World Service Office of Overeaters Anonymous (OA) in Rio Rancho, New Mexico (NM) was recently interviewed on a NM news channel about OA. Sarah is a professional (non-member) speaking about our 12-Step fellowship and how to find help. It's a positive message, especially during COVID-19. It might be a useful tool for each of us to help carry the message by sending it to someone who is still suffering, posting it on our local Intergroup website, or simply for our own personal recovery. Access her interview [here](#).

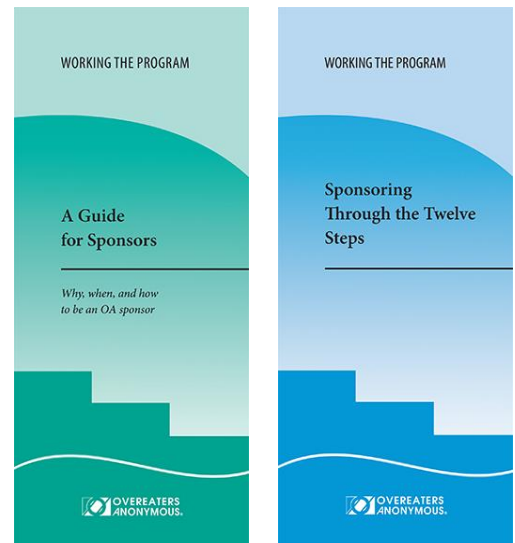
“Bits and Bites”

Have you been considering sponsoring someone but would like some reference material?

Consider the Sponsorship Kit - available from the oa.org Bookstore Packet of inspiring and helpful information for sponsors includes:

- The Tools of Recovery #160
- A Guide for Sponsors #200
- Sponsoring Through the Twelve Steps #220
- Excerpts from *Lifeline* magazine featuring stories about sponsorship
- Strong Abstinence Checklist and Writing Exercise wallet card #415
- Twelve Stepping a Problem wallet card #420
- Abstinence Literature Resource Guide

These guides are available locally from our
OA Literature representative at
literature@oa-ottawa.ca



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