

# OVEREATERS ANONYMOUS®

OTTAWA DISTRICT INTERGROUP

## The Sunshiner Newsletter

### Spiritual Principle Two – Hope



February  
2022

After binge eating for more than 68 years, I'm finding hope in OA and in my Higher Power's accompaniment. This hope burns in my heart and clears my mind of old ways, thus offering moderating ways of living, along with a deeper and supportive spiritual life.

Guided by One greater than me, supported by an international group of sufferers is truly freeing and brings tremendous hope.

Growing up on an island surrounded by water, lots of boats and float planes, I saw and hoisted many an anchor that held the boats in one location – fully grounded and anchored. My Higher Power is like an Anchor – offering grounding, a firm foundation, support and accompaniment in life as a compulsive overeater.

Memories of anchors include that of an old neighbour of ours (years before I was born) who became a legend when he decided to use two anchors on his boat – one at the bow (front) and one at the stern (back). In his mind this would hold the boat right over the whitefish hole thus catching lots of fish.



Sadly, a big storm came up, toppling both our neighbour Billy and his boat and a few other boats as well. Billy drowned at the young age of 34, leaving a young, widowed bride to mourn his loss.

As young kids we visited the widow once a month or so to take groceries and she would always remind us to only use one anchor and one anchor only. Over

#### In this issue

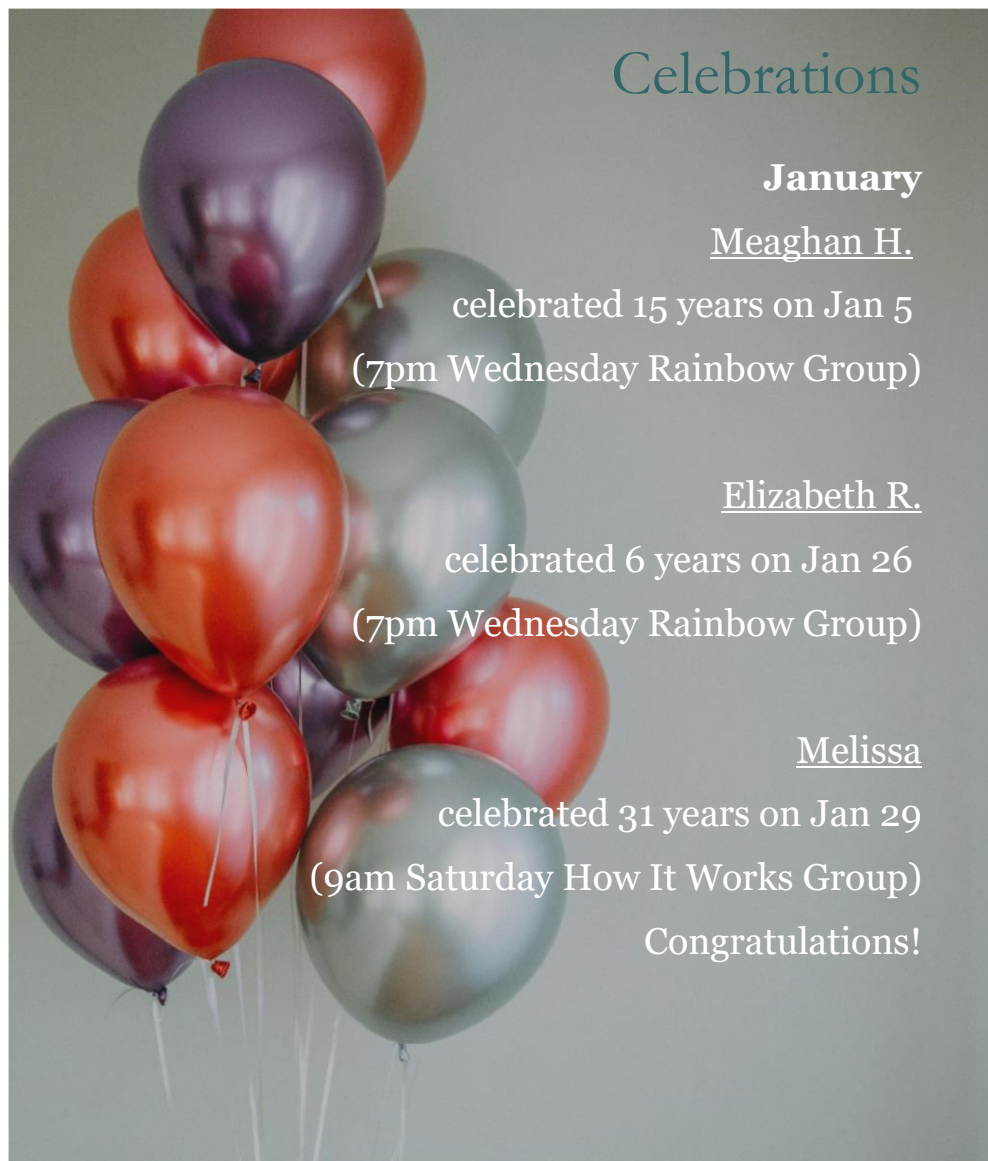
Spiritual Principle Two – Hope.....	1
Celebrations.....	2
Step Principle 2 – Hope.....	2
Meetings.....	3
Voices of Recovery – February 4.....	3
Ottawa District Intergroup Needs Your Help.....	4
Twelfth Step Within Committee.....	5
Let There Always Be.....	5
Region 6.....	6
Three-way Crossroads.....	6
Virtual Region.....	7
Bits n' Bites.....	7
World Service.....	8

Continued on next page

the years her story and advice have stayed with me, and as I ponder this program, I'm thinking the same principle applies that we can only have one anchor – our Higher Power. If we try to have extra anchors along with our Higher Power, mistakenly thinking that food will somehow “help” us remain calm or grounded, we will topple over and become completely overwhelmed by the food compulsion, resulting in a diminished life indeed.

To stay grounded and abstinent let us cast our anchor firmly in our Higher Power, and maintain a life of abstinence and hope. Being grounded and anchored will bring us hope as we lean into the promises of OA. We may not have a hilarious or successful life or a trouble free life, but through it all we will have the hope, guidance and support of our Anchor whom I call God.

– Jean B. (Ontario)



## Celebrations

**January**

Meaghan H.

celebrated 15 years on Jan 5  
(7pm Wednesday Rainbow Group)

Elizabeth R.

celebrated 6 years on Jan 26  
(7pm Wednesday Rainbow Group)

Melissa

celebrated 31 years on Jan 29  
(9am Saturday How It Works Group)

Congratulations!

## Step Principle 2 – Hope

Hope – When I came to OA, I had lost all hope that I would ever get to a normal body weight, eat normally, and be happy again. OA gave me hope and serenity right off the bat, when I met other people who had my same issues. I had never before felt that connection from any of the diets I'd gone on, professionals I dealt with, or personal trainers I worked out with. One of the biggest gifts I received was the ability to practice gratitude. When I'm feeling really sorry for myself, I count my blessings, digging really deep, and I soon feel better and find hope. This works so well for me. It gives me hope that good things lie ahead, and it is worth my while to “trudge forward.”

– **Laura W.**

Reprinted from

<https://region5oa.org/blog-post/short-descriptions-for-the-twelve-principles-of-the-oa-steps/>



## Voices of Recovery – February 4

“And if it can happen for me, it can happen for you.”

– Lifeline Sampler, p. 317

“Are you willing to go to any lengths?” asked my sponsor. “I am,” I answered. “I ring you every day, I pray, I go to meetings, I write, I’m doing everything you say, so why can’t I just get abstinent?” My sponsor replied that not only did I have to do all these things, I also had to put down the food. I had to stop eating compulsively. She promised that if I put down the food and picked up the Steps, eventually the desire to stop eating compulsively would leave me. And it has. One day at a time, for more than nine years, I’ve been almost totally free of the desire to eat compulsively.

It seems that the less I overeat, the less I feel like overeating. In the early days I felt like overeating all the time. My sponsor said “Don’t eat, no matter what” – and I didn’t. These days I rarely feel like overeating. Through “putting down the food and picking up the Steps,” the desire to overeat compulsively has been lifted. Thank you, God. Thank you, OA. If it can happen for me and for countless others, it can happen for you, too.

OVEREATERS ANONYMOUS®, INC.

From: Voices of Recovery

Copyright 2002 by Overeaters Anonymous, Inc.

Reprinted by permission of Overeaters Anonymous, Inc.

### Meetings

**The Ottawa District Intergroup (ODIG) continues to work to support groups during the current pandemic/lockdown. We have created a separate web page listing local virtual meetings, including our Intergroup meeting, and we update changes and information sent to us from Region 6 and World Service Office (WSO).**

<https://oa-ottawa.ca/virtual-meetings-how-to-join-and-guidelines/>



# Ottawa District Intergroup Needs Your Help

Ottawa District Intergroup (ODIG) exists to provide services to groups to help them spread the message of hope to compulsive eaters. It needs people to provide these services. ODIG elections were held in December 2021. Positions can be held typically for up to two year periods and a number of people had to rotate out of their roles this time and unfortunately, not all positions were filled. We need someone to chair the **Literature, Publications, Public Information/Professional Outreach (PIPO),** and **Special Events Committees.**

ODIG needs your help so that it can continue to provide the services members and newcomers have come to rely on. It's been proven that doing service strengthens an OA member's recovery in the program and helps prevent relapse. Here is a great opportunity to provide service above the group level.

- The **Literature Committee** bulk orders and sells books, pamphlets, tokens, etc. to members. This service makes it easier for members to get literature at a good price and is especially important for newcomers. The alternatives are ordering literature from oa.org or third party sellers at higher rates.
- The **Publications Committee** maintains the [oa-ottawa.ca](http://oa-ottawa.ca) website and produces this monthly newsletter. The committee has three people doing this work; it just needs a Chair to coordinate the tasks and report to ODIG at the monthly meeting.
- The **PIPO Committee** helps spread the message of OA to the public and to health service providers in our community.
- The **Special Events Committee** organizes and runs special events such as workshops and minithons on subjects that are of interest to the membership. This committee works closely with the Twelfth Step Within Committee which is assisted by a team of members.

For more information on the duties of each position, go to <https://oa-ottawa.ca/wp-content/uploads/2020/11/Part-II-Duties-and-Responsibilities.pdf>

To apply to a position, members must first be nominated by their group and complete the nomination form. Please consider putting your name up for one of these positions.

PDF version:

<https://oa-ottawa.ca/wp-content/uploads/2020/10/Nomination-form-for-IG-position.pdf>

Word version:

<https://oa-ottawa.ca/wp-content/uploads/2020/10/Nomination-form-for-IG-position-1.docx>

Luci S., Chair, Ottawa District Intergroup

# VOLUNTEER



# When there seems to be nothing else – Let There Always Be HOPE

Hope brings us tomorrow.  
Hope is the light in our moments of darkness.  
Hope is a belief in the positive.  
Hope makes anything, and everything possible.  
Hope is what keeps us fighting each, and every day.  
Hope gives us the strength to overcome whatever life hands us.  
Hope creates a barrier around you to protect you from the negative  
that can drag you down to despair.  
Hope gives us the unfailing strength to live each day the best we can.  
Hope brings us courage, to stay the course and persevere.  
Hope gives us the inspiration to look forward to what is to come next for us.  
Hope helps us get through the present moment of struggle  
and offers us a brighter future.  
Hope shows us anything we want in life is within our reach.  
Hope is the whisper inside us to never give up.  
Our hope, spreads hope to others.  
Hope helps us let go, and let God.

– Kelly G.

## Responsibility Pledge

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

## Twelfth Step Within Committee

**The Twelfth Step Within Committee maintains a list of available sponsors.**

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.

Make your availability known by emailing with your preferred contact information and the type of sponsorship you would be available for at:

**[12stepwithin@oa-ottawa.ca](mailto:12stepwithin@oa-ottawa.ca)**

Those on the list may be periodically contacted to make sure they wish to remain on the list.

# Three-way Crossroads

I am so very grateful today to receive the gifts of recovery from food addiction. Just over a year ago, I was pretty battered from extended relapse, food obsession and no hope of getting into recovery meetings due to pandemic protocols. I was beaten by food and I knew it (read: I am powerless over food and my life is unmanageable). I guess a power greater than myself had other plans than continued relapse for me. I learned online that Ottawa OA meetings were being held virtually. I knew from my previous experience that the Ottawa groups and its members had the strength of recovery that I desperately needed and wanted. I was full of HOPE.

HOPE is at the three way crossroads of

1. inaction
2. addiction/relapse
3. recovery



I stood at the crossroads and took my first steps in the direction of recovery. I was no longer alone. I took the first step on my own by asking for help, the rest of the steps I took with other members and a suggested sponsor. The WE of Ottawa OA is very strong once I reached out and asked. There is so much experience in the virtual rooms and so much willingness to share with those who are struggling. I am in awe... and full of HOPE. May I have the growth opportunity one day to do for another member what was done for me.

– Kim S.

## Region 6

**Did you know?**

**Region 6 has provided a link to podcasts that may be of interest.**

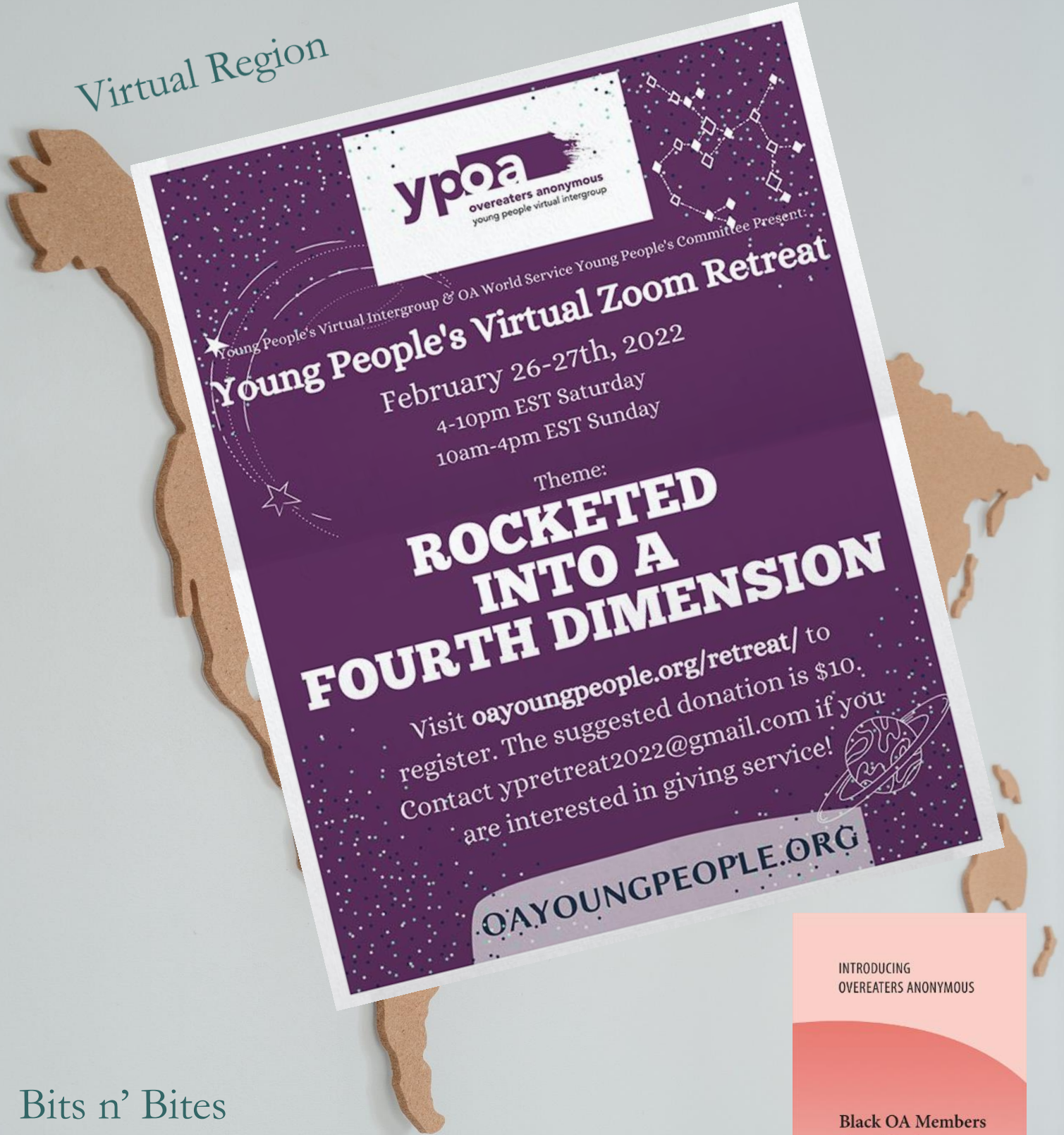
**Follow the link below to hear what is available.**



<https://oaregion6.org/resources/region-6-podcasts-convention-audio-files/>



## Virtual Region



## Bits n' Bites

### Black OA Members Share Their Experience, Strength, and Hope

Black OA members, whether newcomers or long timers, will find inspiration in these recovery stories. Also inspiring for anyone struggling with food issues and those who want to understand how someone from a different culture might feel coming into the program.

Pamphlet available at the OA Bookstore on <https://bookstore.oa.org/>

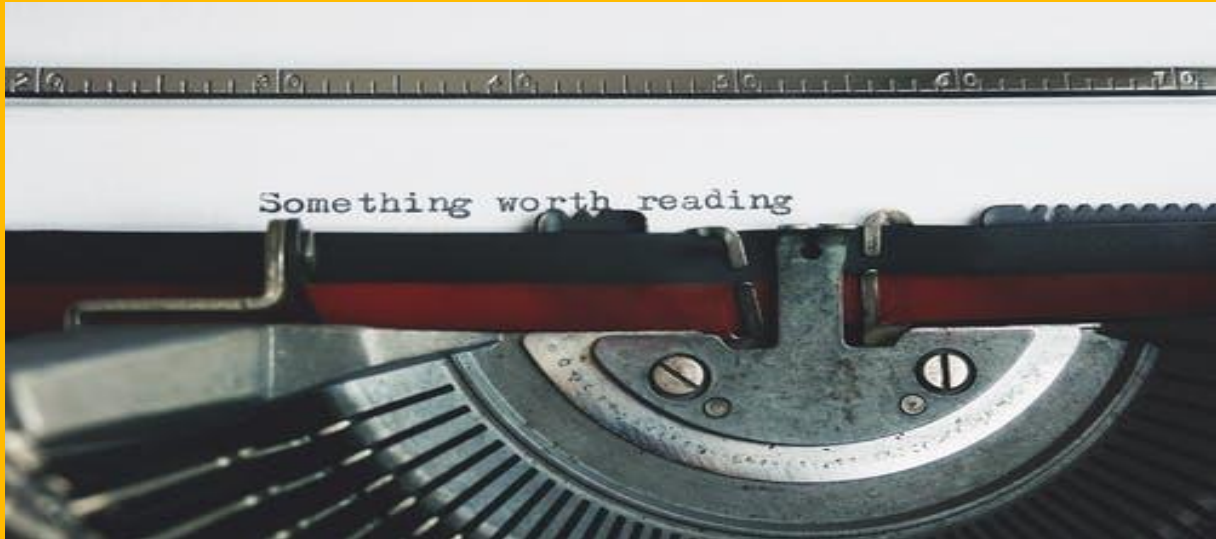
INTRODUCING  
OVEREATERS ANONYMOUS

Black OA Members  
Share Their  
Experience,  
Strength, and Hope

 OVEREATERS  
ANONYMOUS.

# World Service

...is excited to announce that Lifeline is on track to keep coming back! It has been a year since our beloved print magazine was discontinued, and since then, there has been a dedicated effort to reinvent Lifeline—this time as a bright beacon of recovery on oa.org.



*Lifeline: Stories of Recovery* will be our new blog where we can share our experience, strength, and hope both to inspire each other and to attract the still-suffering compulsive eater who is searching online for a solution. As we shift to a digital format, *Lifeline: Stories of Recovery* will mark a new chapter for our sharing by welcoming text, images, audio, and video submissions from members while taking care in processing these submissions to maintain anonymity.

Look for Lifeline to launch in February 2022.

## Editorial Policy

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  
Vacant Position, Chairperson of the Publications Committee