

May
2022

The Sunshiner Newsletter

The Principle of Integrity

Dictionary definitions of integrity include “the quality of being honest and having strong moral principles.”

So how you may ask does integrity help you as a member of OA?

Integrity is a principle that grounds and governs our recovery on a daily basis. It helps dictate our daily actions, reflects our internal belief system, and becomes a daily re-enforcement to us in Overeaters Anonymous.

Our personal integrity gives birth to accountability in our program which is a necessary part of our recovery. The only thing we have any control over is OUR own actions in this moment. The choice to do the right thing even when no one is watching, showing up when you say you are going to, putting other people's needs before our own selfish wants, essentially being

fully dependable to yourself and others is the gift, and inner peace that having integrity in our lives brings.

Are we all perfect? Are we always functioning at 100% in our recovery? Certainly not. That is why having regular check ins can be a huge help with developing a framework for our personal path in OA. Talking to our sponsor, asking ourselves questions about our way of handling different situations that have come up recently can help us stay on track and hold us accountable, and show us where and in what situations we need to strive for better.

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As we continue our journey with OA having the integrity to honestly self-evaluate how we are doing will give us the roadmap to continue and the strength to do so.

– **Kelly G.**





Celebrations

April 18

Gabriela B acknowledged 2 years

April 21

Bruce R acknowledging 17 years

Congratulations!

Did we miss your celebration notice?
You deserve to be celebrated too!
Please let us know by sending your details to
sunshiner@oa-ottawa.ca

Face-to-face Meetings

A reminder that there are a couple of face-to-face meetings in Ottawa.

• Wednesday 7 pm

Hintonburg Community Centre - Basement
1064 Wellington Street West

• Sunday 11 am

Bells Corners Legion
4026 Old Richmond Road

Ottawa District Intergroup

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.

OIDG 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.

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 in December 2021.

Please consider putting your name forward for any of the vacant Chair positions for the following committees:

- Literature
- Publications
- Public Information/Professional Outreach
- Special Events

For more information on the duties of each position, click [here](#). To apply to a position, members must first be nominated by their group and complete the nomination form. You can download the [PDF](#) version, or the [MSWord](#) version.

– *Luci S., Chair, Ottawa District Intergroup*

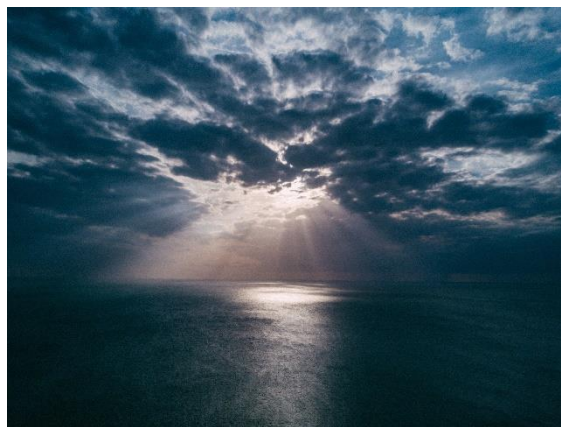
Une 5^e Étape dans l'amour de ma PS

La première fois que j'ai travaillé mes 4^e et 5^e Étapes, j'ai trouvé cela difficile *de procéder sans crainte à un inventaire moral, approfondi de moi-même*. Mais j'étais décidée à être honnête et reconnaître mes défauts, mes travers, mes déficiences et mes patterns. Je croyais que faire la 4^e Étape serait l'enfer mais une fois décidée de passer à l'action et surtout lâcher prise sur la meilleure façon de procéder et de juste commencer, cela s'est bien déroulé. C'est surtout une fois partie, cela s'est fait tout seul (ou presque!) et avec du temps réservé à mon agenda. Après un certain temps, j'étais prête à passer à la 5^e Étape en *avouant à Dieu, à moi-même et à un autre être humain la nature exacte de mes torts*.

En rétrospective, je me rends compte que j'ai démontré un certain courage en demandant à une inconnue d'entendre ma 5^e Étape. J'avais pris soin de demander à

quelqu'un qui avait de l'expérience à recevoir des confidences en une Sœur d'une communauté religieuse d'Europe en retraite dans la région. J'avais confiance en cette personne, en effet, il était peu probable que nous ayons des connaissances communes.

Avant de commencer, je croyais être la pire personne qui ait jamais existé, qui avait fait les pires choses, les pires dégradations, qui avait agi de la pire façon. Donc en résumé, j'étais une vile personne et la lie de la société. Mais aux moments de mes confidences les plus angoissantes où je craignais le jugement de mon auditrice, j'avais plutôt l'impression d'être assise sur les genoux de ma



Puissance Supérieure enveloppée de son amour. La réception, l'accueil et l'écoute de ma confidente m'ont apporté la libération de la peur appréhendée et en un mot, l'acceptation de mes agissements du passé. Je ne peux qu'être convaincue que cette personne était un ange envoyé par ma PS pour recevoir "mes aveux".

Quand cela s'est terminé et que je suis sortie à l'extérieur, la tempête de pluie, qui faisait rage lorsque je suis arrivée, avait cessé et il y avait une éclaircie en cette fin d'après-midi. Des rayons de soleil perçaient les nuages comme une représentation du Dieu de mon enfance qui me faisait un clin d'œil. Je me sentais comme lavée de mes fautes et mes erreurs du passé. J'étais prête à laisser mes regrets du passé dans le passé et à aller vers l'avant avec optimisme.

– Anne, Intergroupe
Français de l'Outaouais

OA Promise

*I put my hand in yours, and together we can do what
we could never do alone.*

*No longer is there a sense of hopelessness, no longer must we each
depend upon our own unsteady willpower.*

*We are all together now, reaching out our hands for power and strength
greater than ours, and as we join hands, we find love and
understanding beyond our wildest dreams.*



Twelfth Step Within Committee
presents

Recovery from Relapse

Saturday, May 28, 2022
1 to 2:30 p.m. EDT on Zoom

- Two speakers
- Q&A and sharing time
- 7th Tradition will be collected electronically

Zoom meeting ID and password will be emailed out one day prior to the event. To receive this information, sign up for the Ottawa District Intergroup email updates at oa-ottawa.ca

For more information, contact Betsie R. at 613-983-8133.

Integrity promotes...

Integrity, for me, translates into living in a way that promotes wholeness. What I say and do must match up to what I believe and promote good over evil.

Integrity means living and acting in a way that promotes wholeness and serenity, and that is true to what I believe and to Whom I give my allegiance, which is my Higher Power, whom I call God. I integrate or combine my words, thoughts, actions, ideas and ideals to live in such a way that is authentically true to my Higher Power. Having taken the 12 steps I do my best to practice them and to be the best edition of me to the glory of my Holy Other. If I say I will practice abstinence, then in order to be a person of integrity, I must do that, with the help of my HP. I try to match up my actions and outcomes to the Overeaters Anonymous program so that I'm true, faithful, sincere and a person of integrity. Integrity is the spiritual principle of Step 5 where we "admitted to God, to ourselves and to another human being the exact nature of our wrongs." (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*).

When I was young our teacher reminded us that a true test of a good person was what they did and how they responded when no one was looking. I've never forgotten this lesson. For me in OA this means that isolating and binge eating (all alone when no one is looking) is an insult to my Higher Power – in that I am giving food the power that only God can give. Also, as a person of integrity, I must forgive myself and others for all the times I've failed and fallen short and go forward guided by One who is greater than me. If I hang on to all the old resentments, failures then they become an excuse to binge eat – and that is not my goal.

Sharing with you via our fabulous newsletter provides an opportunity to cement my ideas on paper and to learn. Thanks folk, for being there through this medium.

– Jean B., Ontario



Step Principle 5

– Integrity

Integrity means living in accordance with my deepest values. The previous 4 principles are good to no one if I don't practice integrity. I need to be honest with everyone and keep my word. This is a highly valued trait for me. My disease had caused me to lose integrity, especially in regard to what I was actually doing with my food, with my time, with my thoughts and feelings. When I first came to OA, I felt peace. It took a long time for that peace to result in enough honesty with myself and others to work the steps. Now, I need to practice it daily, in everything I do; then I find I can breathe a sigh of relief and feel even more peace. I practice the quality of integrity in my "Upon Awakening" meditation, my food journal, and my nightly inventory, as well as my daily 10th steps.

– Laura W.

Reprinted from
<https://region5oa.org/blog-post/short-descriptions-for-the-twelve-principles-of-the-12-steps/>



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.

Region 6 (R6) Spring Assembly 2022

Danielle G. virtually attended the R6 Spring Assembly on April 2, 2022, as your Ottawa District Intergroup representative and voting member.

Assembly Facts:

- **25 Intergroups** were represented.
- **15 first-time** representatives attended the Assembly.
- Motions and by-law amendments were voted on and passed, some with amendments:
 - ✓ To create a policy and a procedure to safeguard OA members' anonymity regarding the usage of digital communication with the document *Guidelines for Anonymity in the Digital World*.
 - ✓ To update the Finance Committee Policy and Procedure by including an annual financial review by R6 Vice-Chair and Treasurer.
 - ✓ To refer to Finance Committee the proposed by-law amendment regarding Officer Expenses concerning travel expenses such as car rental and insurance, and train and bus expenses, if so chosen.
 - ✓ The proposed 2022-2023 Budget was approved.
 - ✓ The Region 6 Convention was approved to be held virtually on October 21-23, 2022.

Twelve Steps Within (TSW):

Danielle G. continued service with the Twelve Steps Within committee (TSW).

Potential ideas to work on throughout the year:

- Train new sponsors with *Temporary Sponsors: Newcomers' First Twelve Days* document with Zoom or face-to-face format.
- Establish in OA meetings a Newcomers' Greeter for end of meetings.
- Share formats for Newcomers' Orientation meetings.
- Publicize *Sponsorship toolbox* at workshop.
- Create ways to reach out/connect with other to members, e.g. chat groups, email groups, etc.
- Present the *Recovery from Relapse* meeting format (to help people get out of shame).
- Start Newcomers' Meetings (30 minutes with Q & A).
- Publicize "Breaking Out of Relapse" video on oa.org:

2022 R6 Convention – Mark your calendar!

- The Convention will be held virtually on **October 21 – 23, 2022**.
- Theme: To Be Determined.

– Danielle G., Region 6 representative – ODIG, April 2022

**2022 Marathons
Sponsored by
Virtual Intergroup of
Overeaters Anonymous**



Did you know that the Virtual Intergroup of Overeaters Anonymous sponsors marathon meetings on dates that may be a challenge for OA members? This ensures that no one has to go through this alone.

**Sunday May 8, 2022
Mother's Day**

**Step 5 Spiritual Principle Integrity
Admission of Our Wrongs to Keep
Integrity Strong**

**712-432-5200
Conference ID 4285115#
Meetings every hour from 8:00
AM to 12 midnight EST (UTC-5)
with regular scheduled meetings**



2022

2nd Sunday of the Month Workshop Topics

Overeaters Anonymous Virtual Region is hosting
The WORKSHOP series: 2nd Sunday of the Month
8:00 - 9:30 PM London (UTC)
3:00 - 4:30 PM New York (UTC -5)

- January 9th - Surrender: Deciding to Cooperate
- February 13th - Spiritual Connection
- March 13th - The Next Right Thought or Action
- April 10th - Service Keeps Us in Program
- May 8th - Dealing with Guilt & Shame
- June 12th - Gratitude as an Action Word
- July 10th - Steps 10 - 12: Continue, Improve & Practice
- August 14th - Practicing these Principles in all our Affairs
- September 11th - Being Entirely Ready for HP to Change Us
- October 9th - How to Twelve Step a Problem
- November 13th - Step 11: Prayer & Meditation
- December 11th - Sponsorship

Come Join Us!

For Virtual Region Workshop Room Join Zoom Meeting
Meeting ID: 891 6554 0024
Password: 120912

<https://us02web.zoom.us/j/89165540024?pwd=eXZWSUNNdVh1Z3hHZHZJY2RRejZkdz09>

For United States or International numbers <https://zoom.us/join>
Suggested workshop contribution \$5
<http://oavirtualregion.org/region/seventh-tradition/>

FOR MORE INFORMATION:
<https://oavirtualregion.org>
info.workshop@oavirtualregion.org or chair.workshop@oavirtualregion.org

<https://oavirtualregion.org/workshop-recordings/>

Workshop Recordings

2021
2020
2019

Service and Twelfth Step Within (TSW) – 12/8/2019

Recovery Through the Holidays – 11/10/2019

Online Text Meetings and Non Real Time – 10/13/2019

Hybrid Meetings – 9/8/2019

Steps 7 through 12 – 8/11/2019

Steps 1 through 6 – 7/14/2019


Sponsorship – 6/19/2019

Day in the Life of OA – 5/19/2019

Day in the Life of OA – 4/14/2019

How to Deal with Disruptors Part 2 – 3/10/2019

How to Deal with Disruptors Part 1 – 2/10/2019



Check out the podcasts and videos that OA World Service has available for the fellowship. <https://oa.org/podcasts/>

Highlighted this month is Breaking Out of Relapse

OA Founder – Rozanne

Listen to “Reflections: A Visit with OA’s Founder,” the 1999 interview with OA founder Rozanne S., found via the Podcasts page and more directly at oa.org/founder-recordings.

As she is interviewed, Rozanne opens up about her life and lengthy journey toward becoming the founder of the Fellowship of Overeaters Anonymous, chronicling how she has overseen the spread of the OA message around the world.

“And Now a Word from Our Founder” was published in 2003 as a compilation of five of Rozanne’s keynote speeches at World Service Business Conferences in 1994, 1997, 1998, 2000, and 2001. In them, Rozanne speaks with her characteristic humor and candid humility on such subjects as the origins of OA’s Traditions, the importance of principles before personalities, and complicated issues of empathy and sacrifice. Let yourself be inspired as she ends her addresses with an audibly passionate call for the delegates—and the Fellowship at large—to engage in greater acts of service on behalf of OA.



BREAKING OUT OF RELAPSE



Now Available in the OA Bookstore

Twelve Freedoms Pocket Card



- LIMITED QUANTITY -

Available in the
OA Bookstore at
bookstore.oa.org



\$55 ea.

Celebrate your freedom from compulsion and
commemorate World Service Convention with the
Twelve Freedoms Pocket Card!

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