



June
2022

The Sunshiner Newsletter

The Principle of Willingness

In OA, I continue to learn about willingness, which for me is offering my will, mind, actions, direction to a Holy Other. I am willing to turn my will and my life over and to let this Higher Power provide direction, support, and to live free of Compulsive Over Eating (COE). Supported by a Higher Power, the OA program and people, I am willing to dig deeper and deeper into the past, and willing to use it as a stepping stone to create a new and freeing future.

Freedom for me is a choice that I am willing to make daily by beginning each day in meditation, writing, and setting the day in recovery mode. I won't be free of COE until I freely turn my will and my life over – and it's a sacred privilege for me to do so. I do this freely and gladly.

I will admit that at first I beat myself up and was hard on myself, especially when completing Step 4 inventories of past actions.

Making that fearless and searching moral inventory, although an excellent way to clear out the past and to forgive myself and others, did at first cause me some angst for sure. For me, sharing with my sponsor was the answer and hearing her

say that she had felt/acted similarly while offering some suggestions – such as praying and asking for forgiveness of myself and of others, acting as if, seeing the past as a stepping stone to a new future, and of course being willing to dig deeper and to learn more and more truly –helped me.

It took a while for the freedom feelings to enter in and I had to be willing to open the door of my mind for that to happen, plus truly practice the OA program with all the tools and resources. I found that the disease tries to control me and to talk to me, making me think I'm not important, or that my past is insurmountable – and giving in to those ideas only allows the food and binge eating to “win.” I'm the winner now, for sure, and I excitedly choose how to respond and I do that willingly now – choosing what I will eat, when, where, why and how, and making the decisions with a clear mind, not one that's in a perpetual sugar fog. I also found and continue to find that reading the life stories of others in newsletters is a very helpful way to promote willingness and to dig deeper. When I read the stories of others in this newsletter I know I'm not alone, and that

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others have found a remedy and that so many are willing to help me out. That means a lot.

So thanks everyone. Let's be willing and really rock the OA program while basking in abstinence!

– Jean, Ontario





Celebrations

May

May 6 - Luci S. 6 years

June

June 1 - Shauna H. 16 years

June 8 - Chantal G. 10 years

June 8 - Karen M. 3 years

June 22 - Colette K. 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

Step Principle 6 – Willingness

In the beginning, willingness is all I have. For any new leap of faith, I need to be willing to jump. I've heard many times that this is not a program for people who want it or need it. It's a program for people who do it. I can study and cry and ask why, all day long. But until I work the steps and practice the principles, I won't achieve a thing. And, without willingness, I just won't even start. Now that I have proved to myself that this program works, it is easier to practice willingness. Still, as I wish to achieve more and more freedom, I must have even more willingness to push myself even further and do even more work to continue my progress.

– *Laura W.*

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

OA Slogans

The slogans have been called the handrails to the 12 Steps. Here are some most often heard at meetings.

One Day at a Time

Let Go and Let God

Easy Does It

First things first

Live and let live

But for the grace of God

Think, think, think

Came for the Vanity, Stayed for the

Sanity

If you pray, don't worry. If you

worry, don't pray.

Holding a resentment is like drinking poison and expecting the other person to die.

Expectations = Resentments under construction.

Release what does not bless you.

Imperfect but trying.

Progress, not perfection.

Recovery = a lifetime of work.

That's why we're given a lifetime to do it.

Serenity is a feeling of stability within.

Don't give up until the miracle happens.

For Today – June 27

By-and-by is easily said.

William Shakespeare

Before I turn a problem over to God, I am reasonably sure that God expects me to take a stab at doing my part. This is called footwork. I know when I am procrastinating and when a task is truly impossible for me. It is not impossible to be honest with someone, to make amends, to ask another person for help. It is not impossible to try to curb my temper and my tongue.

For today: What action that I have been putting off can I take? I pray for the willingness to do what it is possible to do.

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The Key is Willingness

One of my favorite quotes from our **OA 12x12** (page 21) is:

“We ask, and we receive, first the willingness, and then the ability.”

Willingness is the spiritual principle of Step 6: “Were entirely ready to have God remove all these defects of character.” However, when researching the word willingness, it is found mostly in the third step. In the **AA 12x12** eight quotes are listed for Step Three and only one for Step Six.

Step Three embodies all the steps and as it says in the **AA 12x12** on page 5, “Willingness is the key.” When I am seeking to let go of a character defect, I must be willing to admit my powerlessness, and I must be willing to go to any lengths.

In **Voices of Recovery** there are 21 meditations that mention willingness; 13 in **For Today**; the **Big Book** has 11.

I have seen willingness work. It is like the loom for the wool. The steps don't work for me unless I am willing. One important thing for me to remember is the adage: “act as if.” I had to be willing to do what I heard in meetings, even if I thought it wouldn't work.

I was willing to leave the room and

pray when the craving was unbearable. I would think, “I'll do it, but THEN I'll come back and eat it!” But the act of leaving the room and praying took the craving away! I'd say, “Well just for today I won't eat that, but tomorrow I WILL.” But tomorrow I didn't want to because I felt the freedom and self-acceptance abstinence brings.

Today I am willing to take that next step in recovery. I am willing to let go of fear and self-doubt. Every step so far has granted me more serenity, courage, and wisdom.

Higher Power, I am willing.

– Lesley – Region One

Reprinted from
<https://www.oaregion1.org/board-blog/the-key-is-willingness>



Willingness Prayer

Holy Source, as your collective OA people, we pray for willingness to open the door to You and to Your voice for us. We've tried to manage our lives and our foods on our own and it has not worked for us. We've given food tremendous power – thinking it would give us strength, support and hope – but all it did was fail us miserably. We recognize that we fail those around us and we fail ourselves when we listen to the food talking to us. We fail You when we give food the power that is Yours. Please forgive us. Remind us and help us to care for ourselves and for others as we follow the 12 steps, seek sponsorship, support and sharing, and live one day at a time, guided by You.

We pray for willingness to open the door to releasing our resentments of the people, situations, ideas that trouble us and the situations we would like to be different. Inspire us to see that You are in control and that our resentments simply put up a barrier to You and lead us to the refrigerator/cupboard where there is no solution.

We pray for the willingness to address our character defects – selfishness, dishonesty, self-seeking, fear, inconsideration and any others. Empower us to open the door to a new way of living, thinking, being, becoming that understands and overcomes these defects, and that depends upon You.

We pray for vision to see that You are lovingly in charge and that we can depend upon You and not depend upon layers of fat to do anything much for us at all. Help us to listen to You and not to the disease trying to get our attention. Loving One help us to depend on You and not on rolls of fat. Empower us to tune out the disease talking and to listen to You talking, guiding us and giving us more protection than any layers of fat ever could. Give us strength, and serenity Dear One and please be strength and serenity for all of us. May it be so.

– Jean, Ontario



Willingness Poem

Oh! Step Six
you can be such a prick
demanding a change
in every range - how strange.

Take away the layer
be a team player
Say your prayer
Do everything with flair!
Self-centered - no room
sweep it away
use a broom,
Then have a good day!

Oh lofty fear
always so near
can be so dear.
striving to be perfect
no ego derelict
to blame
to shame
will give me fame
hiding from my true frame.

Being side tracked?
Keep to the fact
It is all about you
working to be true.

Control - how delicious
how destructively malicious.

Why so ambitious?
Jealousy, oh so vicious.
character instincts awry
you will surely spy
no longer shy
if you're willing!
when you're willing!
forever willing!

Uncover, discover, recover.

Help Higher Power!
with Your might
gone will be my plight
forever at peace
to the core at ease
in Your love
I will like a dove
swiftly land
in your hand.

Awareness - Acceptance - Action

– Alma, Ottawa

2 SPECIAL EVENTS ON JUNE 12, 2022
ON THE HISTORY OF OA AND OUR FOUNDER—ROZANNE

First, Central Jersey IG invites everyone to:

The History of Overeaters Anonymous By Those Who Watched it Unfold

11am PDT, 1:00pm CDT, 2pm EST

A long-timer will be speaking from the perspective of being Rozanne's (Founder of OA) sponsee. She said, "I was not there when OA opened...I've been in OA 45 years. It started 17 years before I got here and was still very new when I came in. This was 1976 and the first OA books were written in the early eighties. So we only had AA speakers and AA literature." Other long-timers will be sharing also.

There will other Old-Timers, including a past trustee, sharing little known facts about Rozanne, along with time for question, answers, and comments and pictures of Rozanne and her home and garden. Some poems Rozanne loved will be read. It will end with a beautiful meditation called "Building Gods House."

Meeting ID: 848 0744 9339

Passcode: 768393

Direct link to join this event:

<https://us02web.zoom.us/j/84807449339?pwd=MGFXR1phNTZla2FBT1VaUCtVSnFIZz09>

For more info, contact:

Danielle at: 504-914-8411

Second, all are invited, OA Video Interview of Rozanne—OA's founder, at the Houston Old-Timer Speaker Meeting at 5pm PDT, 7pm CDT, 8pm EDT (same day). This video was professionally done by a TV anchor regarding the history of OA and the struggles Rozanne had with her own recovery.

There will be several members who had interactions with Rozanne sharing their experiences with time for questions, answers and comments.

Meeting ID: 863 1665 1362

Pscd: 2020

For more info:

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Strong Meeting Checklist

The Strong Meeting Checklist was part of OA's 2008–2013 Strategic Plan. It is not enough to make the public aware that OA exists and can be a solution to compulsive eating; meetings have to be strong and must function effectively for people to “stay for the miracle” and for OA to continue to grow and be there for those who need it in the future.

Consider doing an inventory of your OA meeting using this checklist.

1. Does our meeting start and end on time?
2. Are all attending, including newcomers, greeted and made to feel welcome and accepted?
3. Does our meeting focus on OA recovery through the Twelve Steps and Twelve Traditions?
4. Do we offer our own experience, strength, and hope, sharing the solution we have found?
5. Is the group contributing financially to all levels of OA service as per our Seventh Tradition?
6. Are sponsors available and identified at the meeting?
7. Does our group practice anonymity by reminding members not to repeat who is seen or what personal sharing is heard at a meeting?
8. Does our group follow a meeting format?
9. Is only OA-approved literature on display and for sale?
10. Are group conscience meetings held regularly?
11. Are all service positions filled, and is rotation of service practiced?
12. Is our meeting information readily available, and is the World Service Office informed of all meeting details and changes so that newcomers and visitors can find our meeting?
13. Are cross talk and advice-giving avoided?

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