



The Sunshiner Newsletter

July
2022

Humility Keeps Me Abstinent

I used to joke that when I first came into program, I was very proud of my humility. Not that I knew what humility was—I thought of it more as self-deprecating behavior. And I really did not think I had a problem with it.

Now I think of it as balance. And I know I have a problem with it.

The February 18 Voices of Recovery reading (p. 49) aptly describes our character defects as being like a sound system with the volume turned up too high or down too low, and that was my relationship to humility. Only rarely was my ego dialed to a center position. One moment I'd have an entitlement mindset, thinking I was not getting the responsibility, job title, salary, or whatever else I thought I deserved, and the next moment I'd suffer the tyranny of perfectionism, blowing a minor mistake into a conviction that I was incompetent, overpaid, and a likely target for the next layoff.

Now I work at staying in balance. I accept I will make

mistakes, knowing at the same time I am improving in many ways each day. I am learning from my mistakes. I am open to a better way of doing things than my way. I don't need to be a know-it-all to feel adequate; I don't need to fear trying something new because I won't be good at it. I can always learn new things, in or out of my areas of expertise. I am no better or worse than anyone else in terms of mastering life's lessons.

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Editorial— Sunshiner Newsletter Logo

In the March 2022 issue of the *Sunshiner Newsletter*, I published an editorial on the history of our logo and encouraged input into the creation of a new one.

Having received limited feedback from fellow members on a new design, I went back to the drawing board.

I took inspiration from the upcoming Canada Day celebration and the fact that we live in the Nation's Capital. I felt drawn to incorporate the image of a sun—which is the foundation for the name of our newsletter—and symbols of fellowship (open hands) and spirituality. In so doing I learned that in symbology, the rainbow colours represent exactly the things I was hoping to capture—

**life, healing, sunlight,
nature, peace, spirit.**

The new logo feels inspired and I hope you will feel it is appropriate for our publication.

—Gabriela B.,
Editor, *Sunshiner Newsletter*

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What does this have to do with food? Everything. This is another area of too high highs and too-low lows, driving me as a compulsive overeater to pick up and stuff down. Someone aptly spelled out BINGE as “Believing I’m Not Good Enough.” But for me, binges can also develop from me thinking I’m too good or being too proud to ask for help. Practicing humility keeps me in abstinence, in the center, in the “good-enough” zone.

We are all equals on the road to recovery—honestly facing our problems, open mindedly seeking others’ help when our own efforts have failed us, and becoming willing to act on the new knowledge we gain; including how to keep our egos in that balance known as humility.

— Reprinted from
[Humility Keeps Me Abstinent - Lifeline \(oalifeline.org\)](http://oalifeline.org)

Ottawa District Intergroup Board

Please note that as of June 2022, Intergroup meets once a month on the 4th Thursday at 7 pm on Zoom.

We have a great group of members working to share the message of recovery, and we have a load of fun!

If you would like to join us, contact us at oaottawa@hotmail.com for information on how to join.

ODIG Needs Your Help

We still need people to Chair the following Committees:

- Literature,
- Publications
- Public Information/Public 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.

Please consider putting your name up for one of these positions.

—Luci S, Chair, Ottawa District Intergroup

New virtual meeting

New Voices of Recovery meeting on Monday at 9 am. Please subscribe to the ODIG Email updates on the web site to receive more information.

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

Humbly asked Him to remove our shortcomings.

The principle behind Step 7 is Humility.

“Some of us misunderstand this step and act as if it's up to us to remove our own shortcomings.”
(The 12 Steps and 12 Traditions of Overeaters Anonymous, page 55)

I am supposed to recognize that I am powerless over my character defects and turn them over to my higher power. I don't do this gracefully. Instead, I wrestle with my character defects. I drag them down into the mud. I struggle and groan and expend great amounts of energy fighting them.

Only when I have no more energy left and I see a character defect isn't even winded—in fact doesn't even know it's been waging a war—do I admit I am powerless. When my own best efforts to remove my character defects end in disaster, I can be open to the message that someone much more understanding and accepting of me than I am needs to take over handling my life. That's a tremendous relief.

Reprinted from [OA Recovery](#)

Well of Humility

Along with other OA literature that I read daily, I have developed a habit of reading the Step for each corresponding month in the AA Twelve Steps and Twelve Traditions. This morning, I started reading the first page of Step Seven, and two phrases stood out.

“The attainment of greater humility is the foundation principle of each of A.A.’s Twelve Steps” (p. 70). This reminded me that I have been gathering humility since I surrendered my food in Step One over nine years ago. Each time I surrender, I am adding to this well of humility that is growing within me.

The second phrase that stood out demonstrates my experience of humility: “humility as a way of life” (p. 70). Connecting with my spiritual source, seeking guidance and following it,

asking for spiritual help—all are part of my daily practice and enable me to live in a state of humility in a way that was not possible when my self-will was in charge.

For years, my focus in Step Seven has been on the word “humbly.” This morning, the work “asked” jumped out. Asking for help demonstrates humility, willingness, and trust in my spiritual source. Today I am willing to grow deeper in humility through Step Seven.

—Atiya M., Raleigh, North Carolina, USA

Reprinted from [Well of Humility - Lifeline \(oalifeline.org\)](http://Well_of_Humility_-_Lifeline(oalifeline.org))



2022 Marathons
Sponsored by
Virtual Intergroup of
Overeaters Anonymous

Mon, July 4
Step 7
Spiritual Principle - Humility
Finding the Humility to
Accept Help From Others

Did you know that the Virtual Intergroup of Overeaters Anonymous sponsors marathon meetings on occasions throughout the year? This ensures that no one has to go through this alone.

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

<https://oavirtualregion.org/marathons-2022/>

Step Principle 7 – Humility

I love this character trait.

When I was in high school French class, we had a teacher that constantly reminded us to practice **Humilité**. I love the sound of it and the meaning. Through OA I’ve learned that humility goes both ways – too much ego and too little ego. I’m just another joe-on-the-bus is the attitude I like to practice.

– *Laura W.*

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

Humbled by Sponsoring

I first became a sponsor in 2008 as part of working the OA program of recovery. I started sponsoring after experiencing seventy days of back-to-back abstinence, working the first three Steps, following the OA-HOW structured meeting format, and soaking up lots of love and physical, emotional, and spiritual healing like a dry sponge.

I came to OA obese and full of ideas that led to a lack of direction in my life. Without understanding of HP, myself, and others; without a spiritual backbone; and without an understanding of the flow of standing up in life to grow and change with grace, I was lost physically, emotionally, spiritually, socially, and financially.

Sponsoring has shown me that sponsees are on their own paths. It's been important for me to talk with other OA members about questions, challenges, and joys in sponsoring so I get perspective, clarity, and suggestions for my sponsoring of others. In

the OA-HOW structured meeting format, this is easy to do while respecting anonymity because we avoid sharing the names of those we sponsor with others.

When reflecting on the time, experience, and gifts sponsors have shared with me, I see that I'll never be able to repay the freely given love I've received from sponsors in OA.

I've learned that emotionally, physically, and spiritually, sponsees are both strong and vulnerable, just like me. I've learned it's a privilege to assist others. I've learned I'm not always the best person to help a sponsee in specific ways with specific concerns. I've learned I must stay in shape spiritually to be of service to HP and others.

Sponsorship has humbled me by repeatedly showing my powerlessness over other people. It's helped me witness the undying desire for life, learning, honesty, and growth in all compulsive overeaters and see how they are

humble, able, and willing enough to acknowledge their disease of food addiction and work toward physical, emotional, and spiritual healing and growth. When sponsees don't follow the OA program, it reminds me of my own powerlessness and the heartbreak the disease of compulsive overeating can cause for myself and those around me.

Thank you, HP and OA, for the chance to recover and sponsor other compulsive overeaters and food addicts. HP, please help me sponsor as you will today. Thank you sponsees for your willingness to recover and your trust. May I earn it.

— *Alyson H., Rome, New York USA*

Reprinted from - [OA Lifeline](#)





VIRTUAL REGION WORKSHOP

Do My Credits Transfer?

Three OA members, with recovery in OA and other 12 step programs, share how they work the OA Steps, Tools and Traditions.

Two Workshops - Six Speakers

Saturday, July 30 @ 5:00 pm ET / 9:00 pm UTC

Sunday, July 31 @ 10:00 am ET / 2:00 pm UTC

ET (NY) = UTC - 4

Meeting ID: 891 6554 0024 Passcode: 120912

Or Follow Zoom Link Below:

<https://us02web.zoom.us/j/89165540024?pwd=eXZWSUNNdVhtZ3hHZHZJY2RRRejkdz09>

For US & International phone <https://zoom.us/zoomconferencesnumbers>

- Suggested Workshop Contribution \$5

<http://oavirtualregion.org/region/seventh-tradition/>

For more Information info@workshop.oavirtualregion.org

Renewed Humility, New Peace

I am a returning member, back in OA after many relapses over the past fourteen years. Earlier this year, after almost a year of abstinent recovery and losing two thirds of the weight I need to lose for my health, I began experiencing painful and disturbing digestive symptoms. It took months for doctors to diagnose the trouble, and in the meantime, I was struggling and fearful. One doctor suggested my diet might be making my symptoms worse, but the foods they suggested I eat instead were some of my binge foods. I struggled with alternating panic and hopelessness every day. I was losing where once I felt I was

winning! I was sad to find that, as the doctor had suggested, the more frequently I ate processed food at my meals, the less my symptoms flared up. I tried healthier processed options, but soon found that I had very few options if I wanted to feel well.

I prayed. I shared carefully, concerned that my story might trigger others, or discourage the newcomer. And the fat slowly crept back around my middle where it had lived for so long before. I pursued the peaceful serenity I craved and, from time to time, found it. When I reached out for my Higher Power, he was always there.

I started again at Step One. Talking about my fears and disappointments helped immediately. I was shown that now was the time to dive into the Fellowship. I made time for every member who asked for help. I surround myself with recovery. I can't survive this alone. I watch my sponsees grow and change and go on to help others, and I watch them do better than I can do right now. I have found new peace in this renewed humility. I have no control over my weight, my food, or my recovery. My Higher Power has it all in hand.

—Keiley P., Queensland, Australia

Reprinted from - [OA Lifeline](#)



OVEREATERS
ANONYMOUS

VIRTUAL REGION WORKSHOP

2ND SUNDAY OF THE MONTH

Steps 10-12: Continue, Improve & Practice

JULY 10TH 2022

7:00 pm UTC
3:00 pm EDT - NY
8:00 pm BST London

Zoom ID: 891 6554 0024
Passcode: 120912

<https://us02web.zoom.us/j/89165540024?pwd=eXZWSUNNdVhtZ3hHZZHJY2RRRejkzdz09>

For more information go to oavirtualregion.org

AD4L OA Concepts 2022

The Twelve Concepts of OA Service help us apply
the Steps and Traditions in our service work

Sunday 10th July 2022

7:30-9:00AM MELBOURNE, AUSTRALIA TIME ZONE*

NOTE: THIS IS SATURDAY 9TH JULY , 5.30PM NEW YORK/USA (EDT)

ZOOM ID: 200 540 624 (no password)

www.ad4l.info

Hosted by A Design for Living (Big Book OA)

*You can find your time zone on www.timeanddate.com

