



The Sunshiner Newsletter

September
2022

To Love and Be Loved

Ten things that help me most in achieving serenity:

1. Step One. I admit I'm powerless—over food and other people (their emotional well-being and their opinion of me). I'm powerless over war, famine, poverty, natural disasters—powerless over everything outside myself, and a lot of what's inside too.
2. Action plan. My action plan includes morning exercise and meditation. When I wake up, I don't have to think about what to do, I just do it.
3. Plan of eating. My food plan embodies all I've found out about what works for me to make my body healthy and mind clear.
4. No food fights. Before OA, I argued with food and tried to make deals with it: "Just one bite and then I'll leave it alone." Now, I don't even go there.
5. Daily prayer and meditation. I pray while I do morning yoga and walk my dog. I meditate at work on my lunch hour. When I hear about someone in trouble, I close my eyes and hold them "in the light" for a few moments.
6. Rigorous honesty. I tell the truth to my sponsor every day. I phone or email to turn over my food and feelings; anything I'm ashamed of or afraid to share is exactly what I say out loud.
7. Abstaining from perfectionism. A huge part of my disease was thinking I had to be perfect to be safe: do perfect work, have a perfect body, know the perfect answer. I lose my serenity if I hold myself to that standard. Now, I celebrate my mistakes, brokenness, and willingness to keep coming back.
8. Radical self-care. I listen to my body and emotions, and value what I learn. I treat myself gently and try to nurture myself as I would a child or friend.
9. Step Three. Turning over my will and my life at ever-deeper levels teaches me I'm not in charge. My job is to



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follow instructions from HP, which come via program and trustworthy people. Letting go helps my serenity grow.

10. Love. In the rooms, in prayer, and in meditation, I receive unconditional love and acceptance. To experience myself as loved and precious, exactly as I am, was new for me. As I began to trust and allow myself to grow, I became more able to love others. Now I understand I'm here on earth to love and be loved. My abstinence and program help me do that. The more I live in love, the greater my serenity.

— Joan P.

Reprinted from [Lifeline](#)

Celebrations

August

August 28
Dominique P.
6 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 9 – Love

So, love is a highest value and the greatest representation of HP for me. Above all else, is love.

When I seek love, I am seeking HP. I ask myself, whenever I'm unsure of an action I'm going to take, "will this show love?" Or "will this make so and so feel loved?" Or "does this come from a place of love?"

I know many people cannot live with such an abstract concept of HP, but for me, this helps explain why there is also hate and other evils in our world.

"Seek and ye shall find" works for me...and I want to find love.

– *Laura W.*

Reprinted from [Region 5](#)

**OVEREATERS
ANONYMOUS
VIRTUAL REGION**

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

**October 4, 2022
Step 9 Spiritual Principle - Love
Love Yourself and Others By Clearing
the Wreckage of Your Past**

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/>





Twelfth Step Within Committee
presents

Attitude of Gratitude Workshop

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

- Two speakers
- Breakout rooms with reflection questions for sharing time
- Sharing time in the main room
- 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 Karin H. at 613-850-4413.

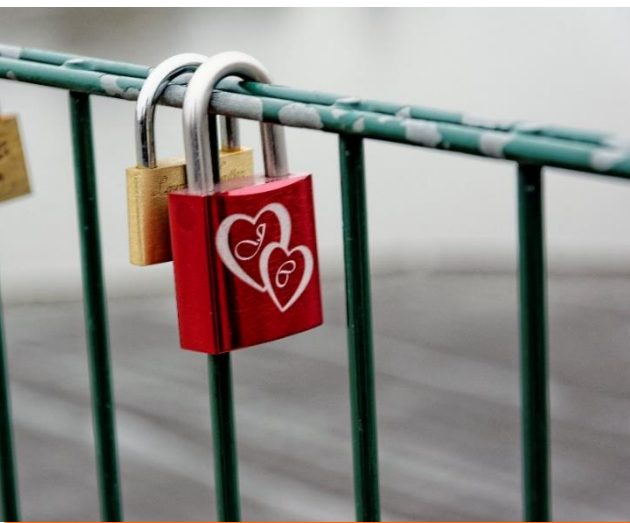
September 17 – *For Today*

Fair and softly goes far.

Miguel de Cervantes

“Tough love” means different things to different people, but the meaning of the word “love” never changes. If I have a loving attitude toward myself and others, I will treat everyone fairly whether I am “tough” or “soft” about it. Speaking so as not to wound a person can convey a difficult truth more effectively than caustic criticism and ultimatums. As I let go my perfectionism, it becomes easier to treat myself and others with respect.

For today: I have an obligation to myself and those around me to speak and act with fairness and consideration.



Unity: An OA Love Poem

I love the spirit within each of you.
I love the endless kindness and understanding.
I love the sharing of our lives together.

Your struggle is my struggle.
I feel your sorrows and joys, your strengths and weaknesses.
It is the same with me; we share the same journey.

—Rick E.
Reprinted from [Lifeline](#)

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.

You are invited to
OA Creative Reprieve's
**FESTIVAL
OF
CREATIVITY**
A virtual OA creative conference
like you have never seen before.

CREATIVE
KEYNOTE SPEAKERS
CREATIVE
MEDITATION TIMES
CREATIVE
GROUP ACTIVITIES

September 9-10, 2022
Zoom mtg number 817 3888 5598
Passcode 1212
Email info@oacreative.org:



The Spiritual Toolkit

What do members do to enrich their spiritual lives? Join us to learn how a spiritual program of action leads to long-term abstinence.

Date:

Sunday, Sept 11, 2022 at 2-3 pm EST

Location

Zoom – session links will be placed on Central Ontario Intergroup website and sent out through the email blast one day prior to the event.

No pre-registration and no maximum number of participants.

www.aoontario.org

Our Way of life in our Relationships

Together on the Road of Happy Destiny

A Couple in OA sharing their Experience,
Strength and Hope

Sunday

11th September 2022

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

NOTE: THIS IS SATURDAY 10TH SEPT. • 5.30PM NEW YORK/USA (EDT)
• 10.30PM LONDON (BST)

ZOOM ID: 200 540 624
(no password)

Hosted by A Design for Living (Big Book OA)

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

OUR UNITED GROWTH THROUGH SPONSORSHIP

A 12 Step Within Quarterly
Workshop
Sunday, September 25, 2022

3pm - 4:30pm ET
(PT: 12 pm, MT: 1 pm, CT: 2 pm)
EST to UTC

Presented by
the Sponsorship Committee of
OA Footsteps

with the support of
OA Virtual Region



**2 Speakers with
2 Different Focuses**
One from a Sponsor's
Perspective &
One from the view of a
Sponsee

**Followed by Q & A
and then Open Sharing**

- Thinking about sponsoring?
- Want to grow more as an already existing sponsor?
- Interested in finding out how to learn more from your sponsor?

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

Passcode: 120912

Meeting ID: 89165540024 Passcode 120912

Telephone: +1 646 558 8656 US (New York) find your local number at zoom.us

There is no fee for this workshop.

Members are invited to honor our 7th Tradition by contributing at:

[OAFootsteps](https://OAFootsteps.org) or [Virtual Region](https://VirtualRegion.org) or www.OA.org

"We gratefully follow in the footsteps of many others who have walked this way before us, and we're gratified to be making footprints of our own for others to follow."

– The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 106

ARE YOU STRUGGLING WITH RELAPSE?? LOOKING TO
KEEP YOUR PROGRAM STRONG AND PREVENT
RELAPSE?? THEN JOIN US ON THURSDAY NIGHTS.
ALL ARE WELCOME!!

RELAPSE PREVENTION MEETING THURSDAY EVENINGS 7:15 PM EDT

7:15pm Thursday Recovery & Relapse Meeting
Dial in #: 1.646.876.9923
Meeting ID: 774-646-690
Join Zoom Meeting:
<https://us04web.zoom.us/j/774646690>
Password: 535356



CLICK HERE TO GET THIS
BOOK. [A-New-Beginning-
\(oa.org\)](https://www.oa.org)

Doing Well and Looking for a Service
Opportunity? This Meeting Needs
Sponsors

NASSAU COUNTY INTERGROUP OF OVEREATERS ANONYMOUS
www.oa.org

Submissions for upcoming *Sunshiner* editions needed

October **Spiritual Principle Ten**
November **Spiritual Principle Eleven**
December **Spiritual Principle Twelve**

Perseverance
Spiritual Awareness
Service

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