



The Sunshiner Newsletter

October
2022

Perseverance, Even When

When I got into program, I weighed about 240 pounds (109 kg), well over my target weight of 190 pounds (86 kg). I was bingeing and drinking too much alcohol, plus I was mildly depressed. I thought my spiritual life was okay, but really it was a cycle of small peaks and deep valleys. I'd get some abstinence, but then lose it, and this went on for about four years. I'm glad I kept at it, though, because I finally got a good run of abstinence forty days ago, and it has everything to do with the spiritual Principle of Step Ten: perseverance.



In the past, I had “mountaintop” spiritual experiences in recovery, during which I felt loved by my Higher Power, tender and compassionate—a deep, warm connection with my HP. When these exhilarating moments passed, in minutes, hours, days, or occasionally weeks, my willingness to stick to the program and do the footwork weakened.

Then I heard someone make a distinction between two concepts: the HP of our experience versus the experience of our HP. This means that, while my incredible moments of closeness to God—these wonderful experiences—may not be enduring, the HP I experience during these moments is enduring. I learned that I need to give up trying to relive the thrill of experiencing my HP and instead focus on seeking the HP I had experienced.

This distinction might seem too subtle to matter, but it is making a difference in my recovery. My HP is there, at spiritual high tide and low tide, whether my soul looks up and sees a foggy, gray sky or a

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brilliant sky of blue. Doing my HP's will is the key, not trying to recapture the exultation I sometimes feel with my HP. Being spiritually fit, to me, means seeking my HP through prayer and meditation while realizing that a warm sense of God's nearness is probably not going to wash over me every minute of every day.

Perseverance in prayer and meditation, even when I'm not “feeling it,” is working for me. Focusing on the HP of my experience, not on the experience of my HP, is helping.

— *David P., Mill Valley, California USA*

Reprinted from
<http://www.oalifeline.org>

Celebrations

September

Chris H. - 2 years

Carla - 2 years

Susan P. - 4 years

Anne M. - 6 years

Karin H. - 31 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 10 – Perseverance

Perseverance is the good side of stubbornness. I used to hear I was stubborn. But I now concentrate on what my HP wants, and then I practice perseverance to keep at it. It makes me continue to say no to foods that look really good but have no benefit for me. It makes me continue to learn more about this program even though I've already been "through the steps" and sponsored people. It is why I have even more freedom today than I had in Jan. 2016 when I finally got abstinent and started really working on a program. My goal is to continue to practice this, unless indication from my HP is that I'm being stubborn and holding onto an old thought or idea. I need to keep spiritual to hear the right thing. Doesn't hurt to talk to others, but my own spirituality will really help me persevere for what is right.

– *Laura W.*

Reprinted from [Region 5](#)

perseverance

noun

per-se-ver-ance | \ ,pər-sə-'vir-ən(t)s \

Definition

- continued effort to do or achieve something despite difficulties, failure, or opposition :
- the action or condition or an instance of persevering :

Synonyms

- steadfastness, persistence, tenacity, determination, resolve, resolution, resoluteness, staying power, purposefulness, firmness of purpose, patience, endurance, application, diligence



2022 Marathons

Sponsored by
**Virtual Intergroup of Overeaters
Anonymous**

October 24, 2022

**Step 10 Spiritual Principle-
Perseverance-**

**How Does Perseverance Light the Way
to Self-Awareness?**

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/>

Report from Region 6 representative
for Ottawa District Intergroup
September 2022

My name is Danielle G., compulsive overeater. I had the privilege to represent Ottawa District at Region 6 for four years (five assemblies). It is now time for me to give this opportunity to another OA member. Therefore, I will end my responsibilities at the end of this year.

2022 Region 6 Convention – “Join Us on the Road to Recovery”

Do not miss the upcoming convention to take place virtually from October 21-23, 2022. To register, view the program, and get a flyer, click on [Convention](#).

2022 Region 6 Fall Assembly – September 17

I attended the Region 6 Fall Assembly virtually, as a voting member for Ottawa District Intergroup (ODIG).

Assembly Facts

- ODIG has 24 meetings accredited.
- There was a decrease of 1.36% on the total numbers of meetings affiliated with Region 6 Intergroups
- 50 eligible voting members plus alternative members and visitors attended the Assembly.
- Six (6) first-time representatives attended the event.
- 53 registrants participated at the Intergroup Renewal Training held September 15-16, 2022.
- Spring Assembly 2023 will take place on April 1, 2023.
- Fall Assembly 2023 scheduled for September 23, 2023.

Election of Region 6 Board Officers for a two-year term

- Kimberly C., Connecticut Intergroup (IG), was re-elected for another two-year term as Vice-Chair.
- Blair P., MetroWest IG, was elected for a two-year term as Secretary.
- Debbie H., Nassau County IG, was elected for a two-year term as Treasurer.
- Two members, representing Region 6, were voted in to join the World Service Business Conference (WSBC) sub-committee to study motions during the upcoming WSBC.

Public Information Blitz Fund

- Ottawa District Intergroup was awarded \$1,000 as scholarship to redesign its website.

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Twelve Steps Within (TSW)

I am a member of the Twelve Steps Within (TSW) committee. The committee members decided on the following goals/actions:

- To post a Newcomer's letter on Region 6 website.
- To present the topic of Sponsorship at the October 30 Intergroup Forum.
- To finish the "Sponsor Resource Guide" handout and have it posted on the Region 6 website.
- To update the TSW Committee Procedures.

Deadlines to keep in mind

- **October 1st, 2022** is the deadline to apply for funds to attend the World Service Business Conference. The Conference will take place in person from April 25-29, 2023 in Albuquerque, New Mexico. The theme will be "*Concepts of Service: The Heart of Fellowship*".
- **January 31, 2023** is the deadline to apply for a scholarship to attend the Spring Assembly 2023 and to send Public Information Blitz proposals.

How to update your local meeting information

Message from the Region 6 Coordinator:

"It is important for every Intergroup (IG) to ensure that its area meeting list is always updated and maintained accurately on its own website. Additionally, updating meeting information on oa.org is critical.

Here are some links to assist you with managing your service bodies:

- To Add, Edit or Cancel a Meeting with WSO: Visit oa.org/add-a-meeting, click on the appropriate tab and complete the form.
- To find your meeting number, go to oa.org/find-a-meeting and follow the prompts.
- Editing Intergroup Information with WSO: visit oa.org/add-meeting/registration-forms and complete the form.
- To find your IG number, go to: oa.org/find-a-meeting, click on the "Find a Service Body" tab, and follow the prompts.

Many meetings have changed where they meet over the past 2 years, let's keep our meeting information up to date so newcomers to OA can find us. Thank you for your service."

In service,

Danielle G.

Region 6 representative for the Ottawa District Intergroup

About Region 6

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
- Bermuda

Within this large area are smaller intergroups. We are geographically diverse, but share common goals in recovery and support.

OA Region 6 2022 Convention

October 21-23



JOIN US ON THE
ROAD TO RECOVERY
OCTOBER 21-23, 2022

Virtually
on Zoom

Keynote
speakers

French
interpretation



Step
workshops

Special-focus
meetings

New topics and
old favorites

Registration: \$10, \$20, \$30 (USD)

Program available soon!

For more information: oaregion6.org/2022-convention/

Région 6 OA Congrès 2022

21 au 23 Octobre



REJOIGNEZ-NOUS
SUR LE CHEMIN DU RÉTABLISSEMENT
21 AU 23 OCTOBRE 2022

Virtual
sur Zoom

Conférenciers

Interprétation
en français



Ateliers sur
les Étapes

Réunions
thématiques

Nouveaux sujets et
anciens classiques

Inscription : 10 \$, 20 \$, 30 \$ (US)

Programmation disponible bientôt!

Pour plus d'information :

oaregion6.org/2022-convention/

À propos de la région 6

La Région 6 des Outremangeurs Anonymes soutient les communautés à

- New York
- Connecticut
- Massachusetts
- Rhode Island
- New Hampshire
- Maine
- Vermont
- Centrale et Est de l'Ontario
- Québec
- Terre-Neuve-et-Labrador, Nouveau-Brunswick
- Nouvelle-Écosse,
- Du-Prince-Édouard
- Bermudes

De plus petits intergroupes font partis intergroupes. Nous sommes géographiquement diversifiées, mais nous partageons des objectifs communs en matière de rétablissement et de soutien.

October 19 – *Voices of Recovery*

“It is in the OA message—in our Steps and Traditions—that we find solutions to our problems. Living by these principles has saved our lives.”

— The Twelve Steps and Twelve Traditions of Overeaters Anonymous, pp. 146-147

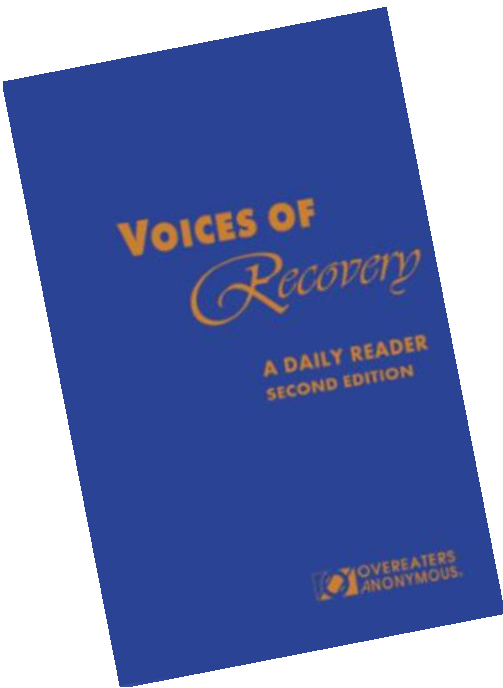
The principles of honesty, hope, faith, courage, integrity, willingness, humility, self-discipline, love, perseverance, spiritual awareness, service, unity, trust, open-mindedness, responsibility, acceptance, equality, and fellowship are to be our focus. Our problems brought us to OA. OA brings us back to ourselves, to our fellow sufferers, and to God. We are more than our problems, and OA gives us a fellowship to learn this. Every day I have choices! Before OA I didn't feel I had any. All I need to do is work the program. Thank God for the people who have gone before me to help show me the way. Thank God I can now be useful to help someone else. Indeed my life has been saved, and I am a grateful recovering compulsive overeater. What principle will I practice today?

OVEREATERS ANONYMOUS®, INC.

From: *Voices of Recovery*

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Great news! The long-awaited second edition of OA's beloved daily reader *Voices of Recovery* is finally available, both in our OA bookstore and online digital platforms. The second edition has been attentively reviewed and edited to bring its daily meditations—sourced directly from the testimonials of OA members—into alignment with OA's currently available literature and policies.

Physical copies can be obtained in our bookstore at bookstore.oa.org, inventory number #986-2.

Digital downloads are available for purchase on the following platforms:

Amazon Kindle

Apple Books

Barnes and Noble Nook

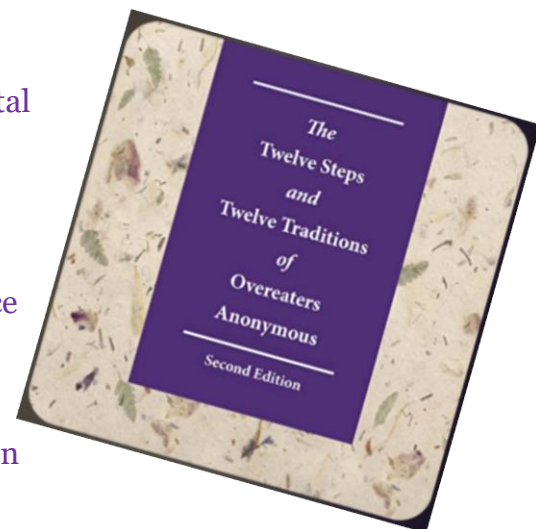
Following the success of *Overeaters Anonymous, Third Edition* as a digital audiobook, an audiobook version of our indispensable *Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition* has been created and posted on three popular platforms: Audible, Amazon, and Apple Books.

In the new audiobook, the OA Twelve and Twelve is read by a single voice to lend cohesion to the message and is a total of 4 hours and 43 minutes long. OA members can make the most of their time by listening to an in-depth exploration of our Steps and Traditions while commuting, gardening, exercising, or even waiting in line! Find the audiobook version of this vital OA text by visiting these links:

Audible: <https://adbl.co/3K2bper>

Amazon: <https://amzn.to/3K5qYlF>

Apple Books: <https://apple.co/3R0415Q>



Perseverance

Perseverance is the most important Step Principle in my recovery because OA is not a quick fix or a short-term diet program. By making OA and working the Steps a way of life, I have a new opportunity every day—every hour if necessary—to start over and keep moving in a positive direction.

Perseverance is important when I am emotionally, spiritually, and physically on track, and even more important when I am struggling.

After significant losses in my personal life, I went through relapse. I am grateful and fortunate that the physical aspect of my relapse was mild. However, the emotional and spiritual relapses were challenging. I firmly believe the Principle of perseverance kept me linked to the OA program throughout my period of grief and relapse.

My mantra, which I often shared in meetings, became, “Show up, tell the truth, and keep trying.” I came to meetings no matter what, spoke honestly about how I was doing with my emotions and food, and continued to work each Tool to the best of my ability.

Over six months later, I emerged again from my obsession with food. Now I am again abstinent and closely connected with my Higher Power. I enjoy the serenity resulting from putting down both the food and obsessive

thinking about food. OA works if we just stay connected, do our best, and draw upon the support of the Fellowship.

Perseverance means never quitting the program no matter how bumpy the path may be. It is best summed up with our slogan, “Don’t quit before the miracle happens.” Don’t quit after the miracle happens either!

Recovery is not a linear process; new challenges emerge to work through. I can withstand anything and come out stronger if, in partnership with my Higher Power, I just persevere in working the Tools and Steps of the OA program.

—September/October 2008,
Taste of Lifeline

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From: Taste of Lifeline
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VIRTUAL REGION WORKSHOP

2ND SUNDAY OF THE MONTH

How to Twelve Step a Problem

OCTOBER 9TH 2022

3:00 pm New York (UTC-5)

8:00 pm London/UK (UTC)

Zoom ID: 891 6554 0024

Passcode: 120912

For more information go to oavirtualregion.org

**Submissions for upcoming *Sunshiner* editions needed.
Deadlines for submission are the 15th of the month.**

Deadline	Edition	Principle
October 15	November	Spiritual Awareness
November 15	December	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