



The Sunshiner Newsletter

November
2022

Source of Love

I don't consider myself atheist or agnostic, but Steps Two and Three still posed a challenge for me because I found myself unable to embrace the concept of God that I was raised with. I couldn't understand how an all-powerful, all-loving creator would design a world with so much brutality and suffering, or how I could trust such a God. I felt distressed and wondered how I would work the spiritual aspect of the Steps.

What kept me coming back were the stories in *Lifeline* and OA meetings of Overeaters Anonymous members with atypical spiritual beliefs who experienced recovery. They gave me hope that it's possible and that I just needed to find a path I could personally travel.

It took months of reading, meditating, talking with others, praying, journaling, and considering various concepts of a Higher Power before any progress occurred. Thankfully, I stayed abstinent from compulsive eating during most of that time due to another Power greater than myself: the OA Fellowship! I always knew I wanted to find faith in a Power beyond OA itself, but while I was searching, I was sustained

by a Step One connection to my sponsor and fellow members, by OA literature, and by the accountability this program brings to my life.

A few months ago, it finally dawned on me that love is a force greater than myself, and this force, like everything, must have an origin. I don't fully understand who or what the mysterious Source of Love in the world is, but I do believe it exists. I believe this Power is what brings humans solace and courage and what helps us handle the harshness of the world. Maybe the Source of Love actually is the Source of Everything, which many people call "God." But for now, in order to work this program and not remain stuck on Steps Two and Three forever, I need to simply accept that I don't know about that.

I cannot currently bring myself to believe in a benevolent force that has power over everything in the physical world, but I can believe in a benevolent force that has power in the realm of the soul: not a power that can prevent physical suffering, but one that can fill our spirits and give us the strength to healthily navigate life as it is. When I pray, I ask this source to fill me with its healing and strengthening love, and to

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please help me remove any barriers I've placed in the way. I ask to be used as an instrument through which love can flow to others. I ask for awareness of this Power's presence throughout the day, and also of anything else that's true, whatever that truth may be.

Things will likely continue to evolve, but that's where I am right now in my search for faith and a Higher Power. I'm so grateful that OA offers the acceptance and time necessary for people like me to gradually find something we're able to believe in.

— *Anonymous*

Reprinted from
Source of Love - Lifeline
(oalifeline.org)

Celebrations

October
October 15
Sharon M.
1 year

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 11 Spiritual Awareness

I have worked on this the most. Once food is not an issue, Spiritual Awareness is key. I need to continue to improve my spiritual connection in this world to grow even more. If I do not, after a while, the food will eventually start to call. As I've heard so many times from "old timers" when someone relapses, usually the food is the last thing to go. The first thing is Spiritual Awareness. I wake up almost every morning and read the "Upon Awakening" passage. I say a few prayers. I plan my day. Once up, I meditate and do some yoga for about 5 minutes. Then I start my day. I try to remember to pause and be spiritual throughout the day ... still working on this! At the end of the day, I usually do an evening Inventory. My goal is to get better and better at this until it is second nature, like brushing my teeth.

– *Laura W.*

Reprinted from [Region 5](#)

Ottawa District Intergroup
is reaching out to the
fellowship.

This publication of this newsletter, *The Sunshiner*, is looking for an Editor to take over the role beginning April 2023.

The role is interesting, creative and encourages you to stay connected to the fellowship, while providing a valuable service to the Ottawa District of Overeaters Anonymous.

If you would like to find out more about the role, please email sunshiner@oa-ottawa.ca and I would be happy to discuss with you and answer any questions.

Gabriela B.
Editor, Sunshiner Newsletter



2022 Marathons
Sponsored by
Virtual Intergroup of Overeaters
Anonymous

Fri, November 11, 2022
Remembrance Day
Step 11 Spiritual Principle- Spiritual
Awareness-
What Does "Being In Fit Spiritual
Condition" Mean to Me?

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/>

Spiritual Rewrite

I was complaining recently to my sponsor about the religious language of the Eleventh Step Prayer (AA *Twelve Steps and Twelve Traditions*, p. 99), and she suggested I rewrite it in language that is meaningful to me. Perhaps this version will speak to other compulsive overeaters:

Higher Power, help me to convey the peace of mind you have given me.

Where I find hatred, I can show love.

Where I find wrong, I can show the spirit of forgiveness.

Where I find discord, I can encourage harmony.

Where I find error, I can speak truth.

Where doubt exists, I can demonstrate my faith.

When despair is felt, I can be hopeful.

Where there are shadows, I can be a light.

Where sadness exists, I can bring joy.

Higher Power, help me to be a comfort to others.

Instead of always seeking comfort, help me to be understanding.

Instead of wanting to be understood, help me to be loving,

Whether or not I am loved in return.

By removing myself from the center of the universe,

I find untold rewards in caring about others.

By forgiving others first, I find them to be more forgiving of my shortcomings.

Thus, when I die, my spirit can live on

in the joy and peace I have contributed to those around me.

Amen.

— *Anonymous*

Reprinted from

<https://www.oalifeline.org/spirituality/spiritual-rewrite/>

November 14 — *Voices of Recovery*

“We discover that we can learn from and work in harmony with people whose personalities we dislike, as long as we focus on OA principles.” — *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 203

Tradition Twelve says that “anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.” But just what are those principles that we ought be placing before personalities? A quick read of the Twelve Steps reveals that honesty, hope, faith, courage, integrity, willingness, humility, self-discipline, love, perseverance, spiritual awareness, and service are among them. When placing just one of these principles before a challenging personality or situation, I reach a state of humility and thereby become “teachable.” Bill W. wrote, “We alcoholics see that we must hang together, else most of us will finally die alone.” These principles, when applied, can help us fulfill AA’s legacy and ensure that OA will be here for the next newcomer who stumbles through our door.

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From: *Voices of Recovery*

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Abstinent Sponsors

Abstinance is a commitment, a decision, and an action—of this I am aware.

It is a commitment and a decision I made over thirty-four years ago. I've been taking the actions necessary a day at a time ever since. It has also been a surrender process. The more I surrendered, the more I realized freedom from food obsession. I learned early I would not be able to keep this priceless gift if I didn't share it. My life began to take on a new meaning. The more I was abstinent, the more I wanted to be abstinent.

Abstinent sponsors came into my life, sharing with me the need to work the Twelve Steps. I began to learn that this is a spiritual program. Conscious contact with a power greater than me, one that guides me into actions that strengthen my commitment to abstinance, keeps me abstinent over the long haul. By reaching out to an abstinent sponsor, I am putting into action my commitment to abstinance and developing my

spirituality. As a result, I live an abstinent life. I learned that I had to give it back. Sponsorship, Twelfth Step work, and my relationship with the God of my understanding keep me abstinent. It is important in my abstinent life to practice the OA Twelve Traditions, especially Tradition Five.

As our OA Preamble reads, "Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer." Not only does abstinance allow me to receive a glorious life, it grants me a way to give back. One of the greatest joys of recovery

comes to me when I share our OA program with other compulsive overeaters. The spiritual awareness Principle continues to increase my understanding of the necessity of abstinent sponsors. I can't give what I don't have. The knowledge of God's will and the power to carry it out in my life is what gives me the strength to continue my commitment to abstinance and the actions I need to take to carry this life-giving, life-saving message to the next compulsive eater. As The Twelve Steps and Twelve Traditions of Overeaters Anonymous taught me, "Those of us who live this program don't simply carry the message; we are the message" (p. 106). I am a grateful, abstinent sponsor. I am aware how important this is. For this I thank God, the OA program, and my beloved Fellowship of Overeaters Anonymous.

— January 2013

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From: Taste of Lifeline
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AD4L Speaker Series

FINDING HIGHER POWER IN RELAPSE

**MELBOURNE
Time**

**14th November
6:30am - 8:00am**

**New York
Time**

**13th November
2:30pm - 4:00pm**

**London
Time**

**13th November
7:30pm - 9:00pm**

ZOOM ID: 200 540 624
(no password)



Special Events Committee
presents

Hope for the Holidays

Annual Holiday Mini-thon

“Staying abstinent through the holiday season”

Saturday, December 3, 2022 • 1:30 to 3:30 p.m.
Hybrid on Zoom and at Bells Corners Legion
4026 Old Richmond Road, Nepean, ON

- Three speakers share their experience, strength and hope
- Sharing time in small groups
- 7th Tradition will be collected electronically and in-person

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.: 613-850-4413

Submissions for upcoming *Sunshiner* editions needed.

Edition	Topic	Deadline
December 2022	Spiritual Principle - Service	November 15, 2022
January 2023	New Year’s Resolutions	December 15, 2022
February 2023	Abstinence While Traveling	January 15, 2023
March 2023	Hope	February 15, 2023

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