



The Sunshiner Newsletter

December
2022

Spiritual Principle - Service

A key part of recovery in addition to working the Twelve Steps?

Service.

When you hear about performing service, you may think, "Wow. Working Twelve Steps and giving service? That's a lot!" Rest assured, the last thing we at OA want to do is to overwhelm you. Service can be as simple as you want it to be. Here are some examples:

Show up.

Attending a meeting is service.

Unlock the venue for meetings each week.

This is a seemingly simple task, but one of great importance. Without this act of service, your group can't meet to work on their recovery.

Set up and clean up meetings.

Putting out and returning chairs, making the books available, and passing out materials are all ways to serve.

Participate in the meeting.

Welcome newcomers, read or share your own experience, strength and hope on the topic.

When you are ready for more

Moderate or lead the meeting.

The leader/moderator is just a member who follows the format to keep the meeting on topic and on time.

Operate the dashboard.

Unique to the virtual world this position protects the meeting from disruptive participants.



Participate in group conscience.

There are always different ways of doing things and the meeting members decide together what is best for the group.

As your recovery continues, consider being an intergroup

In this issue

Spiritual Principle-Service.....	1
Celebrations.....	2
Virtual Region Marathon.....	2
Ottawa District Intergroup.....	2
Virtual Region Service	3
Step Principle 12.....	3
Principle Portions	4
Voices of Recovery.....	4
New Year's Eve Event	5
Overall Service Structure.....	6

rep, attending the meeting, and bringing back the news to your group. You have many talents and gifts you can use in OA. Event planner? Help with workshops, retreats, and assemblies.

A writer? Contribute to your local newsletter, or submit to calls for stories.

Providing service opens up a world beyond you, while also giving you a way to carry our message to others.

The best part? There's a magical thing that happens when you serve others; you end up giving yourself a gift too.

Reprinted from

[Why Service? - Overeaters Anonymous \(oa.org\)](https://www.oa.org/why-service/)

OA Ottawa web site has been redesigned

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

Celebrations

October

Cathie S. - 16 years

November

Alice B. - 1 year

Debbie P. - 8 years

Lynn C. - 10 years

Milner G. - 10 years

Claire - 28 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

2022 Marathons

Sponsored by

**Virtual Intergroup of Overeaters
Anonymous**

Monday, December 12, 2022
Step 12 Spiritual Principle – Service
How Do I Practice “The Twelfth Step
Within”?

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/>

Ottawa District Intergroup

Intergroup continues to meet once a month on the 4th Thursday at 7 p.m. 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.

Intergroup elections will be held on Thursday Dec. 8 at 7 p.m. The following positions will be vacant at the end of this year:

- Publications chair (currently vacant)
- Region 6 Representative
- Vice Chair
- Secretary

Positions are typically held for up to two-year periods and a number of people will be rotating out of their roles this time.

For more information on the duties of the 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 fillable [MSWord](#) version. Please consider putting your name up for one of these positions.

Additionally the Editor position of the *Sunshiner* will be vacated in April 2023 after 2 years of service from the current editor. This position does not require nomination or voting—it does require the interest in this unique type of service.

If you would like to find out more about the role, please email sunshiner@oa-ottawa.ca



Let's Have Fun and Get It Done!

Do you wish to help us reach the still-suffering compulsive eater and support our members?

We are looking for members comfortable working on, or willing to learn how to use a variety of digital technologies.

Those of you who came to the service fair saw our wonderful spin the wheel app. It was a lot of fun and conveyed a wonderful service message. So much is possible in the virtual world! The sky is the limit!

We can put our talents to use, have fun, and reach out attractively to the still-suffering compulsive Overeaters.

The Virtual Region Digital Communications Committee is in need of:

- Audio creation and modification – Audacity
- Analytical / Proofreading / Planning
- Internal Website – Google Sites
- External Website – WordPress
- Flyers – Canva
- Forms – WPForms
- Forms – Google Forms
- Newsletter + Blog – Constant Contact
- Newsletter + Blog – WordPress
- Social Media
- Video creation and modification – Technology Currently Unknown

You do not need to be a member of the Virtual Region, a Region Representative, or a Member of an intergroup.

All skill levels are needed so if you are anywhere between 'just want to serve' through to 'an expert' please come and join us.

Please email info@digital.oavirtualregion.org for more information or to join the committee.

Step Principle 12 – Service

I like the idea of beginning service right off the bat in OA.

When I first came in and tried to get abstinent, it was through keeping busy with service that I could stay on my food and action plan. The simple act of putting out chairs and setting up the meeting and then putting things away is such a nice way to start out.

Then, I got involved as a representative at our Intergroup.

For me, the service of sponsoring is my lifeline in the program. I need to put my name out there to sponsor virtually since no one has asked me to sponsor them in person in a long time (pandemic related). This is my Insurance Plan. The more I try to help others, the more they help me.

– *Laura W.*

Reprinted from [Region 5](#)



Multilingual and Want to Serve? Register Here!

No matter what language they speak or where they live, INTERPRETERS unite OA Members!

Members who are multilingual can find many ways to carry the message within and without OA.

YOU DON'T HAVE TO BE A PROFESSIONAL.

This is a great way to give service within the OA Virtual Region.

Questions? Contact: secretary@oavirtualregion.org

Principle Portions

A plan of eating is only one of the Tools, but it's a great introduction to working the program when worked diligently. Ever since I began using a weighed-and-measured plan and calling it in to a sponsor every day (a process I resisted mightily!), I have been noticing the lessons it teaches me about the Principles behind the Steps.

Honesty—being honest with my sponsor and myself about what I'm eating every day. There's nothing quite like it.

Hope—hoping I can manage my food and life one day at a time.

Faith—believing the plan of eating my sponsor or health professional gave me will work for me as I see it work for others.

Courage—giving this plan of eating a fair go, even though every diet I've been on hasn't worked.

Integrity—saying what I intend to eat, and then following through (or owning up when I don't).

Willingness—giving up my preconceived ideas of what works for food and life, and being willing and open to exploring new ideas.

Humility—being teachable and learning other ways exist for doing things. Becoming aware that we are all equal, with none better or worse, just different; that goes for plans of eating too.

Self-discipline—learning to limit what I eat and waiting until mealtimes to eat instead of indulging in the instant gratification that accompanies this disease.

Love—learning that others love me as I am, and learning to love myself by doing the right thing with my food and my life.

Perseverance—sticking to the plan of eating and abstinence no matter what, knowing food will not make any situation better; this is how it needs to be for long term recovery, only one day at a time.

Spiritual Awareness—learning I can't do this on my own, today or ever; learning that I need a Higher Power and knowing this makes the difference between going on a diet and using a plan of eating while I work the program.

Service—sharing my recovery with others, sponsoring others and listening to their plans of eating, as well as just staying in recovery and showing this program does work if I work it.
— *Anonymous*

Reprinted from
Principle Portions - Lifeline
(oalifeline.org)

December 21 – *Voices of Recovery*

“As OA members we may donate many hours of service to each other, sponsoring, speaking at meetings, and doing necessary committee and other service work. For this none of us receives payment in money. Our reward is something money can't buy—our own personal recovery.”

— The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 171

I thought I would offer service to give back to OA some of what it gave to me. Was I surprised! I do contribute, and I do give back. What surprised me was that even when I am doing service, I get far more than I give. When I study the Steps with a sponsoree, I inevitably learn something new, something I needed to learn. When I share my experience, I often say just what I needed to hear. When I am having a difficult time in my life, the knowledge that one day I will be able to share my experience, strength, and hope with someone who is having the same difficulty makes it easier.

NEW YEAR'S

Event

DEC 31/
JAN 1

RESTORATION TO SANITY MARATHON


New York
Time 31st December
2:30pm - 7:30pm

London
Time 31st December
7:30pm - 12:30am

MELBOURNE
Time 1st January 2023
6:30am - 11:30am

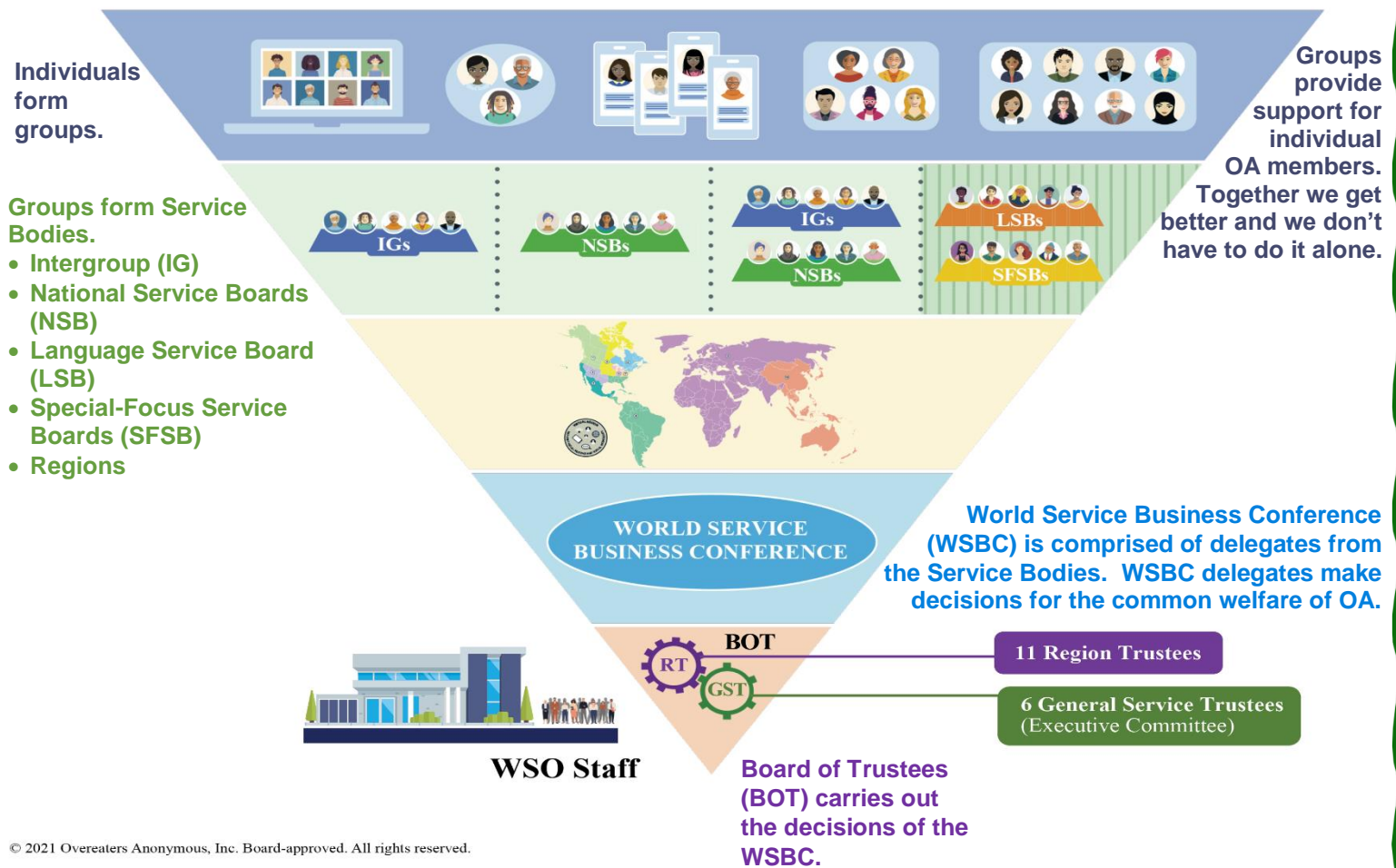
ZOOM ID: 200 540 624
(no passcode required)

Hosted by A Design for Living - Big Book OA
& Virtual Region 12th Step Within Committee
For more information: www.ad4l.info

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OVERALL SERVICE STRUCTURE



This service structure chart shows how the various levels provide support for the level above it.

Submissions for upcoming *Sunshiner* editions needed.

Edition	Topic	Deadline
January 2023	New Year's Resolutions	December 15, 2022
February 2023	Abstinence While Traveling	January 15, 2023
March 2023	Hope	February 15, 2023
April 2023	Continued Recovery	March 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