



# The Sunshiner Newsletter

January  
2023

## New Year's Resolutions

Every year since I was 13 years old, my New Year's resolution had been to lose weight. It wasn't until 2014, when I was 23, that I altered that New Year's resolution to instead heal my relationship with food. After hitting bottom, bingeing every night on a wide variety of foods, my fear of change was overpowered by the pain of compulsive overeating.

My resolution was still fresh in my mind when it led me to my first OA meeting in February 2014. This combination of a shifted perspective, fear, and pain is what gave me the willingness to get a sponsor, follow a food plan, and start working the Steps.

Since I came into program almost three years ago, not only have I healed my relationship with food, I healed my relationship with myself, others, and the world around me. I came to understand that I have an allergy of the body and an obsession of the mind, and there are some foods I cannot eat sanely. I learned I am worth caring for, and I deserve to eat healthy, delicious food every day. I have lost about 45 pounds (20 kg) and gained relationships with others beyond my wildest dreams.

Now, I can be present and available, however imperfectly, for my family when we get together because I'm no longer thinking about food every second or worrying what they think about me. I'm a better friend now because I'm not trying to fix everyone's problems and control the outcomes. I'm in the most kind, loving, and honest partnership of my life, and I was only ready to accept it when I had about a year of abstinence in

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program. With the help of my Higher Power (a miracle for this agnostic), I'm able to accept that many things are out of my control in the world around me. The Serenity Prayer is my lifeline to my Higher Power.

I am so grateful I found OA when I did. This program has truly changed my life. I'm also grateful for OA fellows of all ages around the world. Together we get better.

—*Joanna W., Parkton,  
Maryland USA*

Reprinted from  
[Healthy Resolution - Lifeline  
\(oalifeline.org\)](https://www.oalifeline.org)



# Celebrations

January  
Erica S. – 2 years

Congratulations!

Did we miss your  
celebration notice?  
Please let us know  
by sending your details to  
sunshiner@oa-ottawa.ca

# Face-To-Face Meetings

- Monday** 7 pm at Creating Centre, 11 High Street, Vankleek Hill ON
- Wednesday** 7 pm at Hintonburg Community Centre - basement, 1064 Wellington Street W., Ottawa ON
- Saturday** 9 am at McNabb Community Centre, 180 Percy Street, Ottawa ON
- Saturday** 10 am at Wall St United Church – upstairs, 5 Wall Street, Brockville ON
- Sunday** 10 am at Bells Corners Legion, 4026 Old Richmond Road, Ground Floor, Ottawa ON

## Coming soon!

A new face-to-face meeting is planned for Fridays at 6:30 pm starting January 6, 2023.

The focus will be on the books: *Body Image, Sexuality and Relationships* and *Seeking the Spiritual Path*.

To receive more information about this and other upcoming events in our region, sign up [here](#) for the Ottawa District Intergroup Bulletins.



# OA Foot Steps Presents... New Year

## Fresh Start

2 Speakers with Q&A

Sunday, January 8, 2023

3PM - 4:30PM EST

Meeting ID: 914 9995 6265

Password: 1212

## STEPS...



WORKSHOP

# Let's Prepare for OA's Birthday!

## January 20–22, 2023

Overeaters Anonymous was founded By Rozanne S. on January 19, 1960, and together as a Fellowship, we will observe OA's 63rd birthday from January 20–22, 2023. Let's get ready!

### OA Birthday resources:

- [Rozanne S. Recordings](#)
- OA Trivia (on the next sheet)
- [OA Bingo](#)
- [Back to Basics workshop](#)

Find more workshops and ideas in the [Document Library](#) and check [Event Calendar](#) for new event listings.

See you at the OA Birthday!

## Taking Inventory

By my age, I've learned that setting down New Year's resolutions is a hopeless and futile exercise. Last year, however, as a new calendar year began, I realized that I needed to take inventory of my life and my whole program, physically, spiritually, and emotionally. I needed to be honest and admit that something I had been rationalizing was a problem.

I picked up *Abstinence, Second Edition* and started reading. One story, "Perplexed About Abstinence?" (pp. 17–18), hit me dead center, particularly that in our continuing OA journey our trigger foods can change so that foods that weren't a problem in the beginning can become trigger foods later.

I realized it was time to take inventory of my eating and really be honest. My three meals were still fine, but I was allowing little snacks not at my mealtimes. I was allowing a big loophole in following "progress, not perfection" by twisting the "not perfection" part in my thinking. It is possible to abuse a simple OA slogan, folks! I realized that the progress part was not even true—it was being cancelled out—because I abused the "not perfection" part. The guilt I have been feeling and the slow weight gain of 10 pounds (5 kg) told me this was not what my HP wanted for me. I was violating myself. A change was needed, and I took full measures to eliminate these new triggers.

Thank God for the OA program. It is truly a program that fits us all even when our clothes don't.

— *Judy, Ontario, Canada*  
Reprinted from  
[Taking Inventory - Lifeline](#)  
([oalifeline.org](http://oalifeline.org))



# OA TRIVIA QUESTIONS

1. Where did the Serenity Prayer come from?
2. In "Just For Today" we read "I will save myself from 2 pests: \_\_\_?"
3. Who told Rozanne that she could start an organization for compulsive overeaters?
4. Who said "Keep it simple"?
5. In "The Promises" we read "We will not regret the past nor \_\_\_\_?"
6. When and where did the first OA meeting take place?
7. In which step do we continue to take personal inventory?
8. What helped to advertise, greatly, OA?
9. What is Tradition 3?
10. Which book contains stories of recovery from relapse?
11. Where was OA's first World Service Office (GSO)?
12. When was the AA BB published?
13. What was the first piece of OA literature?
14. Where does it say that every OA group is self-supporting?
15. When was the first directory of OA mtgs.(times & places) printed?
16. When did they "allow" men into OA?
17. How many delegates were present at the first National OA Conference in L.A. in August, 1962?
18. "How It Works" comes from what chapter of what book?
19. "Principles before Personalities" is found where?
20. How many years was the AA 12 x 12 book used at OA meetings?
21. What was born in October, 1965?
22. What was the purpose of the book (in 1968) "I Put My Hand in Yours"?
23. What region is OA \_\_\_\_\_ (name a state or country) part of?
24. When did Bill W. begin writing the Big Book/Alcoholics Anonymous?
25. Which OA book shares OA members experience, strength, and hope?

**Answers** are located at [OA Trivia](#)

Chapter 1  
**BILL'S STORY**

...ved, I want  
... by a doggerel on a  
"Here lies a Hampshire  
Who caught his death  
Drinking cold small beer  
A good soldier is ne'er  
Whether he dieth by n  
Or by pet"

...ran high in the N  
...new, young

...ailed to  
...an of foreign w  
...elf a leader, for h  
...e a special token  
...ership, I imagi  
...terprises

## AD4L Speaker Series

# "Bill's Story"

...

New York  
Time

7th January  
3:30pm - 5:00pm

London  
Time

7th January  
8:30pm - 10:00pm

Melbourne  
Time

8th January  
7:30am - 9:00am

**ZOOM ID: 200 540 624**  
(no password)

# The OA Promise

(also known as Rozanne's Prayer and the Unity Prayer)

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.



## Future of the *Sunshiner* in 2023

The Editor position of the *Sunshiner* will be vacated after the February edition. In order for this publication to continue, it needs someone to fill the service position of Editor.

If you have some computer skills, an interest in expressing some creativity and giving back to Overeaters Anonymous, then this may be the service position for you.

This position does not require nomination or voting—it simply requires 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](mailto:sunshiner@oa-ottawa.ca)

Overeaters Anonymous offers the following [Guidelines for OA Newsletters](#)

**Gabriela B., Editor, Sunshiner Newsletter**

## Deadline for submission to the February edition is January 15<sup>th</sup>, 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](mailto: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