

March  
2022

# The Sunshiner Newsletter

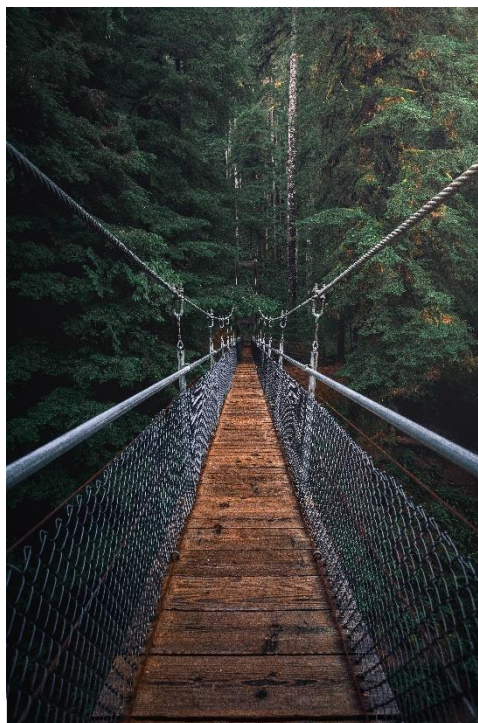
## The Principle of FAITH

In OA, our 3<sup>rd</sup> Step Principle is based on faith. On our faith in the fellowship, and in a higher power that will lead us in the right direction out of our suffering. Along with honesty and hope, faith makes the perfect trifecta to create a solid foundation for our recovery. In OA, we are free to choose our path to faith. We accept that there are many paths in which to reach our higher power, and no two of ours is the same. We get to witness first-hand the amazing transformations that happen when we place our complete confidence and trust in our higher power. The more action we take, the more faith we have in what we are doing and our way of living in the steps. We begin to see evidence of faith all around us.

Whether realizing it or not, faith is something that has already been in our lives without us even knowing it. We have faith in other people, like doctors, teachers, co-workers, friends, and family members in things that happen in our daily lives. When we get into a car with someone, we have faith that they are licensed and know how to drive us safely to where we are going. In a sense we are turning our lives over to many people we

have faith in every day. Turning over your life in this program comes down to learning how to trust yourself, other people, and most importantly, trust God.

When we are eating compulsively, we are surrounding ourselves with, and putting our faith and trust in people or beliefs that are in a sense broken – our brains are foggy, and the path is unclear to where, and to whom we should put our faith in. We are like horses that walk around with blinders on. Many times throughout our addiction we put



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faith in things that let us down repeatedly. We had no faith in ourselves – and many times it was easy for us to blame others for what we were lacking.

As we work the steps and surrender to our higher power, things begin to clear up and we find faith in the people, places and things that really matter in our lives. Admitting or “letting go and letting God” helps us to put an end to the merciless obsession to act compulsively with respect to food and continues to help guide us through recovery and a joyous, free life.

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## Celebrations

### January

Tish celebrated 38 years  
Erik K celebrated 5 years  
Kaitlyn O celebrated 4 years  
Erica S celebrated 1 year  
(7pm Bells Corners)

### February

Danielle G celebrated 18 years  
(9am Saturday How It Works)  
Delyn celebrated 18 years  
(7pm Wednesday Rainbow Group)  
Debbie B celebrated 25 years  
(11am Saturday McNabb)

## Congratulations!

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But living life with faith provides us a broader perspective – and shows us so many opportunities for even more growth. Building a relationship with God or higher power allows us to slow down, connect and have a wide-open perspective and the ability to recognize each opportunity that presents itself in our lives for even more growth.

Faith is the roots of our tree, and grounds us to where we need to be for us to see even more growth and change.

Faith does not make life easy; it makes it possible.

– Kelly G.

## Step Principle 3 – Faith

Faith means believing in something when you don't have all the facts or proof that it is true. I had no faith when I came to OA that anything or anyone could help me. I was certainly not enamored with my "birth" faith of Catholicism. As I grew in serenity and acceptance of the program (to begin with) I began to have faith in an HP. Today, I continue to develop a relationship with HP, using my basic highest values of Love, Good, Beauty and Truth. I can even return to the Catholic Church with acceptance of a religion that is made up of humans. I identify with the church's concept of a "Holy Spirit." I pray and meditate almost every day and every night, if only for a few minutes, to remain in fit, spiritual health.

– Laura W.

Reprinted from  
<https://region5oa.org/blog-post/short-descriptions-for-the-twelve-principles-of-the-oa-steps/>



**Faith is the roots of our tree...**

## Voices of Recovery – March 2

*“Once we compulsive overeaters truly take the Third Step we cannot fail to recover.”  
– The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 27*

After telling my story at meetings, I get flurries of phone calls from old and new members asking for the “inside scoop” on how I really did it. It’s not just the seventy-three pounds I released; people want to know about the serenity, what keeps me centered and calm despite hair-raising personal experiences in my life. What made the program’s tenets click now, finally?

Simple: the Third Step corresponds to the principle of faith. Once we truly make the leap to believe, no matter what, that a power greater than ourselves will restore us to sanity and will take care of every other issue in our lives as well, we cannot ever fail to recover, and the compulsion to binge disappears. It has to happen! That power, I now know, has always been there for me, like a bridge waiting to be crossed. It’s so simple that most of us believe there must be more to it than that, some other trick or secret.

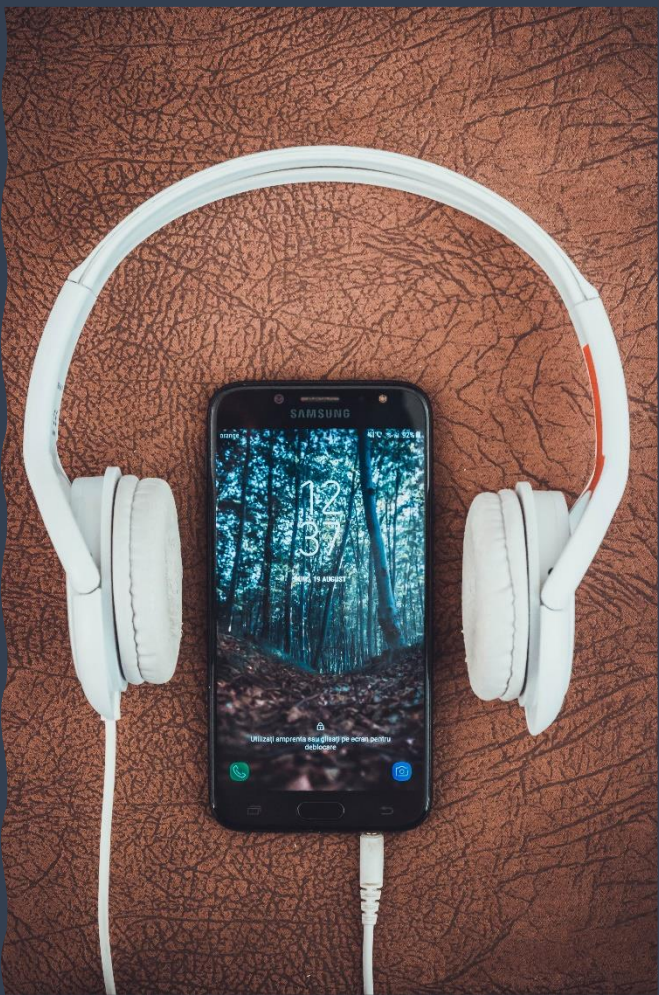
There are no secrets, no magic. Anyone can have what I have. I’ve been cornered, trapped. The gate to freedom has closed behind me. I looked inward and there was honesty. I looked outward and there was hope. I looked up and there was faith.

OVEREATERS ANONYMOUS®, INC.

From: Voices of Recovery

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## OA’s beloved Brown Book is now an audiobook!

Using readings by OA members for the book’s CD set, our first audiobook includes the entire text of *Overeaters Anonymous, Third Edition* —from the forewords to the appendices.

During daily activities or when you need a recovery boost, listen to more than forty stories by OA members sharing their experience, strength, and hope, including our founder’s share: “Keep Coming Back: Rozanne’s Story.”

OA receives a royalty share for audiobook purchases made through these third-party vendors (links open to external websites):

Audible: <https://adbl.co/34hlF25>

Amazon: <https://amzn.to/30oLR1e>

Apple Books: <https://apple.co/33k5SPi>

More OA audiobooks? Yes! OA has already started our next one: *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*.



Twelfth Step Within Committee  
presents

# Defining Your Higher Power

A Step Two Workshop

Saturday, March 5, 2022  
1 to 2:30 p.m. EST on Zoom



You could be receiving workshop flyers, *The Sunshiner*, announcements and much more directly to your inbox.

Sign up on <https://oa-ottawa.ca/>

- Speaker
- Writing time
- Question and sharing time
- 7<sup>th</sup> Tradition will be collected electronically

Handouts will be available on [oa-ottawa.ca](http://oa-ottawa.ca) a few days before the workshop.

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](http://oa-ottawa.ca)

For more information, contact Susan P.: 613-803-5591

## Sign-up for Ottawa District Intergroup Email Updates

First Name

Last Initial

Your email address

I'm not a robot



### Note the Vacant positions

For more information on the duties of each position, go to

[Duties and Responsibilities.pdf](#)

To apply to a position, members must first be nominated by their group and complete the nomination form.

[PDF Version](#)

[Word version](#)

## Ottawa District Intergroup

Presenting your fellow OA members that have volunteered to do Intergroup Service. There are many others giving of their time within the committees.

Board Members	Email	
Chair	Luci S.	chair@oa-ottawa.ca
Vice Chair	Juli D.	vicechair@oa-ottawa.ca
Treasurer	Debbie P.	treasurer@oa-ottawa.ca
Secretary	Susan P.	secretary@oa-ottawa.ca
Region 6 Representative	Danielle G.	region6@oa-ottawa.ca
WSBC Delegate	Bruce R.	wsbc@oa-ottawa.ca

Committees	Email	
Literature	VACANT	literature@oa-ottawa.ca
Publications	VACANT	publications@oa-ottawa.ca
Public Information/Professional Outreach	VACANT	pipo@oa-ottawa.ca
Special Events	VACANT	special_events@oa-ottawa.ca
12th Step Within	Karin H.	12stepwithin@oa-ottawa.ca
Intergroup Liaison - Outaouais	Carmen D.	french_liaison@oa-ottawa.ca

# More on Faith

Faith, for me, involves trusting in a Holy Presence who is greater than myself and who I can't see, but who offers accompaniment, support, energy and encouragement in my struggle with compulsive overeating and binge eating.

So, when I joined OA and turned my life and my will over to the God of my understanding, I took a leap of faith and began to trust in a Holy Other whom I couldn't see, but who was there for me when I felt drawn into binge eating. This Holy Presence inspired me toward spirituality instead of food, and is a source of sanity, serenity and strength in this overwhelming disease of compulsive overeating. I increased my time in prayer, meditation, reflection, and communicating with the God of my understanding, and began to become spiritually inspired.

Support in abstinence was a direct result, although it took a bit of time to achieve.

My deepest regret in all of this came while doing the 12 steps



with my Sponsor and realizing that I had put food ahead of God – seeking comfort, accompaniment and support in binge eating rather than in God. I was shocked to realize that I had given food such power and resolved to pray more and to eat less, to seek God rather than food, and to walk by faith. So, trusting in Another, praying, meditating, writing letters to God and

trusting that I'm not alone in this binge eating matter is what gets me through and keeps me abstinent.

This faith in God is truly a wonderful relationship, and every day is an improvement and no day is ever as terrible as it was when I was actively a binge eater prior to OA.

However my life has struggles and sometimes I cry over missing the "comfort" – albeit false – of food. I then pray to not look back and ask God in faith to help me make a new future without binge eating, and to allow God to take the food obsession from me.

I use the OA tools to keep going and maintain abstinence. My faith in God and the support of OA helps me maintain my glorious abstinence and for that I'm truly grateful. It is faith that has opened up writing abilities in this sacred opportunity of the newsletter. Every OA meeting is a faith promoter/provider and a sacred privilege as is sharing in this newsletter. Thanks everyone.

– Jean B., Ontario

Did you know that OA is available in 35 countries? Think about that... in every time zone ... which in virtual meetings terms means that we have a meeting available to us at any time of the day or night.

Consider adding another meeting to your repertoire.

[Find a meeting - Overeaters Anonymous \(oa.org\)](http://oa.org)



LONDON



NEW YORK



TOKYO



MOSCOW



## Region 6

At every Region 6 Fall Assembly, a writing assignment, on a given topic, is given to all attendees.

The submissions are consolidated and published to the Region 6 Semi-annual publication called *The Messenger*. Last fall's topic was

**“If you were guiding a sponsee on how to find their Higher Power, what would you say?”**

The answered are varied and very informative...check them out at

<https://oaregion6.org/fall-writing-assignment/>



**Do I have to believe in God to belong to OA?**

OA is a spiritual program.

A higher power of our own definition helps us to be free of compulsive eating.

A higher power is different things to different people.

There is no one right way, no one answer to the question of who or what a person's Higher Power is.

In OA, you sort it out for yourself.

Reprinted from <https://oa.org/faqs/do-i-have-to-believe-in-god-to-belong-to-oa/>



## VIRTUAL REGION WORKSHOP 2ND SUNDAY OF THE MONTH

# THE NEXT RIGHT THOUGHT OR ACTION

### MARCH 13TH 2022

3:00 pm New York (UTC-5)

8:00 pm London/UK (UTC)

Zoom ID: 891 6554 0024

Passcode: 120912

<https://us02web.zoom.us/j/89165540024?pwd=eXZWSUNNdVhtZ3hHZHZJY2RRjkzdz09>

For more information go to [oavirtualregion.org](http://oavirtualregion.org)

# World Service

Relaunching in 2022: new *Lifeline* Blog

OA is taking *Lifeline* in a new direction! Coming soon—*Lifeline: Stories of Recovery*, a blog for all of us to share our experience, strength, and hope with each other and to attract those who are still suffering from compulsive eating and compulsive food behaviors and searching for a solution online. Together we can!



<https://oa.org/lifeline/>

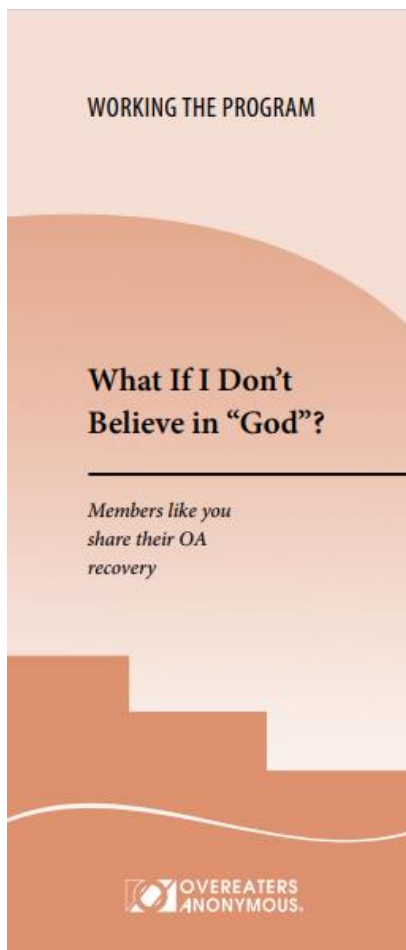
Send Us Your Story!

Want to help OA carry the message online? Send us your story, artwork, audio recording or video! Use this temporary form to send in your submission.

We also have new Contributor Guidelines for *Lifeline: Stories of Recovery* Blog on OA.org available to give you ideas for recovery topics and suggestions to put your share in shape for publication.

Check it out!

## Bits n' Bites



“I think we naturally assume people who call themselves atheists or agnostics are not spiritual people. Therein lies the basis for confusion.”  
— *What If I Don't Believe in "God"?*

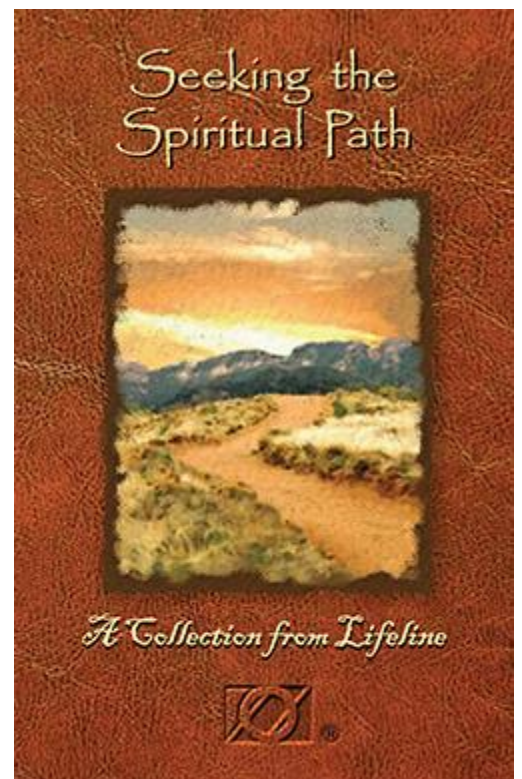
This pamphlet is available for download at

<https://oa.org/app/uploads/2021/08/what-if-i-dont-believe-in-god-members-like-you-share-their-oa-recovery-195.pdf>

*Seeking the Spiritual Path: A Collection from Lifeline*

This book is available for purchase from the OA Bookstore at

<https://bookstore.oa.org/>



## Editorial – *The Sunshiner Newsletter* Logo

It was at this time last year that I took over the editor role of *The Sunshiner Newsletter* from my predecessor, Dawn-Marie M. At that time she walked me through the inner workings of the newsletter process and I recall she pointed out *The Sunshiner Newsletter* logo and gave me some background information.

The first edition of *The Sunshiner Newsletter* – published in October 1980 – had a very simple sun as the logo. In the introduction from the editors, June M. and Pierce R., the origin story of the name of the newsletter and the sun logo was not highlighted. If you are still out there June and Pierce, we would love to hear it.

The logo remained unchanged until 2010 when Dawn-Marie M. created a new one. It was, at that time, only in black and white. In the fall of 2018, Bruce R. added colour and the current version was born.

With that history, Dawn-Marie M. put the idea out to me that I was free to change the logo. At the time, I was simply getting acclimatised to the role and put that thought on the backburner.

Now, one year later, I wonder if it's time for a new logo.

I have made a couple of attempts to come up with something new and stylized, but alas, that is not where my strengths lie.

So I am reaching out to you, the OA fellowship, to put your creative and artistic skills together to design a new logo for *The Sunshiner Newsletter*.

The only thing I managed to come up with was that the O at the beginning of **Ottawa** and the A and the end of **Ottawa** are OA. Maybe that's a starting point for someone else, so I put it out there for your consideration.

We have roughly 1.5" wide x 2" high (40mm wide x 50mm high) area to work with, so please work with that scale in mind.

Now I don't know if this will result in an avalanche of submissions or none at all, so I will get back to you with the next steps.

Please send your ideas to [Sunshiner@oa-ottawa.ca](mailto:Sunshiner@oa-ottawa.ca)

– Gabriela B., Editor



### 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