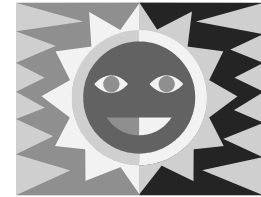




The Sunshiner

by Ottawa District Intergroup



VOLUME 1, ISSUE 6

Officers:

Chairperson:	Bruce R.	266-0852
Treasurer:	Gail D.	226-7641
Recording Secretary:	Shelley D.	591-2562
Corresponding secretary:	Rolande C.	737-9632
Region 6:	Randie P.	866-9612
WSO Delegate:	Debbie B.	744-7181

NEWSLETTER DATE
OCT/NOV
2009

Committee Chairs:

Bylaws:	Pending	
Literature:	Cathie S.	256-2348
Newsletter:	Dawn-Marie M.	226-2273
Public Information:	Carol H.	260-1328
Special Events:	Les D.	355-6205
Telephone Answering:	Patricia O.	820-4061

Inside this issue:

Lifeline	2
I asked God	3
Group Rep Duties	4
Abstinence Anniversaries	4
Region 6 Fundraiser	5
Relationships	5
Telephone Committee	6
New Meetings	7
How to Reach Us	8

OA Ottawa District Intergroup meets the 4th Saturday of every month. Intergroup is again in need of funds. Thank you. We are currently looking for someone to chair the Bylaws Committee.

I pray every morning to be relieved of the bondage of self and
God sends me a coincidence to let me know He's listening!

A Good Age

I am sixty-nine years young. At age sixty-three I started an OA group without ever having attended a meeting. Since no one else in the group had been to a meeting either, my mistakes went unnoticed and we all learned a lot.

Before OA, I was totally wrapped up in being a wife, raising children and being a grandmother and great-grandmother. I buried my longings for a career in food. But I was a widow when I found OA, so the path was open to finding me. As I learned to face my restlessness without overeating, my aspirations came to the surface. The doors opened and with my newfound energy I dared to go through.

I went back to college and, because of my experience in dealing with the loss of my husband, as well as my compassionate nature, I was offered a job at a local mortuary. I am now a para-professional in grief counseling, a career position. My OA life has expanded my insight and sensitivity, greatly enhancing my ability to help people who are grieving.

The changes in my life were so drastic that I could hardly believe them. I anticipated each day with excitement and, after a while, I began to give myself credit for all that happened. I thought I was in control. I never stopped going to meetings or OA functions. Oh, no! I was no dropout, leaving only to come back seeking a new start. Besides, my ego told me I was an inspiration to others who were still suffering. I hid my shortcomings in my enthusiasm for OA, showing my "before" pictures to newcomers and anyone who was interested.

Before OA, I was a size 22 ½ . I lost weight rapidly at first and ended up a 14 ½ . I was feeling so good, so free, that I began to take things for granted. I stopped losing at a weight that was still unhealthy for me.

Recently I underwent major surgery and later learned that my blood pressure had gone way out of control. Well aware that overweight is dangerous to such a condition, I realized that my complacency had caught up with me.

I'm grateful I have this program to help me live in the answer, not in the problem. I have a physical, emotional and spiritual disease and I know what the solutions are: abstinence, prayer and meditation, living the Twelve Steps and giving my life to my Higher Power.

I'm not young anymore, but any age is a good age because it's where you are. Each twenty-four hours is vital and precious when I totally turn over my life and my will to a Power that has more wisdom than I can ever hope to have.

I don't know how I got where I am, or where I'm going; but my Higher Power does. So I'll trust God to guide me and pray for the good sense to listen.

Lifeline

June 1983

I asked God...

**I asked God for strength, that I might achieve -
I was made weak, that I might learn humbly to obey.**

**I asked for health, that I might do greater things -
I was given infirmity that I might do better things.**

**I asked for riches, that I might be happy -
I was given poverty, that I might be wise.**

**I asked for power, that I might have the praise of men -
I was given weakness, that I might feel the need of God.**

**I asked for all things, that I might enjoy life -
I was given life, that I might enjoy all things.**

**I got nothing that I asked for –
but everything I hoped for.**

Almost despite myself, my unspoken prayers were answered.

I am among all men, most richly blessed.

Responsibilities of Group Representatives

Welcome to Overeaters Anonymous Ottawa District Intergroup. We meet at 10:15am on the fourth Saturday of every month (except December) at the McNabb Community Center.

Some of the responsibilities of the Group Rep are as follows:

1. Be a regular OA member who attends that group.
2. Attend all Intergroup meetings or send an alternate.
3. Bring news from your group to IG (meeting size, changes to format and/or location).
4. Bring 7th Tradition contributions.
5. Mail or bring back completed phone lists to the Telephone Chairperson.
6. Announce IG news to your group.
7. Vote on issues concerning OA as a whole in the Ottawa area.
8. Bring The Sunshiner, phone lists and meeting lists to your group.
9. An abstinence of 3 months is suggested, however, this is a group conscience decision.

Please consider becoming a Group Rep. Your participation is important to the well being of OA in the Ottawa District.



Good on you!

Abstinence Anniversaries

Peggy F.	Aug 12	1 yr
Jennifer B.	Aug 12	5 yrs
Mary Anne B.	Aug 15	1 yr
Gail D.	Aug 17	21 yrs
Patricia O.	Aug 25	5 yrs
April	Sept 2	1 yr
Dawn- Marie	Sept 6	2 yrs
Karin RH	Sept 13	18 yrs



Fundraising for Region 6

All Intergroups in Region 6 have been asked to provide a basket for a raffle taking place at the Region 6 CONVENTION 2009

October 23-25, 2009

Stamford Marriott Hotel & Spa, CT

The Ottawa District Intergroup is putting together a basket with the theme of sex/intimacy. Shirley B. has volunteered to co-ordinate the collection of donations and the assembly of the basket.

For more information or to donate money/items, please call Shirley B. at 613-829-5068.

(The cut-off date for contributions is October 20, 2009)

Thank You!

The degree to which I can create relationships, which facilitate the growth of others as separate persons, is a measure of the growth I have achieved in myself.

--Carl R. Rogers

As children we clung to and modeled ourselves after friends and siblings and sometimes parents. We imitated with ease how a friend walked and gestured. At times we identified too closely and lost the self that ached to be known. And just as often, we encouraged someone else to follow our lead. The struggle to be whole and separate and happy was consuming. It consumes us even now.

We often neglect individual development, opting instead for a closeness with others that defies real love and stifles our growth. Unless we explore our individuality, we'll neither discover nor be able to nurture the talents that are our gifts. And the truest demonstration of our love is to nurture that exploration in another.

The paradox is that finally we can only sustain meaning in our moments and hours of togetherness if we've tapped the source of our creative strength in our times apart.

We must cherish both the coming together and the going apart to know love.

THE TELEPHONE

613-820-5669

ARE YOU WILLING TO RECEIVE A PHONE CALL ?

ARE YOU WILLING TO SHARE YOUR EXPERIENCE, STRENGTH,
& HOPE AS YOU RECOVER FROM COMPULSIVE EATING?

The Ottawa District Intergroup provides a telephone directory. Guidelines about this list need clarification. All who wanted to be on or off the list were not being accommodated. Therefore a committee was formed this summer (2009) to review and revise the guidelines.

A COMPLETELY NEW TELEPHONE DIRECTORY

will be published 4 times a year:

March, June, September and December.

It will be distributed at the Intergroup meetings ,
held the 4th Saturday of these months.



TO HAVE YOUR NAME PRINTED:

- Write your name on the telephone list sheets provided.
- Mark your first name, initial and phone number.
- Put with an * beside your name if you are willing to sponsor.
- Add the following letters to indicate when you are available:

D - day calls

E - evening calls

A - anytime calls

Out of town groups and others may phone,
email or mail information in.

DEADLINE - the 3rd Saturday of March, June, September and December

The telephone is one of the tools to help us on our journey to recovery from compulsive eating. Let us improve this service so that all who reach out will be received with hope and a friendly voice!

Patricia O.

Telephone Answering Committee Chair

613 820-4061

New Meetings

Time: Sundays 7PM – 8PM (Fellowship to follow)

Starting: Sept. 13, 2009

Where: The Almonte Baptist Church
207 Reserve Street, Almonte
(Side door, off the ramp)

Study: The Big Book & The OA 12 & 12

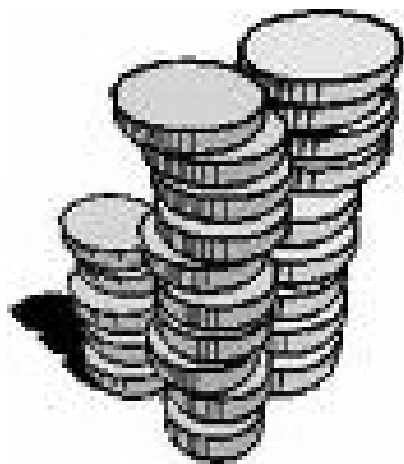
Inquiries Aprile 613-259-5536

THURSDAY NOON
NORTHWESTERN
UNITED CHURCH
241 NORTHWESTERN AVE
(SIDE DOOR NEAR SCOTT)
Big Book Study

The Sunshiner

By Ottawa District Intergroup

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating and to carry the message of recovery to those who still suffer.



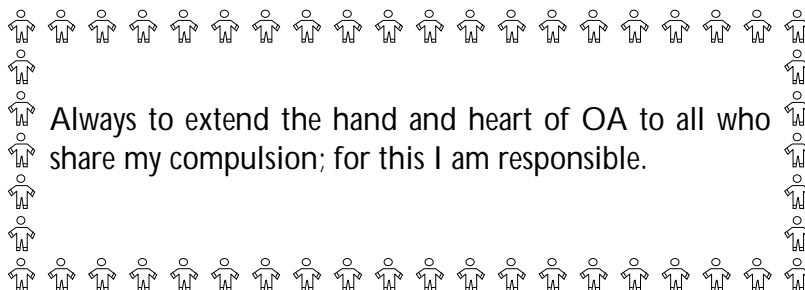
The road to abstinence is a simple journey for confused people with a complicated disease.

Ottawa District Intergroup

Phone: 613-820-5669

Email: oaottawa@hotmail.com

Website: www.oa-ottawa.ca



Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.

The Sunshiner on the Web:
www.oa-ottawa.ca

The Sunshiner is published bi-monthly by the Ottawa District Intergroup of Overeaters Anonymous. The opinions expressed here are those of the writers, not those of Intergroup or OA as a whole. Materials may be reprinted without permission. We reserve the right to edit submissions for spelling, length and clarity.

If you have anything you would like to contribute to The Sunshiner, please send your submissions by the 10th of the month of publication to: joyfulsound@live.com (PLEASE WRITE The Sunshiner IN THE SUBJECT LINE TO PREVENT AUTOMATIC DELETION) or mail to: The Sunshiner, Overeaters Anonymous, Ottawa District Intergroup, P.O. Box 35036, 1309 Carling Avenue, Ottawa, Ontario K1Z 1A2. Thank You!