

SHARINGS



P.O. BOX 181, BILLERICA, MA 01821

NORTH SHORE INTERGROUP OF OVEREATERS ANONYMOUS

August/September, 2007

Tool of the Month - Service

Service is a critical tool in everyone's recovery. When I first started in OA, I had no idea what people were referring to when they talked about "giving service," when I was simply volunteering to fold and put away chairs. I had no idea that a simple act of tidying up, something I do regularly, was going to help me to maintain my abstinence or aide in someone else's recovery.

As more service opportunities arose, I found myself jumping to volunteer. Putting away literature, being the timer at a meeting, even the simple act of making a phone call to someone just getting started in program is giving service. Listen carefully at your meetings for service opportunities. Do not feel pressured to volunteer for a service opportunity if it is something that does not "fit," just wait until one arises that you feel comfortable with.

As the Tool states, "any form of service-no matter how small-which helps reach a fellow sufferer adds to the quality of our own recovery." I found that when I volunteered for service opportunities, it allowed my mind to break free of the thoughts that once occupied my mind so incessantly. I was able to focus more on the important things in my life. Is it selfish? Maybe so, but one of the main aspects of my disease of being a compulsive overeater was to never take care of myself by putting others' needs before my own. By giving service I am now taking care of myself and others.

Contact Information:

OA World Service

Website: www.oa.org

Email: info@oa.org

Region 6

Website: www.oaregion6.org

Email: webmaster@oaregion6.org

North Shore Intergroup

Website: www.NorthShoreIntergroup.org

Email: info@NorthShoreIntergroup.org

UPCOMING EVENTS:

Summer Share-A-Thon - August 11

Allen Riddle Building, Newton-Wellesley Hospital

2014 Washington Street

Newton Lower Falls, Newton

8:45AM until noon, sponsored by Metro West Intergroup

Retreat: September 14 thru September 16 "September Serenity"

Sacred Heart Retreat Center,
Wareham, MA

Sponsored by the Cape Cod Intergroup
Contact Paula at 508-280-3887 for info

Top Ten Service Ideas

1. Abstain and work the Steps.
2. Show up at meetings early and help set up; always pick up after yourself and/or stay after the meeting to help get the room back in order (put materials away, clean the coffee area).
3. Talk to newcomers, not just your friends.
4. Always thank the leader/speaker.
5. Pitch, lead or speak – sharing your experience, strength and hope.
6. Be a sponsor/have a sponsor.
7. Take a service position at the meeting level, i.e., secretary, treasurer, literature person, or greeter.
8. Call a newcomer, or anyone else for that matter.
9. Call one of your intergroup's committee chairpersons and offer to help with outreach efforts, publicity, marathons, panels, health fairs or any other duties.
10. Serve on your intergroup's board. Find out when elections will be held and what you need to do to run for office.

– Edited and reprinted from **Lifeline**, March/ April, 2007

Editorial Policy

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North Shore Intergroup Meetings

First Tuesday of Each Month at the Reading Senior Center,
Pleasant Street, Reading, MA

Each meeting is encouraged to send a representative.
Orientation for new representatives starts at 6:45 PM.
Business Meeting runs from 7:00 PM to 8:30 PM

Next Meeting: September 4, 2007

Selfish Service?

It seems to me that just a few people do most of the service in Overeaters Anonymous. I'm not sure why, but it is what it is. I used to get upset over this. But I finally realized those of us who can do, do what we can. Asking why people don't give more service is a useless question. I'm just glad about those who are willing to do even a little. I speak only for myself. I take every opportunity to give service because I believe this is one of the cornerstones of my recovery.

In a way, giving service is a selfish act. I need my recovery, and my recovery is tied directly to the health of my meetings. Any service I give, from leading the meeting to setting up the meeting room or being meeting secretary, ensures my meetings will continue. I can't do this alone, so I encourage others to give service with me. Together we ensure that our meetings are healthy, growth-filled, loving and safe environments.

But I am selfish. I know the health of my meetings is tied directly to the health of my intergroup. Without the service provided by my intergroup, we would have no local workshops or conventions. We would miss opportunities to attract new members. We would have no local speakers' list, help line, newsletter, website, public information or Twelfth-Step-Within. We would have no representative at region business assemblies or delegates at world service. My involvement in my intergroup, region and world service ensures that OA as a whole will continue. As Tradition Five states, our group's primary purpose is to "carry its message to the compulsive overeater who still suffers." My recovery depends on my ability to carry the hope to newcomers, to those coming out of relapse and even to my fellow members. We need each other.

I love OA because it saved my life. Giving service is the best way to give back what I have received. I was

desperate and had a choice: do something about it or waste away to a painful, miserable death. Today I've lost weight and am physically healthy. Much to my surprise, when I got abstinent, I discovered it wasn't about the food – it was about me. I needed to grow up. I needed to connect to a power greater than myself, get out of the way and let him work in my life. I needed to do my part.

As I worked the Steps, I came to realize what I was missing. Today I have a happiness and serenity I never knew before OA. For the most part, I am sane and clear-headed. I'm doing things I couldn't have imagined before I came to OA. The promises have come true for me. I am a useful, productive member of OA and my community. I could never repay OA for my new life; giving service is the best way.

Someone told me this is a selfish program. But somehow, by being selfish for recovery, I have found I feel good about myself; I am doing good for others; I am worthwhile because I contribute; and maybe, just maybe, I can help someone find the recovery that has blessed me.

– Joel I., Boca Raton, Florida USA

Edited and Reprinted from Lifeline, March/April, 2007

How Can You Do Service?

"Sharings" is always looking for contributions.

If you would like to share your experience, strength, and hope, or you have ideas or suggestions for upcoming issues, please email the Editor at sharings_editor@comcast.net. Thank you.

NSI Meeting Information

Handicapped Accessible Meetings

Saturday, 10:00 am in Reading

Monday, 7:00 pm in Medford

Tuesday, 4:30 pm in North Andover

6:00 pm at Beverly Hospital

Wednesday, 7:30 pm in Beverly (Big Book)

Thursday, 4:30 pm in North Andover

Friday, 9:30 am in Malden

6:00 pm at Beverly Hospital

Saturday, 10:00 am in Lynn

Any changes to your meetings, please

contact Charlene at: 978-687-0755

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