

# SHARINGS



P.O. BOX 181, BILLERICA, MA 01821

NORTH SHORE INTERGROUP OF OVEREATERS ANONYMOUS

February/March, 2007

## A New Year's Beginning Success!

A New Year's Beginning held in Reading was a great success this year. Back-to-back meetings were offered for four straight hours on New Year's Day in Reading.



Some people took advantage of the babysitting service that was available during the first meeting.

At the first meeting, 35 people were in attendance. The second meeting reported 17 people in attendance. As the day wound down, 9 more people attended meetings. What a great way to start off 2007!

Thank you to those who coordinated this day and to those who participated!

## 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  
Tuesday, 6:00 pm at Beverly Hospital  
Wednesday, 7:30 pm in Beverly (Big Book)  
Thursday, 10:00 am in Revere  
Thursday, 4:30 pm in North Andover  
Friday, 9:30 am in Malden  
Friday, 6:00 pm at Beverly Hospital  
Saturday, 10:00 am in Lynn

*Any changes to your meetings, please contact Charlene at: 978-687-0755*

## How Can You Do Service?

"Sharings" is always looking for contributions. If you would like to share your experience, strength, and hope or have ideas or suggestions for upcoming issues, please email the Editor at [sharings\\_editor@comcast.net](mailto:sharings_editor@comcast.net). Thank you.

## 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: 7:00 PM – 8:30 PM  
Next Meeting: March 6, 2007

## Unity Day – February 24, 2007



*"Personal recovery depends upon OA unity."  
-Overeaters Anonymous  
Tradition One*

On Saturday, February 24<sup>th</sup>, the New Hampshire Intergroup sponsored a Unity Day celebration at the UNH Manchester Campus. OA members joined together to share strength and hope and celebrated the worldwide unity of the OA fellowship. Other meetings took place at the same time throughout the country and the world. At 2:30 PM, members of OA worldwide joined hands in a powerful expression of unity.

*(continued on next page)*

### Editorial Policy

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## *Notable Quotables heard from Unity Day:*

- ♥ “Unity is unconditional love.”
- ♥ “Look past the differences, look at common threads.”
- ♥ “This is the family I didn’t have growing up.”
- ♥ “By sharing our experiences, strengths, and hopes, we can, in fact, recover.”
- ♥ “I needed someone to love me before I could love myself.”

This was a very powerful and moving day for everyone involved. A special thank you to those who coordinated, participated, and attended for making it such a significant day in everyone’s recovery.

### **Contact Information:**

#### *OA World Service*

Website: [www.oa.org](http://www.oa.org)

Email: [info@oa.org](mailto:info@oa.org)

#### *Region 6*

Website: [www.oaregion6.org](http://www.oaregion6.org)

Email: [webmaster@oaregion6.org](mailto:webmaster@oaregion6.org)

#### *North Shore Intergroup*

Website: [www.NorthShoreIntergroup.org](http://www.NorthShoreIntergroup.org)

Email: [info@NorthShoreIntergroup.org](mailto:info@NorthShoreIntergroup.org)

## **“We” Program**

OA is a “we” program. I realized this when I studied Step One: “We admitted we were powerless over food — that our lives had become unmanageable” (emphasis added).

Like many other compulsive eaters, I lived a life of isolation, and my feelings shut down. I lived with rationalizations because I couldn’t control my eating. No matter how hard I tried, I couldn’t reach my goal of self-sufficiency.

Coming to OA brought me out of isolation and into recovery. The continued support of OA groups is vital to my ongoing recovery. Because compulsive eating is a fatal, progressive disease, the good of OA as a whole is a life-and-death matter to me.

According to Tradition One, “It is every member’s responsibility to protect the OA spirit of unity and mutual support” (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 111). Just as I take responsibility to work the Steps, I must take responsibility to do what I can for OA as a whole.

Anything, no matter how small, that chips away at the Traditions that are the firm bedrock upon which my recovery is based can hurt my daily reprieve from this disease. I need to remember that.

Reprinted from *Lifeline*, February, 2007



## **UPCOMING EVENTS:**

### **North Shore Intergroup Spring Retreat**

Friday, April 20 thru Sunday, April 22

Franciscan Retreat Center

459 River Road, Andover, MA

Contact Charlene at (978) 687-0755 or

Tina at (781) 932-7331 for more info

### **Spring Sharathon**

Saturday, March 24<sup>th</sup> from 8:30 am to 2:30 pm

St. Marie’s Church

133 Wayne Street, Manchester, NH

Contact Peg at 603-203-4784 or Catherine

at 603-471-0605 for more info

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