

SHARINGS



P.O. BOX 181, BILLERICA, MA 01821

NORTH SHORE INTERGROUP OF OVEREATERS ANONYMOUS

October/November, 2007

Tool of the Month - Writing Submitted anonymously to *Sharings*

My program has been very up and down for many years. I entered OA not really believing I was a compulsive overeater, but I did recognize an issue I call my robotic arm. If there was a "treat" nearby, my arm would go out! There was no willpower involved. I stayed in OA for the fellowship, the spiritual wisdom, and to learn about my food habits. I could put together abstinence for up to six weeks, but this was always on my own and didn't last. I struggled with whether I could apply the compulsive overeater label to myself and omitted it for months. I struggled with the sugar and flour issues and have been frustrated at the dissension within OA about this; it did not engender confidence. I saw a friend lose almost 100 pounds and then put it back on and thought this program was no different from other weight loss programs. I read and read both OA- and non-OA approved literature--including books on the steps. I experimented; I rationalized; I studied; I listened. I cried and laughed.

I kept coming back. It's been nearly seven years without much weight loss. So why have I come back week after week? One of my OA friends says, "It's cheap therapy!" That's true. There are good listeners in OA and lots of problems can be overcome. My home meeting is a step meeting, and over and over again, the steps have sunk in, the wisdom of my Higher Power--whom I choose to call God--has held me up and supported me both in the meetings and in my daily life. I have experienced some of the promises even without total abstinence.

Today I am very happy to report that I have found a sponsor who understands the way I eat, is gentle, makes helpful suggestions, and allows me the opportunity to hold myself accountable. My abstinence is not perfect, but I am so much freer. I am eating a food plan that works for me, and if I lose weight, great. I have, which is nice, but even better is the knowledge that my eating fits what I know God wants for me. My God wants me to be less tired and not obsessed. My God wants me to be free. When I pass up the "treats" offered, I finally understand the slogan, "Nothing tastes as good as abstinence feels." I am a compulsive overeater; I don't want to be one, but

that's a given now. It's time to face facts, and I am so grateful. I'm one of the "sometimes slowly" people. There are a lot of us. And we can do it with the fellowship and God's help.

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*

How can you use the tool of writing and do service?

Sharings is always looking for contributions from other OAs. If you would like to share your experience, strength, and hope, or you have ideas, suggestions, or feedback for upcoming issues, please email the Editor at sharings_editor@yahoo.com. Thank you.

UPCOMING EVENTS:

Fall Share-A-Thon - The Road to Recovery: October 13, 2007

Cheshire Medical Center (Orange parking lot, West Entrance), 580 Court St., Keene, NH

Sponsored by New Hampshire Intergroup

Contact Jane at 603-924-6128 for info

Editorial Policy

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Plan for Holiday Success

Excerpted from Lifeline, November, 2006

Routine keeps my OA program safe. As one of the *For Today* readings says, "Repetition is the only form of permanence that nature can achieve" (p. 204). Repeating safe routines around food choices and behaviors keeps my abstinence on track. However, the holidays disrupt my routine. Although I welcome change as refreshing and reviving in some aspects of my life, a forced change to my abstinence brings fear and uncertainty.

I want to enjoy and look forward to the holidays, so with a little more effort than usual, I find I can not only get through these times, but also enjoy them. OA gives us the tools to go out and enjoy life, not to run away and hide from it.

I plan carefully for the end-of-year events around food and eating. I make a call or write down my strategy:

- I will ask, "What will feel good and be safe to eat?"
- I will leave a table loaded with food after an appropriate period of time.
- I will arrive after the food but in time for conversation with friends.
- I will plan events not associated with food: a walk in the park, a movie or a trip to an art gallery with friends.

Let's enjoy our holidays, our abstinence and all the gifts our Higher Power has to offer over the holiday season.
— Edited and reprinted from *Today newsletter, St. Louis Bi-State Area Intergroup, December 2001*

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

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

HP's Typist

Excerpted from Lifeline, September/October, 2007

I wrote a piece for an OA publication, and it was accepted. I said, "Thank you, God, for my being able to perform a service." Then my piece appeared, and I said, "Thank you, God, for my being able to be of service." Then one of my recovery friends quoted my writing in an email message to another friend, and then to a loop of recovery people.

Don't you know how much I wanted to identify myself as the writer? It was a burning itch, like a rash, that would not go away — especially as new emails on the subject appeared on my screen for almost a week.

Right now I'm working on my Sixth and Seventh Steps; humility and ego-reduction are pertinent topics for me. I knew if I claimed to be the author, I would not help my recovery.

As I was driving down the street, a thought came to me (guess from where?): "If the idea was all that good, it wasn't yours anyway; it was your Higher Power's." God gave me a red light so I could ponder that, and then the thought came, "Now I get to thank my Higher Power for allowing me to be his typist."

That made me chuckle, and as soon as I laughed, my personal battle lost its energy. Humor truly has its role in recovery.

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