

# SHARINGS



P.O. BOX 181, BILLERICA, MA 01821

NORTH SHORE INTERGROUP OF OVEREATERS ANONYMOUS

Winter, 2008

## A Wake up Call to Stay Abstinent

*Submitted to "Sharings" by Jennifer*

It must have been early as I had been asleep several hours when suddenly I had been awakened by the sudden rapid movement of the twin bed I was in, not just once but several times. The first thing that popped in my head was, "God, if you want me, then I am ready to go." This was my third week up on top of a lovely but small mountainside in Osaka, Japan. My niece had been working late and had to stay on to chaperone 45 young teenagers who were having a sleepover in their school gym.

When the mountain shook more than five minutes, then stopped, I just fell back to sleep after my prayer to God. Later the next day, my niece came home from her overnight and asked me if I felt the tremors from the earthquake the night before. It ended up being a 4.0 on the Richter scale! For me, it had been my first earthquake and lived to say so; for my niece it had happened several times in the last two years. These quakes happened often so they were used to it. For me, the quake was as if God was saying, "Jennifer, wake up!" However, I wouldn't be able to see that until much later.

God sure has a sense of humor, and yet lying there all alone, having the walls shake around me, I was truly scared. They say in life that God talks to us in unusual ways. For me, it's been situations like the earthquake, others are times when I had been sound asleep and needed to be up at a certain time, and my mother who had been gone for several years said loudly "Jennifer. Jennifer. Wake up!" Another time, I had been abstinent for more than fifteen years and was walking through a supermarket through a section and inhaled the aroma of food being prepared. I hadn't had lunch and it was very late. I just heard this voice saying, "It's not your food. It might smell nice but not for you."

Thank you, God, because that one bite could have led to 400 pounds more. God surely does for me what I can't do for myself. Amen.

## 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 Gloria at 978-927-4754*

## How can you 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](mailto:sharings_editor@yahoo.com). Thank you.

## UPCOMING EVENTS:

### **Body Image and Sexuality Share-A-Thon**

**Saturday, February 9 from 9 AM - 11:30 AM**

Church of the Nazarene Newton Wellesley

Hospital, 2014 Washington Street, Newton

Sponsored by Metro West Intergroup

Contact Kristen at 617-549-0332 for info

### **Unity Day**

**Saturday, February 23 from 1PM to 4PM**

Grace Episcopal Church, 103 Lowell Street,

Manchester, NH

Sponsored by New Hampshire Intergroup

Contact Peri at 978-448-3577 or Christina at

978-597-0808 for info

### *Editorial Policy*

*SHARINGS is a bi-monthly newsletter of North Shore Intergroup (NSI) of Overeaters Anonymous. Material submitted to SHARINGS cannot be returned. The editors reserve the right to edit material submitted. Other anonymous groups may reprint without permission. The opinions expressed are those of the writer(s) not those of NSI or OA as a whole. Please address submissions to the address at the top of the newsletter.*

## 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

*Reprinted from LifeLine, February 2007*

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."

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.

*A.I., London, Canada*

## Writing Opens the Door to Life

*Submitted to "Sharings" by J.B.*

Writing is a very big part of my program. When I first came into program, I was taught that I should write down my food before I phoned it into my sponsor. I knew I needed structure around my food. Writing it down made me stop and think, "IS the food available or on a wish list?" It taught me to make sure I had in the house what I committed.

As I progressed in the program, the food was put in its place and life started to happen. Without my binge foods, my feelings were very hard to deal with. Again, someone suggested writing about what I was feeling. It was very hard for me to do because I grew up in a house where we were taught that anything that happens couldn't be talked about with each other or outside. Even the thought of writing down my feelings made me feel like a traitor to my family, and this was many years after leaving my parents' home.

When I actually started to write, much of what I wrote opened up my mind and heart. When I got to the fourth step, I was petrified but I trusted the program. I had opened up and trusted that it was the next thing I had to do. I just didn't know how to start. I was fearful of not doing it right, or of leaving something out. My sponsor impressed upon me that God would, if asked, guide me to help see what I needed to. Since I was still living my life, there would always be other times of awareness.

She told me there was no wrong way to write the fourth step. Doing it was the most important action to take. I did it, and have done many more fourth steps over the years. Every one has left me a little more aware of who I am and what I need to do to go forward through my more than twenty years in OA. Sometimes, in pain and fear and other times I just feel I'm stuck, the tool of writing frees my insides so I can have a life on the outside.

## 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: February 5, 2008

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