

## Open House

North shore Intergroup Meeting

**Tuesday, June 2, 2006**  
**Time: 6:45 pm – 8:30 pm**  
**Reading Senior Center**  
**Reading, MA**

**Come See What We Do**

## Planting a Life Garden

In September 1980, I was a 35-year-old Navy wife with three small boys. I weighed 192 pounds and was miserable, busy and lonely, so food became my "friend" and "comforter" in times of stress, sadness, fear and joy. The weight was taking a physical and mental toll on my health. My life became a vicious cycle of diets. The reality of going from 140 to 192 pounds finally hit me. How could this have happened? I realized then that I had a problem.

Before I knew what a Twelve-Step program was, I received a service of OA. A coworker was losing weight, actually melting before my eyes. Wow! I had to find out what diet she was on. When she told me about OA, I remember thinking this must be the diet of all diets, the miracle cure. When she told me OA was a support system of people who shared my problem and that it charged no fees, I decided to try it.

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## NSI Meeting Information

### Handicapped Accessible Meetings

Saturday 10:00 am Reading  
Monday 7:00 pm Medford

### Recent Meeting Closings

Monday 5:30 pm Beverly

Any changes to your meetings, call Charlene at:  
978-687-0755

## Unity Day Celebration

Saturday, February 25  
Registration: 12:30 pm  
Time: 1:00 pm - 4:00 pm

**First United Methodist Church**  
**57 Peters Street**  
**North Andover, MA**

Contact: Charlene 978-687-0775

**Sponsored by North Shore Intergroup**

## OA Speakers

Los Angeles Intergroup has sent NSI a letter informing us that they have made it possible to access OA speaker qualifications from their website. If you are interested in finding out more details, please contact Charlene: 978-687-0755.

## How Can You Do Service?

Come to the next NSI meeting to find out how you can do service. The date, location and time of the next meeting is on page 2 of this newsletter.

## OA WORLD SERVICE

OA website: [www.oa.org](http://www.oa.org)  
OA email: [info@oa.org](mailto:info@oa.org)

### Region 6

Region 6 website: [www.oaregion6.org](http://www.oaregion6.org)  
Region 6 email: [webmaster@oaregion6.org](mailto:webmaster@oaregion6.org)

### North Shore Intergroup

NSI website: [www.NorthShoreIntergroup.org](http://www.NorthShoreIntergroup.org)  
NSI email: [info@NorthShoreIntergroup.org](mailto:info@NorthShoreIntergroup.org)

#### 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.

**Sponsorship: Experience Speaks  
Where Knowledge Cannot**

Saturday, March 4  
Time: 10:00 am - 3:00 pm

**United Church of Christ  
150 Congress Street  
Bath, ME**

**Contacts**  
Jennifer G. (207) 725-6101  
Rose O. (207) 388-2007

**Sponsored by Southern Maine  
Intergroup**

**Why Do I Attend Intergroup Meetings?**

Before I came into program, 15 yrs. ago, I was the type of person who volunteered for everything that my children were involved in...anything that took the focus off my "size" and made me look like the \*hard-working, involved mom\*...someone who could be counted on to \*run the show\*. And I did it well, at my own expense. I would not say no to anyone or anything. I got lots of praise and that boosted my ego.

When I was led to this wonderful program, it was suggested that I change some of the ways I involved myself. I was looking for worth in the wrong way and wrong places. Well, I stopped doing everything that I thought was compulsive... volunteer work, chairing school groups, and even compulsive housework. It was a big relief and a burden lifted. As I entered my career in Overeaters Anonymous I was learning daily a \*way to live\*. I learned that I didn't have to be \*everybody's everything\*. It really was a big relief not to have the responsibilities or the positions I held.

Well, being a true addict, I went from one end of the spectrum to the other. I didn't volunteer for anything, even within program. I was approached a number of times to attend intergroup meetings, but I used a \*cop-out\* approach saying that I didn't want to get \*involved\* in the business end of program...remembering how it was with organizations outside of OA. Then one day...when my Higher Power thought I was \*ready\*, I was asked again to come to an intergroup meeting. I went and was pleasantly surprised at what I experienced. First, I found out that intergroup is made up of many hands working towards the same common goal...and I didn't have to be the \*leader\*; I could be one among many...what a great feeling. It is such a satisfying feeling to know that I am capable of helping my fellowship and doing it without a self-seeking motive.

One thing I have to say: representing my \*home meeting\* at intergroup, and volunteering to help with different functions within intergroup, makes me feel more a part of OA than I had before. This is a wonderful form of service which helps me and my fellowship.

- JoAnn D., Tewksbury, Massachusetts

*Reprinted from Sharings, Spring 2000 (NSI Newsletter)*

**NORTH SHORE INTERGROUP  
MEETINGS**

**First Tuesday of Each Month  
Reading Senior Center  
Pleasant Street**

**Each meeting is encouraged to send  
a representative.**

**Orientation for new reps: 6:45 PM  
Business Meeting: 7:00 PM – 8:30 PM  
Next meeting: March 7, 2006**

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