

SHARINGS

P.O. BOX 214, READING, MA 01867

NORTH SHORE INTERGROUP OF OVEREATERS ANONYMOUS

FALL 2009

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.

All members are welcome to visit. Orientation for new
representatives starts at 6:45 PM. Business Meeting runs
from 7:00 PM to 8:30 PM

Next Meetings: Nov 3, 2009, Dec 1, 2009, and Jan 5, 2010

From the Chair...

'Tis the Season

Hi, my name is Tina and I'm a compulsive overeater. By the time you see this Halloween will have come and gone... Don't know about you, but for me, before Program, that was the start of my holidays and really extra heavy duty eating. Halloween... then Thanksgiving... Christmas/Chanukah... New Year's... Valentine's Day... etc, etc... each Season or Day had its own special treats... treats that I just had to have... treats that helped to make the season right... and ultimately helped to make me even more miserable... as I couldn't think about dieting until after Easter, which was typically 20 or 30 or more pounds later.

Fortunately for me, My Higher Power brought me to Overeaters Anonymous when He knew I was ready. Depressed, discouraged, full of all consuming rage and despair... I went to a meeting and finally felt at home... and not alone. I didn't get abstinent that first day, but I did hear and feel hope. I believe my recovery started on that day, many years ago, and has continued ever since... one day at a time.

So once again "*Tis the Season*"... and for me that again means many special events and treats...

IDEA DAY- "International Day Experiencing Abstinence", a world-wide OA event is always the third Saturday in November (interesting timing, don't you think?) It's a time when many OA members celebrate singularly or with events, the wonder and power of being abstinent... of not eating compulsively for that one day. This year, North Shore Intergroup will again be hosting an IDEA Day event at the Merrimack Valley Hospital in Haverhill; hope to see you there!

Thanksgiving - it's still a special event, but in a much richer, deeper way. Instead of feasting on food, I now feast on being with my family, in a way that I was never ever able to do, when I was eating. Are we the Waltons? Nope, never were, never will be. Thanks to OA, though, I now see how uniquely special each person is, I love them for who they are and truly give thanks that I have been so blessed to have all these family members in my life, wanting me in their lives! (I also give thanks for friends, for you and especially having been led to OA.)

The Twelfth of December - never hear of that as being a special day? Well, at the 2009 OA World Service Business Conference, it became another special OA Day! A motion was made and passed "that December 12 (12/12) each year be designated as OA's International Twelfth-Step-Within Day, the purpose of which will be to encourage OA service boards, meetings and individual members to reach out to those within the Fellowship who are still suffering from compulsive eating behaviors." Thanks to Program, thanks to not eating, just for today, I can appreciate and offer fellowship to others every day, but especially on December 12th.

'Tis the Season" - Christmas/Chanukah, New Year's, ("A New Year's Beginning", another NSI event, TBA), January 19th-OA's Birthday... (Did you know that OA will be 50 in 2010?)...Unity Day in February, on and on, oh so many new and special events, each with their own special treat... Treats such as friendship and fellowship; appreciating a sunset; a 'diamond day' when the sky is blue and the trees are glistening with ice; seeing, really seeing the first tulip poke through; helping someone, just because ... I never knew or fully appreciated that I even had so many treats until I was led to OA by my Higher Power.

Actually, now that I think about it... when I am working my Program the way that I was encouraged to by my wonderful sponsor and the fellowship, just for today, "*Tis the Season*" can apply to every day. Wow, what a novel idea!

International
Day
Experiencing
Abstinence



Saturday, November 21, 2009

Merrimack Valley Hospital
(formerly Hale Hospital)
140 Lincoln Avenue
Haverhill, MA

TIME: 1:30-3:30pm

Registration opens at 1:00pm

SUGGESTED DONATION: \$3.00

OA at its Best!

Editorial Policy

SHARINGS is a quarterly 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.

Questions/Answers *(given by anonymous OA members during a recent meeting)*

Define your Higher Power? How has your relationship with your H.P. changed over your time in OA?

"It helps to hear the message of turning it (everything) over to God. Trusting in God and letting him steer instead of needing to control everything. Trying to find the purpose in what and how things happen; to feel as though all the personal suffering must be leading to a purpose; trying to be open enough to hear God. Saying grace before meals (or in mid-bite if I forget) and praying routinely, some days more successful than others..."

"My higher power is an all powerful - loving and forgiving God, of my understanding. This relationship has changed in OA because I have improved my conscious contact with God and my concept of the role he plays in my life and recovery. Like any relationship, I only get out of it what I am willing to put into it. My H.P. does not force his will on me. It is up to me to surrender to his will - to be willing to live my life in a way that is pleasing to Him - to become the person He created me to be. God is always available and open to me - it is I that needs to be open and available to Him."

"I do not have a religious H.P. I do not belong to any established faith. My H.P. is an entity, not a person, that encompasses both the physical and the spiritual planes, or parts of my life. My H.P. is only mine. It does not service anyone else, just me. It is ever available. I think this concept of a H.P. has developed over the many years I've been in OA. The relationship I have today with my H.P. involves trust and reliance. I use to "rely" on H.P. like a child would have a dependence on an adult. Young children have no choice - they need to rely on an adult. Today I rely on my H.P. because I trust it to always be working in my life with my best interest at heart."

"It took me years to develop a relationship with my higher power. I found that relationship here in our 12 step program. I was not taught about spirituality at home or even parochial school. Getting to know my inner self or God as I understand Him is a work in progress. The closer I get to the God of my understanding, the better my life has become. The difference between God and the God of my understanding is very great to me. I wish I had found this in my early life."

GODS SPECIAL CREATION

Self-acceptance is an important part of my recovery. Accepting myself, regardless of my size or where I am in my program, opens a door to happiness and peace. If I am not accepting myself as I am, then I am not receiving the benefits of enjoying who I am - God's special creation.

Self-acceptance means love: self-love and love I can show to others because I love myself. When I was not abstinent from compulsive eating, I accepted guilt, fear, shame, anxiety and depression. I did not treat myself as lovable or worthwhile. Today I can love myself whether I'm eating or not. I can look in the mirror and say, "You are loved no matter what." When I look in the mirror, I must remember that I am not perfect and that the program is about progress not perfection. I'm living my life one day at a time, not in a rushed way trying to be perfect.

Self-acceptance is something I still work on, but at least I know that I am loved, I can love others and I don't have to be perfect. OA has helped me to know all these things, and just for today, I will be nothing but me.

Lifeline, September 2002

Meditation

My sponsor said, 'Act as if you believe, and some day the desire will become reality.' Because I trusted my sponsor and wanted the kind of recovery I saw in her, I acted as if I had a loving God in my life. Eventually, in conjunction with my own spiritual awakening, the desire became reality. [Seeking the Spiritual Path \(p. 20\)](#)

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