

*North Shore Intergroup Spring  
Retreat 2005*

**Friday, April 28 – Sunday, April 30  
Franciscan Retreat Center  
Andover, MA**

Registration Forms are available.

### 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**

### Planting a Garden

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I went to a few meetings, heard what I wanted to hear, got a sponsor and worked the program my way. After nine months, I lost 50 pounds. I took all the accolades for my willpower, believing I had done this by myself. Thus began an eight-year relapse that took me to a lower bottom than I had experienced at 192 pounds. In three years, I had reached 240 pounds. Health and life problems were killing me.

I continued going to meetings occasionally, but I never used the other tools, especially service. That would mean getting involved. It wasn't until another member and I reached out to help each other, in March of 1989, that I received the gift of abstinence a second time. On that night, at a meeting that I still attend, I began a service to myself that continues to this day. I began writing down my food and committing it to a sponsor. Through the grace of God, I lost 90 pounds and have maintained that weight loss since then.

I then began doing service in small ways to repay the gift my Higher Power had given me. I began putting out chairs, holding a key, booking

speakers, sponsoring, and taking and making phone calls. I thought I was doing all this for the program, but my deeds kept coming back to me. My need to do service grew with my recovery. I began participating in my intergroup, then my region, and then world service.

I found that working on the public information committee allowed me to find and share ways to spread the OA message. Much of the public has never heard of "OA, and I am excited to be able to spread the word. A seed planted in me more than 20 years ago has grown into an incredible life garden. Remember, the primary purpose of OA is to carry the message to the still-suffering compulsive overeater. When you work and share this program, you don't just carry the message; you are the message.

- C.V., Methuen, Massachusetts USA

*Reprinted from Lifeline, March 2001*

### Outreach Committee

The NSI Outreach Committee coordinates speakers to bring an OA Meeting to the Salisbury, MA facility for women in transition (from incarceration) on the 3rd Wednesday of each month from 7 to 8 pm. These members, usually 2 or 3 each month, are carrying out our "Primary Purpose" by visiting these women and sharing their OA Recovery. If you would like to join in this wonderful service, and commit to speaking at one of these meetings, please call Cynthia at 978-688-9269.

### 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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