

SHARINGS

P.O. BOX 214, READING, MA 01867

NORTH SHORE INTERGROUP OF OVEREATERS ANONYMOUS

SPRING 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 6:15 PM. Business Meeting runs
from 6:30 PM to 8:00 PM

Next Meetings: April 7, 2009, May 5, 2009, June 2, 2009

From the Chair...

Springtime, Summertime, OA ANYTIME...

Once upon a time, spring and summer were times when
I only thought of going on a diet, being on a diet, losing
weight overnight, anything so I could look better in a
bathing suit or shorts. And, if that didn't work, I wore
loose clothing to hide the fat. And that was the only
thing I thought about... period... the end!

Thanks to the 12 Steps and 12 Traditions of
Overeaters Anonymous, to the tools, to my OA
meetings, to my sponsor, and to all my special OA
friends, and that includes YOU, I now think about so
much more.

Just for today, because of all that OA has given me, I
can see beyond the food. I can see the wonderful
opportunities in my life, where once I saw none. I am
grateful for so many gifts, big and small, where once I
had none. I can see the budding flowers, the puffy
white clouds, the children playing, where once I saw
nothing. I can see me and who I am becoming and,
because of OA, I am learning to like and love this
person. And it doesn't have to be springtime or
summertime, cuz for me, OA is ALL THE TIME!
Keep coming back!

Tina C., Compulsive Overeater

Find an Online or Telephone Meeting

Did you know that **Overeaters Anonymous** has
approximately **6,500 meetings** in over **75 countries**?
See the search options below to find an online or
telephone meeting.

All telephone and online meetings take place in "real
time" and must be fully interactive. To be registered
with the WSO, they must fulfill the definition of an
OA group, which means...

1. they meet to practice the Twelve Steps and
Traditions of OA
2. welcome all who have the desire to stop
eating compulsively
3. do not require members to practice any
actions to remain a member or to share at a
meeting
4. and as a group they have no affiliation other
than OA

Meetings may list additional information, such as
"open" or "closed" or may list a special focus or topic.
For a printable version of the meeting list, **GO TO
THE FOLLOWING WEB ADDRESS**. Otherwise, see
your individual meeting literature for a group copy.

https://www.oa.org/wp-content/uploads/phone_mtgs.pdf

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

(978) 407-9909

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Email: info@NorthShoreIntergroup.org

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.

Service With A Smile

I need to carry the OA message by bringing the value of service back to meetings. I have heard that service is slimming, but service with a smile and enthusiasm is contagious.

I came to OA for the slimming, but that's not why I stay. If I don't give service, there will be no OA, and I would be dead without it.

Service gives me so much that it could easily be another compulsion. I want to sign up for every job, but have become healthy enough in these rooms to step back most of the time and think about it first. Depending on the level of service, I may also pray about it. I do what I can when I can. My first position above the group level was intergroup registrar, and I've been up and running ever since.

I have served at the region level for nine years, the last three on the board. I didn't realize how much service I had done until I filled out an application for a board position. I love my region family. I have attended the WSBC seven times. This has enriched my program and my life.

I've met and worked with people from all over the world, including OA's cofounder. I've met people with 30 years of abstinence and have seen the program worked many ways. I lost my fear of food and more than 100 pounds. I've stayed abstinent through all kinds of problems for 11 years, one day at a time. Service has played a major part in my recovery, and this is only the beginning!

--- J.G., Mount Laurel, New Jersey USA

Unity Day 2009

I was so happy to be able to attend this year's Unity Day program at the Arlington Senior Center. I buddied up with a friend in program. She drove and I provided lunch.

We got there about 12:00 noon and had conversation and lunch in the car.

The purpose of Unity Day is to share strength and hope with fellow OA members from nearby inter-groups, to celebrate the worldwide unity of our fellowship.

At 2:30pm (EST) members worldwide paused and joined hands in an expression of unity.

There were about 60 people present. There was a basket raffle, literature table, and other items were for sale too. OA members representing each intergroup (New Hampshire IG, Metro West IG, South Coastal IG, Seacoast IG, North Shore IG, and this year's host, Massachusetts Bay IG) were seated at the head table; each giving their visions on Unity Day and OA. We then broke into four groups and discussed prepared questions. It was very interesting to hear everyone share their experiences in OA.

We also had an ASK IT BASKET to address anyone's immediate questions or issues.

I was very happy to be able to attend and participate in this thought provoking meeting. I've attended for many years and always come away feeling stronger and very grateful for having this wonderful program as part of my life.

Ginger, Compulsive Overeater

I am thankful that I learned that abstinence- not adherence to a particular way of eating- is the goal.

[Lifeline Sampler \(p. 304\)](#)

Our promise of recovery is in every OA meeting when we join hands, pray together and joyously, lovingly encourage one another: Keep coming back!

[Overeaters Anonymous, 2nd edition \(p. 17\)](#)

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