

# SHARINGS

P.O. BOX 214, READING, MA 01867

NORTH SHORE INTERGROUP OF OVEREATERS ANONYMOUS

SUMMER 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: Aug 4, 2009, Sep 1, 2009, and Oct 6, 2009



## From the Chair...

Hi, my name is Tina and I'm a compulsive overeater, working on recovery, just for today.

Our newsletter editors asked me to share with you my experiences at the 2009 OA World Service Business Conference, held in Albuquerque, New Mexico. Truthfully, I'm not sure how I can do that. How can I have you feel the humility, honor, privilege, responsibility, fear... of being asked to represent you, and more

importantly, OA as a whole, at what is the highest business meeting OA has?

How can I share the wonderment as 200 delegates work together, living, practicing, demonstrating the 12 Steps and 12 Traditions in all their affairs, as we discuss and vote on issues that affect OA as a whole....delegates, OA members who say what they mean, without being mean as they say it?

How can I explain the "sacred awe", as we opened each business session with the Serenity Prayer...first in Spanish, or Swedish, or "Icelandic" or Hebrew or Polish and then in English....that you and I belong to a truly international organization, with meetings in over 75 countries and over 45,000 meetings. . Regardless of where I travel, whether to Reading, MA, or New Zealand, or California or England or Chicago, or Canada...I AM NOT ALONE- how can I have your feel the depth of that emotion and feeling?

How can I express the gratitude that I felt each and every moment at Conference, not that I am a compulsive over-eater (you'll never hear me say that) but how grateful and blessed I am that my Higher Power led me to this program, helped me to find a way to save my life, and THEN gave me 200 wonderful delegates, all with different food plans, showing me how to LIVE the Twelve Steps and Twelve Traditions?

How can I share the emotion of seeing almost 100 "green dots", first time delegates, come to the front of the room at the end of the conference... the tears of joy that I'm shedding during their 'graduation ceremony' as I realize that because of them, because of you, because of everyone I meet, whether at conference or my local meetings, OA IS ALIVE AND WELL!

Roseanne, one of our co-founders, wrote a book about OA: its start, its growth, its ups and downs, and its potential. The book is entitled Beyond Our Wildest Dreams. THAT is how I felt each and every day at the OA World Service Business Conference. How can I fully express and explain the unexplainable? I can't...but this much I do know: TOGETHER WE CAN! Just "Keep Coming Back".

## WORLD SERVICE DELEGATE REPORT

Well the World Service Business Conference was awesome! I met members from all over the world, Australia, New Zealand, Poland, Israel, France Germany, England, Costa Rica, Canada, and Mexico. Other countries were also represented.

One of the highlights besides the voting was a presentation for and about needing literature in languages other than English. We were given printouts in Greek, Hebrew and Chinese and asked how we would handle using them. I was completely lost.

When delegates go back to their countries, having literature in their languages would help them to spread the message to so many more people who are in need of our fellowship.

I was overwhelmed with realizing how difficult it must be for our members coming from other lands. It was explained that even though some could speak English at the conference members have a very difficult time because they think in their language but have to translate it in their minds and miss a lot.

Later a fund was established to start some translations and a collection was taken up to get it started and members were very generous. It was wonderful to see how people care about each other in our fellowship.

I personally worked on the PI Committee and my subcommittee is working on getting Public Service Announcements to Radio and TV stations. It was a wonderful experience and I wish every member could take a turn and attending a World Service Conference.

In Loving Service --- Gloria P.

## Daily Meditation

*The OA program, the people and God are all there for me,  
loving me fat or thin, abstinent or compulsively overeating.*

*Can I do any less for myself? For Today (p. 226)*

### 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)

## WHAT IS YOUR FAVORITE TOOL?

### MEETINGS ---

"My favorite tool is meetings. It was at meetings that I learned I was a compulsive overeater and I wasn't alone. Before meetings I always felt alone. Meetings helped me to know who I am and that I can share with others and not stay in the disease. There is hope at meetings, love at meetings, and recovery at meetings. I've never been to a meeting that left me feeling low. I might start feeling low but I always came away with hope..."

"My favorite tool is meetings because it was my going to my first meeting that I got hope and help. It was also by going to meetings that I learned about the other tools of the program as well as the 12 steps and 12 traditions that teach me how to rightly relate to God, self and others. I am blessed to have ample meetings in my area and am very grateful that I had a place to go to be with people like myself and to get a solution to heal from my disease. Meetings are the stepping stone to my recovery..."

"Meetings are where I go to get the medicine and the message I need to hear to help me battle the disease of compulsive over-eating, food addiction. It's where I hear how others are staying abstinent and I can follow their good example..."

### PLAN OF EATING ---

"My favorite tool is a 'Plan of Eating'... I couldn't survive without it. It makes me honest at a level I never knew. It keeps me simple and loyal to my day and my life. It also keeps me right size, having the tendency to be over-balanced or out of balance..."

"I need a Plan because I have to make a commitment to eat 3 weighed and measured meals a day with nothing in between, except water or diet soda, if not, I'm off and running again..."

### ANONYMITY ---

"Anonymity taught me how to TRUST others and have the freedom to express myself and know in the group it will stay. Took me time to Trust but then I could see how people knew I understood the word Anonymity and Trust became a whole new world for me. It is the foundation of the program for me..."

### WRITING ---

"After attending a writing group, I found writing my 4<sup>th</sup> step - 29 times. It helps to get rid of those feelings that I would have ate over; plus until I see it written down on paper, there in black and white, then it hits home more than ever. Writing my food down each day helps me to be able to see that of which foods are best for me health wise. Writing a 4<sup>th</sup> step helps me to get off my chest the wreckage of the past; then deal with it. In my study of the 12 steps and learning about me and my addiction to food and how to live a Sane Life..."

## SHAKY ECONOMICS

**Moving Past Fear** - I am blessed to have been an OA member since 1977 and abstinent since 1980. I've lost about 30 pounds and maintain size six. This is a miracle for someone who couldn't go three days without bingeing!

In the last 22 years, I've faced a great deal of living without my food crutch, replacing it with the Steps, the tools and OA friends. I've found that nothing is worth a binge and nothing need cause a binge, whether it be going to graduate school, starting new jobs, watching my father die of cancer, getting married, giving birth or facing the daily frustrations and joys of living.

Recently, I've had to face a new fear. After working 14 years for a large company, I was laid off. Weeks before the layoff, in my work with Steps Ten and Eleven, I was begging my Higher Power to help me with the stress of job burnout. The day I found out about the layoff, I felt enormously relieved, like my Higher Power was telling me to rest. After a five-month vacation (which I wouldn't have had the courage to take without this program), I just decided to go into partnership with my former supervisor.

I have never been self-employed before, but after much research, prayer and discussion with others in my profession, I feel this is where I am meant to be right now. The business is going well, and when I put my trust in my Higher Power and work the Steps, I feel excited and grateful for this opportunity.

Never would I have thought that by having to face my compulsive overeating, I would be handed a beautiful program that teaches me how to live to the fullest without fear one day at a time. My Higher Power gives me strength, my program gives me guidance, my OA friends give me sanity, and my abstinence is the glue that holds it all together. I'm so grateful!

-TAKEN FROM LIFELINE (overcoming fear and moving forward) - FEB 2003

## 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 (978) 407-9909  
Website: [www.NorthShoreIntergroup.org](http://www.NorthShoreIntergroup.org)  
Email: [info@NorthShoreIntergroup.org](mailto:info@NorthShoreIntergroup.org)