

# SHARINGS



P.O. BOX 181, BILLERICA, MA 01821

NORTH SHORE INTERGROUP OF OVEREATERS ANONYMOUS

June/July, 2007

## Surrendering to the Tools

I went to my first OA meeting on September 5, 1991. The meeting listed the phone as a tool, but I didn't want phone calls. I just wanted to check out OA and leave. I thought the meeting was a bunch of 300-pound people talking about being fat. Two members had released more than 100 pounds each and had kept it off. I had never heard of anyone taking weight off and keeping it off. I was the biggest person there at 281 pounds.

So I said to myself I could do this abstinence thing, which meant not eating between meals. I did this for nine months. Then, after I had attended many meetings and the weight stopped coming off, I surrendered to the phone. I began calling in my food, but told myself I would only do it for 30 days. I ate those words.

I have heard keeping secrets will get me back into the food. Now instead of thinking I'm better than everybody else, I do what I see others doing. Today using the phone works for me, and I feel grateful. I used to give my cell phone number only to certain people, but realized I was placing personalities above principles. Now I give that number to everyone. If I get close on overtime minutes, I let the person I am talking with know and call them back on my regular phone. One day I washed my phone, and of course it didn't work, so I quickly bought another one.

Because of these and all the other tools, I no longer find it necessary to take that first deadly bite. Today I am at a healthy weight for me, between 166 and 171 pounds, and have been for almost four years. I am alive because of the Twelve Steps.

— J.F., *Olympia, Washington USA*  
*Edited and Reprinted from Lifeline, May, 2006*

## 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.  
Orientation for new representatives starts at 6:45 PM.  
Business Meeting runs from 7:00 PM to 8:30 PM

**NOTE: There will be not be an NSI meeting held in July**  
Next Meeting: August 7, 2007

## Meeting Location Change!

Monday nights at 7PM at the  
First Congregational Church  
121 West Foster Street, Melrose.  
Contact Jennifer at (781) 662-1241 for more  
information.

## It's the direction, not perfection

Not too long ago, I found myself wandering into the kitchen, and my hand slipped onto the handle of the refrigerator door. As I started to give a tug, the little voice inside spoke up and asked, "where I was going?" It wasn't meal time or meal preparation time.

I had to give the honest answer: I had forgotten where I was going and had no idea why I was in front of the fridge.

"Then leave," said the little voice. Before it was too late, I stepped away.

This program that you and I share prompts me to ask every day, which way am I going? Am I going toward recovery and the love of my higher power and the people around me, or am I pushing them away in favor of descending into food?

So to keep pointed toward recovery, I take a moment to give thanks every day. I give thanks for HP, the people in my life, and for yet another reprieve from an overwhelming urge to have just one more bite. Even on a bad day I can give thanks for knowing my food is not right and be grateful that simply having the desire not to eat compulsively is the only requirement for admission to this program of recovery.

If I can somehow say thank you, I get to feel gratitude rather than those fears that somehow I am not enough, do not have enough, and never will have enough. Gratitude gives the little voice inside the power to speak up when I am headed the wrong way.

—Contributed by S. C., New Hampshire

### 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.

## Contact Information:

### OA World Service

Website: [www.aa.org](http://www.aa.org)

Email: [info@aa.org](mailto:info@aa.org)

### Region 6

Website: [www.oaregion6.org](http://www.oaregion6.org)

Email: [webmaster@oaregion6.org](mailto:webmaster@oaregion6.org)

### North Shore Intergroup

Website: [www.NorthShoreIntergroup.org](http://www.NorthShoreIntergroup.org)

Email: [info@NorthShoreIntergroup.org](mailto:info@NorthShoreIntergroup.org)

## Reaching out to touch someone

Remember the old telephone commercial, "Reach out, reach out and touch someone. Reach out, reach out and just say 'hi' "? I have discovered something amazing: the telephone as a tool really *does* make a difference in your recovery when you pick up the phone and make a call to someone in program.

In this modern day of technology, oftentimes we become detached from each other as human beings by sending an email to someone instead of speaking with them directly. There is no emotion, no personality, no true impact on the words that are stated when they are just simply put in writing. We still isolate ourselves by communicating in this manner. We have not truly surrendered to anyone if we are not showing our feelings. Say aloud the same words that you have written to someone, and it takes on a completely different meaning.

The tool of making telephone calls has been a difficult one for me to put my arms around. I didn't want to "bother" anyone in program by making a phone call. I didn't want to intrude on their lives when I was having a pity party for myself. I felt very alone. I felt like I did before starting program - isolated and in desperate need of contact.

There have been so many times where I have been closer than this to breaking my abstinence when the phone has rung - and it's someone from program on the other end of the line. The person who made that phone call just did service for me, by saving me from myself when they were calling me because they needed to speak with someone about a struggle *they* were having. And their higher power somehow directed them to call me. As I heard someone recently at a meeting say, it's a God-incidence, not a coincidence.

What an amazing gift we have once we realize how significant picking up the phone can be. This past week, I made phone calls, I received phone calls, and I have never felt happier or lighter inside. I got outside of my head and actually started connecting with people instead of isolating and trying to deal with things myself. Trying to deal with things myself is what brought me to OA to begin with - I desperately needed help from others.

Pick up the phone and call someone from program that you've been thinking about. There's a reason you have been thinking about them - it's your higher power telling you that they need to hear from you just as much as you need to speak with them.

## UPCOMING EVENTS:

### Freedom from the Food!

Wednesday, July 4<sup>th</sup> from 8AM to 9:30 AM

First United Methodist Church

57 Peters Street

North Andover, MA

Contact Tina at 781-932-7331 or email

[charoasis@comcast.net](mailto:charoasis@comcast.net) for info

### How Can You Do Service?

"Sharings" is always looking for contributions. If you would like to share your experience, strength, and hope or have ideas or suggestions for upcoming issues, please email the Editor at [sharings\\_editor@comcast.net](mailto:sharings_editor@comcast.net). Thank you.

## NSI Meeting Information

### Handicapped Accessible Meetings

Saturday, 10:00 am in Reading

Monday, 7:00 pm in Medford

Tuesday, 4:30 pm in North Andover

6:00 pm at Beverly Hospital

Wednesday, 7:30 pm in Beverly (Big Book)

Thursday, 10:00 am in Revere

4:30 pm in North Andover

Friday, 9:30 am in Malden

6:00 pm at Beverly Hospital

Saturday, 10:00 am in Lynn

*Any changes to your meetings, please contact Charlene at: 978-687-0755*

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