S H A R I N G S

P.O. BOX 214, READING, MA 01867

NORTH SHORE INTERGROUP OF OVEREATERS ANONYMOUS WINTER 2008

North Shore Intergroup Meetings

NOTE: New Time

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

Next Meetings: December 2, 2008 and January 6, 2009

From the Chair…

"Don't Leave Before the Miracle Happens"

So many times we've heard that phrase and how true it is. In addition to it referring to our own individual recovery, it can also apply toward OA Meetings.

During the past several years, we have discussed closing the Burlington Wednesday night 7:30pm meeting. Group conscience, however, always said *"keep the meeting going!"*

Well, the miracle has happened and Burlington is again a thriving, active meeting with 8-15 participants per week. Thanks to group conscience, we **didn't leave, "Before the Miracle Happened!"**.

Tina C., Compulsive Overeater

NSI Fundraiser NOTES… ("Stick to It" and "Turn It Over") *Our inventory is getting very low on Post-it Books, but there are plenty of pen/highlighters still available. See your meeting representative to purchase these great motivating tools!*

These books and pens make great stocking stuffers… sets @ $5.00, post-it books @ $4.00, and pen/highlighters @ $2.00 ea or 2 for $3.00.

Have you heard the buzz on this year's 2008 Region Convention… Rocking your Recovery in Plymouth!

Here's what people have been saying…

- *"This was **ABSOLUTELY THE BEST** OA at its Best!" – Tina C.*
- *"I felt blessed by the power and strength in numbers of so many people who came together… what an inspiration!" – Beverly B.*
- *"This was one of my first conventions even though I have over 20 years in program. I loved everything about it… What really struck me was just walking around and feeling the high energy level. It felt like the fellowship we typically experience during the breaks at our hometown meetings. This feeling was consistent before, during, and after the meetings concluded. I just can't say enough!" – Lisa W.*
- *"One workshop that I attended and really enjoyed was geared toward the GLBT community. In this workshop, people found yet another acceptable source to express their feelings without holding back with regard to our real personal issues. To me, this was just another miracle in motion. Together, no matter how different we might think we are, we all find a common solution to our oh-so-common compulsion." - Patty S.*

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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.

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Recovery's Price Tag

I wish there was something magical I could do or say to help my sponsee's. But there was nothing anyone could have done or said for me, so I guess that line of thinking is useless. The best thing I can tell anyone who is struggling is to "keep coming back". It took me three and a half years of coming back to surrender and begin a tangible recovery. I've been coming back for 12 years and am extremely grateful that I finally have a meaningful way to live.

If someone really wants the program and the promises of living this way of life, the price tag is high. I had to give up my belief that I don't deserve to recover or have a love relationship, job, success or self esteem. I had to abandon the fear that prompted me to think that if people knew my secrets, they'd reject me. I had to face my fear of people and situations that I couldn't control. I had to give up my painkiller (or my pain-delaying behavior—compulsive overeating.

I remember being outside a convenience store one night, prepared to buy binge food. I paused in front of the store for a moment. Then I noticed two public telephones near the door. I reached into my pocket for some change, but I only had bills. I took a deep breath, went inside to the cashier and asked for change for the phone. I went back outside, called someone in program and told them what I was about to do. It was an act of surrender, an admission of powerlessness and a cry for help. And it worked.

I've been given a great mind, but for many years all I used it for was stinking thinking. I don't have to do that anymore, although I do have occasional lapses. But a phone call, a meeting or a piece of hopeful literature can return me to an attitude of gratitude and positive thinking.

Anonymous

Questions ??? & Answers

1. What is "back-to-back abstinence"?

Some OA members use the phrase "back-to-back abstinence" to describe the length of time in which they have not deviated from their food plans, or have remained abstinent without a slip. Another interpretation of back-to-back abstinence is continuous abstinence. A member's food plan or plan of eating may change, but the member remains abstinent.

2. My OA group accepts me as an atheist, saying OA is spiritual, not religious. Still, I wonder how an atheist can have a spiritual experience.

The Twelfth Step promises "a spiritual awakening as a result of these Steps". Atheists who complete the Steps find a spiritual awakening. It is described in the "Big Book" as a psychological change of such magnitude as to triumph over the compulsive behavior.

Those of us who are atheists will speak in non-religious terms about how we experience that spiritual awakening; we speak of a sense of serenity, or harmony, of not battling the world, of acceptance. The simplest test is whether we are freed from the obsession that has, in the past, sent us back to compulsive overeating.

Those of us who are atheists encourage you simply to do the Steps and not to worry about whether you'll "get it". If you do the Steps, you will get it.

(The above Questions & Answers taken from past versions of Lifeline's Ask-It Basket) – Members of the Board of Trustees provide answers to these questions.

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