



OVEREATERS ANONYMOUS

SPRING 2016

SHARINGS



Box 214, Reading, MA 01867 Tel 978-387-8188 website: www.oanorthshoreintergroup.org

A MESSAGE FROM THE NEW NSI CHAIR

Hi, my name is Marcy, and I'm a compulsive overeater—something I've said regularly since 1977 when I walked into my first meeting. I'm also the new North Shore Intergroup chair. I'm not sure I could have taken on that position if I didn't already know what a terrific group of people we have as intergroup reps and officers (past and present). Before moving to the North Shore in 2008, I'd always done service on the group level in Manhattan, where I began in program. Living in upstate New York and in the Berkshires, I began doing service at intergroup meetings, but aside from an occasional convention, I didn't really experience OA at the region or World Service level.

Even after 30 years in program, I was really impressed with the fact that people going to the same meetings I did regularly went to the Region 6 conventions and represented North Shore Intergroup (NSI) at the Region 6 Assembly and World Service Business Conference.

Because we had such dedicated representatives, I felt a greater strength in the rooms.

Three years ago, several intergroup "regulars" offered me a ride to an intergroup meeting, and I thought I'd give it a try. After finding out that one of the meetings I attended didn't have an intergroup representative, I became a rep for that meeting. Then I took on a service position, handling calls to NSI's voicemail. Very much to my surprise, I was later nominated to serve as a delegate to the Region 6 Assembly and the World Service Business Conference—a service I've been proud to do for the past two years.

I'm still finding my footing as Intergroup chair, but as with everything I've done in OA—from weight loss to working the steps—I've gotten great support from those who have come before me. And I'm happy to report that over the past year, more and more meetings now have representatives coming to our monthly Intergroup meetings (the first Saturday of the month at 10 am at the First Congregational Church in Reading). Guests are always welcome to come and see how Intergroup works, and if your meeting doesn't have an Intergroup rep currently, please think about becoming one.

In loving service,
Marcy

UPCOMING OA EVENTS

OA WORLD SERVICE CONVENTION!

Boston Marriott Copley Place
September 1-4, 2016

Check Convention website
www.oa.org



R-6 SPRING ASSEMBLY
Albany, NY *Saturday 4/16/16*

WSBC 2016
Albuquerque, NM *May 2-7, 2016*

**Watch for details on upcoming
NSI Workshops!**

**NSI ANNUAL ONE DAY
RETREAT**
Saturday 6/25/16

UNITY DAY 2016

A great BIG thank you to New Hampshire IG for hosting this year's annual Unity Day event in Manchester, NH. Several intergroups participated and more than 60 members from NH, MA, VT, ME, and RI attended. It was a wonderful afternoon of fun, fellowship and UNITY. See you next year!!

**DON'T FORGET ABOUT
NORTHSHORE INTERGROUP
BUSINESS MEETINGS!**

We need you!

**First Saturday of Each Month
(except July)**

Meeting: 10:00-11:30am

(Orientation for new reps:
9:45am - 978-387-8188)

Basement Room at
First Congregational Church
Woburn St, Reading MA

**Each meeting is encouraged
to send a representative!**

North Shore Intergroup has 25 meetings. Many are not yet represented at the monthly intergroup meeting. Your meeting is entitled to have a voice and a vote in the health and vitality of NSI and OA.

***Please consider representing
your meeting!***

MEETING NEWS

NEW:

Burlington, Sunday 4:pm (BB)
St. Mark's Church

CLOSED:

Swampscott, Wednesday
4:pm Unitarian Universalist
Church.

Meeting Accessibility:

Is your meeting handicapped accessible? Is it listed as such on the North Shore Intergroup meeting list? Please provide information that may make a difference to another compulsive overeater who may not otherwise be able to attend a meeting. Is your meeting's contact name and phone number correct?

Call:

Gloria P. at 978-927-4754
with any meeting changes.

♥ THANK YOU ♥

*for Supporting Your Local
Meetings, NSI, Region 6 & OA!*

**Do you attend Virtual
meetings (phone/online)?
Please consider making your
7th Tradition donation to OA
via ARC (automatic recurring
contributions). It's easy!
Check it out at oa.org. OA
depends on the support of
the fellowship.**

**Please remember that the 7th
Tradition means more than
just financial support. It
means giving the greatest gift
of YOUR support through
service!**

**CHECK OUT THE NEW
OA.ORG WEBSITE**

(here are just a couple of
features available)

**New Workshop Available—
Importance of Working the
Steps**

Use this informative and fun workshop to focus on the importance of working all Twelve Steps. A blend of readings, discussions, writing exercise, survey results, and more, the Importance of Working the Steps Workshop can be used by groups and services bodies as well as members and sponsors to encourage Step work and awareness. Find it under Service Body Support and Documents.

**Download—Carrying the
Message**

What's the best way to carry the message? Naturally, the answer depends on the circumstances, but the new Guide to Carrying the Message has great suggestions of what to say and what not to say when speaking to someone about OA for the first time.

FIND OA ON THE WEB!

OA website: www.oa.org

OA email: info@oa.org

Region 6 website:

www.oaregion6.org

Region 6 email:

webmaster@oaregion6.org

NSI website:

www.oanorthshoreintergroup.org

NSI email:

info@oanorthshoreintergroup.org

**What Do You Want to Read in
Lifeline?**

Send us your ideas for Lifeline monthly topics in 2017.

Email suggestions to info@oa.org with subject "Lifeline Topics" or fax your ideas to 1-505-891-4320 or mail them to:

Lifeline
P.O. Box 44020
Rio Rancho, NM 87174-4020

Deadline: April 30, 2016

**Do you have something to
share? "Sharings" would
love to hear from you.
Contact NSI with your written
submission.**

~~~~~Editorial Policy~~~~~

SHARINGS is the 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 or info@oanorthshoreintergroup.org