

## INTRODUCING THE 2012/2013 NSI BOARD



**Elections were held at the November Intergroup Meeting. Congratulations to the following people who were elected as your "Trusted Servants" for the next year.**

**Chair: Charlene V., Methuen**

**Secretary: Rose D., Danvers**

**Treasurer: Gloria P., Beverly**

**Coordinator: Edie D., Haverhill**

Hello fellow members of OA,

My name is Charlene. I am a compulsive overeater and a relapse survivor. It is such an honor and privilege to have been elected chair of Northshore IG for the following year.

I attended my first OA meeting in 1980 but it took me quite a while before I attended my first IG meeting back in the late 90s. I was invited to come along just to see what IG was all about and needless to say I've been a part of NSI and doing service above the local group level ever since. I have served NSI at different times over these years as coordinator, treasurer, Region Rep. & World Service Delegate.

This is the first time I will serve as chair and I'd be lying if I said I wasn't nervous, but program teaches me to walk through the fears and I know I can always rely on my HP and my wonderful predecessors for help. So I thank the members of NSI for placing their trust in me and I commit to doing the best possible job that I can. I know that I am not alone and "together we can" carry the message.

The "Voices of Recovery" reading on Nov. 23<sup>rd</sup> quoted the OA 12 & 12 (pg. 175) in saying "Service is its own reward". The author said "Our tools tell us to "give what we have so generously been given." And "My experience tells me that when I give service, I receive more than I could ever give. When I share my experience, strength, and hope with someone, I often

say just what I needed to hear". With that said, I invite you to come along and see what NSI is all about! I know what a gift "Service" has been to my recovery and the same gifts are waiting for you. All you have to do is "untie the ribbons"!!

I wish you all a serene and abstinent holiday season.

In service,

Your OA "SIS", Char

### **NORTHSHORE INTERGROUP MEETINGS**

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

**Reading Senior Center Pleasant Street  
Each meeting is encouraged to send a representative.**

**Business Meeting: 7:00 PM – 8:30 PM**

Orientation for new reps: 6:45 PM

978-387-8188

### **Meeting Accessibility**

Is your meeting handicapped accessible? Is it listed as such on the North Shore Intergroup meeting list? Please let us know so that we can provide information that may make a difference to another compulsive overeater who may not otherwise be able to attend a meeting.

**Call Edie, NSI Coordinator at 978-373-9856**

with any changes to your meetings

### **FIND OA ON THE WEB**

**OA website: [www.oa.org](http://www.oa.org)**

**OA email: [info@oa.org](mailto:info@oa.org)**

**Region 6 website: [www.oaregion6.org](http://www.oaregion6.org)**

**Region 6 email: [webmaster@oaregion6.org](mailto:webmaster@oaregion6.org)**

**NSI website: [www.oanorthshoreintergroup.org](http://www.oanorthshoreintergroup.org)**

**NSI email: [info@oanorthshoreintergroup.org](mailto:info@oanorthshoreintergroup.org)**

#### 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](mailto:info@oanorthshoreintergroup.org)

# SHARINGS

P.O. BOX 214, READING, MA 01867

**NORTH SHORE INTERGROUP OF OVEREATERS ANONYMOUS 978-387-8188 December 2012**

**NEW! OA Internet radio show airs on  
VoiceAmerica.com**



“Sound Bites from Overeaters Anonymous (OA)” is a new Internet radio show dedicated to educating you about recovery from compulsive eating using OA’s 12-step program, so you recognize the symptoms and find the support you need and a program that works to help you achieve and maintain a healthy weight. In OA, you’ll find acceptance and understanding; support and companionship from others who have similar challenges; and a transformation to physical, emotional and spiritual well being. Join us to hear the experience, strength and hope of people who struggled and found recovery and a new life in Overeaters Anonymous. **Wednesdays, starting October 17, 2012 through January 9, 2013, at 1PM Pacific at Sound Bites From Overeaters Anonymous.** Shows will be archived for later downloading and listening.

In keeping with Tradition 6, OA does not endorse Voice America.

**WSBC Region Chairs Committee 4th Step  
Inventory Survey**

**Who cares what you think? WE DO!!!  
Overeaters Anonymous needs your help!**

The 2013 World Service Business Conference theme is “**Searching and Fearless: A Fellowship Inventory.**” We’ve created a 4<sup>th</sup> Step inventory (a survey in English) to help us determine what’s working and where we can improve OA. Each member is being asked to complete the survey.

The tool is available in two formats (**select one**) and will take approximately 20 minutes to complete. The survey will be active online from October 17 until December 31, 2012.

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**“UPCOMING OA EVENTS”**

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**“UNITY DAY”**

**Saturday Feb. 23, 2013 1:00-4:00 pm  
Beverly Hospital 85 Herrick St.**

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**OA “World” Convention Aug. 29<sup>th</sup>-Sept.1<sup>st</sup>, 2013**

**♪♪♪“RECOVERY TO ROCK OUR WORLD”♪♪♪**

**Cleveland, Ohio**

**(Home of the Rock & Roll Hall of Fame)**

**For more info: [conventioninfo@oa.org](mailto:conventioninfo@oa.org)**

**Check [www.oanorthshoreintergroup.org](http://www.oanorthshoreintergroup.org)  
for links and information on all of these great events**

**NORTSHORE INTERGROUP  
SEVENTH TRADITION DONATIONS  
October & November 2012**

Beverly	Wednesday	6:00 pm	\$ 40.00
Beverly	Tuesday	6:00 pm	\$ 43.00
Beverly	Saturday	9:00 am	\$ 200.00
Burlington	Wednesday	7:30 pm	\$ 75.00
Malden	Friday	9:30 am	\$ 25.00
Manch.bySea	Sunday	8:30 am	\$ 78.00
Marblehead	Monday	6:30 pm	\$ 10.00
Marblehead	Monday	4:00 pm	\$ 50.00
Medford	Thursday	7:00 pm	\$ 21.00
Melrose	Friday	7:00 pm	\$ 25.70
No. Andover	Thursday	4:30 pm	\$ 90.00
Reading	Saturday	10:00 am	\$ 25.00
Tewksbury	Friday	10:00 am	\$ 25.00
Misc./Phone	Meetings		\$ 30.00
7 <sup>TH</sup> TRAD.		TOTAL	\$ 789.60
7 <sup>TH</sup> to WSO	30%	TOTAL	\$ 236.88
7 <sup>TH</sup> to R-6	10%	TOTAL	\$ 78.96

**♥♥♥ THANK YOU FOR SUPPORTING OA ♥♥♥**