

## “TRUSTED SERVANTS”

Hello Fellowship of North Shore Intergroup,

I am Lisa W. and I have been a member of OA for a wonderful 25 years. I am also the coordinator of our intergroup and I am writing to tell you all about this service job. First, the coordinator is one of four board positions in North Shore Intergroup (NSI) and it is an elected position. I was elected in November of 2010 for a 2-year term.

Basically what the coordinator does is to keep the meeting list updated. This involves making changes on the list, then notifying all the people and places that update this information. This is a long list that includes World Service, Region 6, neighboring intergroups, and our web master.

You may have heard that service can help expand your program. Well, I can testify to it regarding my experience with being NSI's coordinator for the past year. I get to associate and work with the **best** people. The group at Intergroup is truly committed to OA for you and me, so we can all recover in a manner that is inclusive—for all! These people work really hard to spread the message of hope to all who want what OA has to offer. The job of coordinator has made a difference with my computer skills, which are pretty meager, but better than they were. (I did my first attachment to an e-mail as part of this job!) And I also have to mention how it makes me feel when others trust me to come through in a position like this. Credibility was not my strong suit before program. I am grateful to say it is now!

I am writing to let you know about being NSI coordinator but I want you to know about intergroup in general. I went to Intergroup for a long time before I was elected to a board position. There is so much to do there. All kinds of committees come along to work on, helping to plan events and happenings. You are never pressured to do more than you can but there is a real spirit of excitement that draws you in and invites you to be active. I highly recommend it to all!

Lastly, I would like to thank my friends at Intergroup for all your service. Together we can!

Yours in service,

Lisa W. NSI Coordinator



## NORTHSHORE INTERGROUP HAS A NEW PHONE NUMBER

\*\*\*978-387-8188\*\*\*

### NORTH SHORE 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

### “UPCOMING OA EVENTS”

**Region 6 Assembly  
Albany NY April 21, 2012**

**World Service Business Conference  
Albuquerque, NM April 30-May 5, 2012**

**Northshore Intergroup 1 Day Retreat  
Sat. June 16<sup>th</sup> 9am-4pm  
Notre Dame Spirituality Center –Ipswich  
\$35 Includes Lunch \*\* Watch for Flyer**

**Region 6 Convention October 26-28, 2012  
Delta Ottawa City Centre Hotel  
Ottawa, ON Canada**

**Check [www.oaregion6.org](http://www.oaregion6.org) or  
[www.oanorthshoreintergroup.org](http://www.oanorthshoreintergroup.org)  
for more info on these up-coming OA events.**

#### 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)

## IDEA DAY 2011

(International Day Experiencing Abstinence)

The following are just a few of the quotes and readings that were read and shared on at this great event!!

### Quotes on Abstinence from the OA Literature

*FT—For Today, VOR—Voices of Recovery,  
AB—Abstinence, T—Tools of Recovery pamphlet*

Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program. (T, p. 2, rev. at WSBC 2011)

We “act as if” the power...to abstain...is already ours.” (FT, p. 8)

Abstinence is a country whose beauty and variety I could not have imagined in my most indulgent dreams. Here, I am at peace with myself and with the world. (FT, p. 71)

I used to cringe when I heard people say that abstinence was the most important thing in their lives. More important than God? I thought that was blasphemy. Now I realize that unless I am abstinent, I can't put God first. (AB, p. 77)

I am abstinent when I eat to feed my body and not my disease. (AB, p. 14)

### 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.

**Any changes to your meetings,  
call Lisa at 781-334-4470**

## UNITY DAY 2012

This year's event was just held Sat. Feb. 25<sup>th</sup> in Brockton hosted by South Coastal MA IG. and attended by members from Mass Bay, Metro West, New Hampshire, North Shore, Seacoast, & So. Coastal Ma Intergroups. The room was packed, and the sharing from all was focused on Unity and Recovery. The pause at 2:30 pm EST at the same exact time that the entire OA worldwide fellowship was joining hands in unity was a truly moving experience. We are not alone!! It was another wonderful OA event that has me anxiously anticipating next year's Unity Day when your host will be your Northshore IG!!! Watch for details!

### Addendum for *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*

Please note the following text changes, which reflect a decision made at the 2010 World Service Business Conference.

#### Page 24, first paragraph. Sentence rewritten as follows:

As we work the steps, using the tools of the program—a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity, and service\* —we find the help we need.

#### Page 24; add the following sentence to the end of the footnote \*:

The tool “action plan” was added at the 2010 World Service Business Conference.

## 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)

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