

## Hello from NSI:

My name is Charlene, I am a compulsive overeater, a relapse survivor and privileged to be the current treasurer of North Shore Intergroup. I have been in OA 30 plus years and after 8 yrs. In relapse was gifted with a second "Recovery" 22 yrs. ago. I have been abstinent and maintaining a weight loss of 85 lbs. since March of 1989. I believe that my higher power; the fact that I never left the rooms; a willingness to surrender and put down the food one day at a time and to give back and do service is what saved me. Everything I do in the way of service comes back to me over and over in the form of "God" given gifts. All I have to do is untie the ribbons. I began by putting out chairs at a meeting and just being present in the room to listen to others share. I have just returned from OA's 50<sup>th</sup> World Service Business Conference as a delegate representing you, my fellow NSI representatives and OA as a whole. What a gift!!!

I can't say enough about how service has enriched my program and my life! Don't let all of these incredible gifts in your program go unopened! Untie the ribbons and enjoy!!!

## WSBC 2011

**See special edition attached!!**

**NORTH SHORE INTERGROUP MEETINGS**  
**First Tuesday of Each Month (except July)**  
**Reading Senior Center**  
**Pleasant Street**

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

**Orientation for new reps: 6:45 PM**  
**Business Meeting: 7:00 PM – 8:30 PM**

## Meeting News from NSI

NSI welcomes the Beverly Thursday 10am meeting at the Church in the Cove on 167 Hale St. This is a 1hr. Relapse/Recovery meeting and is handicapped accessible.

This is a story custom made for OA. The Wednesday night Bradford meeting has been a small group for a while. During the entire last month only one member of the group attended and she thought the meeting would have to close. She called to tell me that the rent had been paid for March but there was no money for April and I could remove it from our meeting list. I asked her if she was willing to go for the last week in March and she sadly said yes. When she arrived there were 3 others there and they did not want to have their meeting close! They decided to pay the April rent and try to bolster attendance. When the original member called me back, she was so excited to have her meeting saved! She truly believes it to be a miracle!! I think HP wants this little group to survive and I hope we can all find time get by there and take part in the miracle.

So spread the word to your groups and let's see if we can all get behind the strength of our newest meeting and our "miracle" meeting!!

In Service,

Lisa W. NSI Coordinator

## 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**

### 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)

## “OUR MEMBERS SHARE”

### How has your concept of a Higher Power grown or changed since you joined OA?

My concept of a higher power has changed since I joined OA in 1984 from one of “distant awe” to a belief in a personal, powerful relationship with God. I experienced God’s power in my life on my first day of abstinence. The promises have and do come true for me daily. I no longer live in FEAR, today I have FAITH that lives and works in my life. I live the slogans, use the tools and practice GAS: gratitude, abstinence, and service. May you receive the gift of GAS.  
Eileen, Medford

I’ve always had a good concept of a higher power. I grew up in the Catholic Church. I was very religious. Now, I’m still somewhat religious, but I consider myself more spiritual. OA has made me this way. I read OA materials and meditate saying the “Serenity Prayer” every day.  
Kristen B.

My higher power had changed many times since joining OA. First, my God was like a Christian God living in the heavens looking down at me. I have had my HP on my shoulder so when I need Him I just tap my shoulder and no one else knows what I am doing. I have worn my HP as a warm blanket to envelope me in softness. My HP has been a big bubble that surrounds me and keeps me from banging into my disease. I have had my HP walk before me into rooms that may be difficult for me to be in. I have held my HP’s hand and felt the warm loving kindness. My HP has come to me in the form of a sunbeam or gleaming crystal frost on a winter morning. However you see your higher power is OK.  
Anonymous

I had thought about coming to OA for years, but when I heard that they talked about “God” I said “this program can not be for me.” I was afraid of having to believe in someone else’s definition of God or I’d be judged. When I could no longer deny that I had a problem, I went to my first OA meeting. I found not judgment, but love and I found that the talk about God was not at all threatening to me. I felt accepted. Today I feel comfortable with my concept of a higher power which I call “God” but in times of anger towards God, I look to the group or my sponsor as a temporary HP. I am still working on a relationship with my higher power daily and I feel this surrender of my powerlessness is the answer to my life.  
“B”

I was brought up in a religion that feared God. As I became an adult I realized that I had no concept of a loving God in my life. As a result I had no one to whom I could pray.

When I joined OA nearly 25 years ago, I hated myself. I was big, fat and ugly and knew of no one who loved me or could love me looking and feeling like I did.

When I heard about OA I was in a state of depression where I thought of nothing but eating and doing away with myself. I would go to meetings and just sit and listen to what others had to say. It was at those meetings that I heard about a Higher Power. We used to have large meetings and so many members talked about “abstinence” and “being in recovery.” I began to want what OA’ers had. I knew I had to pray to a Higher Power to gain the freedom from the compulsive overeater I had become.

I found a sponsor who had a strong belief in a Higher Power and she would tell me if I didn’t have a “Power” in my life, that I could borrow hers. It was then I started to believe again. I now had a “Power” in my life who loved me unconditionally and that “Power” changed my life.

My HP is a part of my day every day from the opening of my eyes in the morning to prayer or just a chat as the day progresses. As I close my eyes at night, I thank HP for the day I have had.

My body has changed over the years and I am no longer the fat, ugly person I used to be. I will always be grateful to the God I now have in my life and for the opportunity to be one of the many who has recovery today. Food, especially flour and sugar, will always be my addiction but today I have a Higher Power to whom I can pray and that relationship keeps me away from that addiction.

Anonymous

### OA WORLD SERVICE

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

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

### Region 6

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

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

### North Shore Intergroup

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

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

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