

FROM THE CHAIR

Well hello fellow OAers. Here we are again it is Fall and such a beautiful time of the year here on the North Shore with all the beautiful brilliant colors of the landscape.

I was able to attend our Region 6 Assembly on Sept. 25th in Albany, NY. We had elections and the same people who had already been serving are in for another year. That shows what confidence we all have in the wonderful job they are doing.

If you come to intergroup and do service at this level you would then be able to attend a region meeting. It is a great way to see how OA operates and an opportunity to reach out of your comfort zone and meet others from all over the region. We had dinner with one woman from Newfoundland and one from Montreal. I would have never met them if it wasn't for doing service for Region 6.

By the time you read this the Region 6 Convention will have come and gone and we will be looking at what is next. North Shore intergroup has been busy distributing radio PSAs to the local radio stations. Let us know if you hear any of them (3 versions are available). Also if you have any contact with any radio stations no matter how large or small, please let me know so that we can contact them.

In February we will be participating with other intergroups at our annual "Unity Day" celebration. This year's host is Metro West IG. Details will be announced and flyers will be available on our website as the date draws nearer.

I invite you all to come to see what we do at intergroups either as a rep from your meeting or as a guest.

In loving service,
Gloria P. NSIG Chairperson

OA EVENTS

The Region 6 2010 Convention was held in Burlington, VT the weekend of October 22-24. Many members from all over the region gathered to celebrate a great weekend of recovery. The 2011 convention will be held the weekend of October 21-23 at the Crowne Plaza Hotel in White Plains, NY. For details check the region website at www.oaregion6.org

NSI hosted IDEA Day (International Day Experiencing Abstinence) on Sat. Nov. 20th at the Beverly Hospital. It was well attended by members from many different areas and other intergroups including South Coastal, New Hampshire, & MBI. It was a meeting full of recovery and sharing focusing on abstinence. NSI gives a great big thank you to the wonderful speaker, "Ask it Basket" panel, and everyone who came and shared their experience, strength, & hope.

NEW YEARS day this year is on a Saturday and instead of NSI hosting a special meeting the regular NSI Sat. meetings in Beverly and Reading will focus on "A New Years Beginning".

Watch the NSI website for details on UNITY DAY February 26, 2011. The event gets better and better every year! The 2011 meeting will be hosted by Metro West IG and South Coastal will host the meeting in 2012.

Do you enjoy attending these great events? Would you like to help? NSI would love to have you attend the monthly meetings and find out all about it. There are lots of things that we could use your help with. Come and join us in Reading on the first Tuesday of each month.

Editorial Policy

SHARINGS is a bi-monthly 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.

SUMMER REFLECTION

What a beautiful day! The sun is shining, the air is wonderful, and I am abstinent right now today. Thank you, GOD! What a blessing today and every day is in my life. I didn't always feel that way and can't say that I get up grateful every day but today I know that I am blessed.

30 years ago at my first meeting I heard the words, "One Day at a Time". I am so extremely grateful for that AA saying for it has saved my life. I came home that night and said to my husband that OA was different. They said you only eat 3 meals a day. You eat nothing in between "One Day at a Time", thus "3-0-1". He smiled and wondered how long this would last. My Higher Power knew, after all He was the One hitting me over the head! I stayed, thank you GOD!! He does for me what I know that I can't. Every day without exception I get down on my knees AM & PM and thank GOD for my abstinence. You see I believe that since He brought me here, this is surely His will for me today.

Is it given to me on a silver platter? No! I have to be willing to do whatever I have to do my part on a daily basis and at night I say thank you. On those unspeakable days He does for me what I cannot do for myself, He keeps me away from a bite. It has been a glorious summer! I have been given the gift of good health and have been out in the garden with my Higher Power. I feel connected to life when I am out there and so alive. I've rejoiced and accomplished things that I have not been able to do in 5 years. I have squash growing out of my compost heap! All I did was throw in my veggie waste. My garden is doing so great, with both veggies and flowers that my garden club came to check it out! When it was too hot and humid to leave the house I thanked GOD for the AC, my pool, good books, knitting, my program, and the phone & OA friends. My food is in its place and not an issue! Can you believe that? I don't know how long it's been. Many years but I do know that the only day I have to worry about is today.

Life is still there with retirement and family issues, seriously ill friends, etc. Eating is not an option today. I choose life today. OA is my "Way of Life".

I sat out on the deck, prayed, ate my breakfast, made the plan for the day and got my calls. Now I will ask for help to continue putting one foot in front of the other, do the next best thing, put it all in His hands and get going.
Joan M.
8/10

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.

**Changes to your meetings?
Call Lisa 781-334-4470**

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

2011 Meeting Dates: 1/4, 2/1, 3/1, 4/5, 5/3, 6/7, (No July) 8/2, 9/6, 10/4, 11/1, 12/6

OA WORLD SERVICE

OA website: www.oa.org

OA email: info@oa.org

Region 6

Region 6 website: www.oaregion6.org

Region 6 email: webmaster@oaregion6.org

North Shore Intergroup

NSI website: www.NorthShoreIntergroup.org

NSI email: info@NorthShoreIntergroup.org

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