

Sharings



BOX 214, READING, MA 01867 • TEL 978-387-8188

WEBSITE: WWW.OANORTHSHOREINTERGROUP.ORG

Upcoming Events

Abstinence Workshop

Sunday, April 29th
1:00 PM - 4:00 PM

Location:

First Congregational Church
25 Woburn Street
Reading, MA

Room:

Guild Hall, Lower Level

Exploring Out Spirituality Through the 3rd Step Prayer

Saturday, June 23rd
9:00 AM - 4:00 PM

Location:

Notre Dame Spirituality Center
30 Jeffery's Neck Road
Ipswich, MA

2018 Region 6 Convention

October 26th - 28th
Registration \$50 until 10/12

Location:

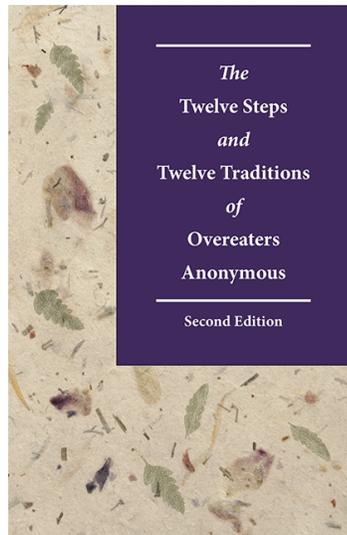
Holiday Inn by the Bay
Portland, Maine

The 7th Tradition

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!

NEW! The OA Twelve & Twelve, Second Edition



Now on sale through at the OA Bookstore and North Shore Intergroup, The newly released Twelve and Twelve, Second Edition.

This new edition is updated and improved, twenty-eight years after its first publication. Created specifically as a study of the OA Twelve Step recovery program, the OA Twelve and Twelve, Second Edition has been revised for clarity and inclusivity-with a restructured Step Four chapter to increase usefulness. Read how, through working the Twelve Steps and studying the Twelve Traditions, members have found "physical, emotional, and spiritual healing that we don't hesitate to call miraculous."

Excerpt from OA.org

The Beginning

"Abstinence is the beginning." This sentence, one I have seen and heard many times since entering the rooms, popped out at me like never before as I read page 272 in *Voices of Recovery* this morning. Abstinence is the beginning:

- of connecting with Higher Power, with self, with others who have this disease
- of connecting with others who don't have this disease: family, friends, strangers
- of learning to love myself and then to love others
- of trusting I can, with God's help
- of forgiving
- of joy and serenity
- of courage and wisdom
- of belly laughs and sincere, healing tears
- of having a clear purpose, moment by moment
- of living in the present

(continued on back →)

Meeting Contacts

Is your meeting's contact name and phone number correct?

Call Ken G. at 914-263-6532 with any meeting changes.

Tool of Writing

Do you have something to share? "Sharings" would love to hear from you. Contact NSI with your written submission at info@oanorthshoreintergroup.org

We Need Service!

DON'T FORGET ABOUT NORTH SHORE INTERGROUP BUSINESS MEETINGS!

When: 1st Saturday of every month (except July)

Time: 10:00-11:30am
New Rep Orientation 9:45am
Call ahead 978-387-8188

Where: Library Room at
First Congregational Church
25 Woburn St, Reading MA

Each meeting is encouraged to send a representative!

Many or the 24 NSI meetings 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!

~~~~~ 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

The Beginning (Continued)

- of accepting it all—the good, the difficult, and the in-between—and more than accepting, feeling gratitude for it all and the learning it brings.

It is a better way to live! Blessings to all in your journey to more and more recovery. Thanks to all who surround us with service to support us along the way.

OALifeline.org
K., Canada

The Steps are My Medicine

I could not believe my good fortune when I finally found OA after decades of binging, starving, fasting, crying, blaming and berating myself. To finally understand that all my efforts to control my eating were doomed to failure because I was trying to control a disease was both a relief and a huge responsibility.

The responsibility was, as with any disease, there is medicine and I am responsible for taking it. So, I did in the form of working the Steps, attending meetings, talking to other members, putting an eating plan together that I could and would actually follow and having a co-sponsor. I have been taking this medicine for almost 40 years, I will be 80 in October and am in good health thanks to the OA program. I don't have many of the ailments that plague many of my peers and I am so grateful that I can get on the floor to play with my grandchildren and do my exercises. And.... I can get up! I have seen the fire engines outside my housing complex, they are here to lift people off the floor.

I owe OA a debt of gratitude for making this last stage of my life a pleasant one. Doing the Steps over and over has freed me from the guilt and shame that plagued me for years.

I have to say also, that I look great: slim and stylish and happy. It shows!

Sandra W
Marblehead, MA

Meeting Accessibility

Is your meeting handicapped accessible?
Is it listed that way 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.



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