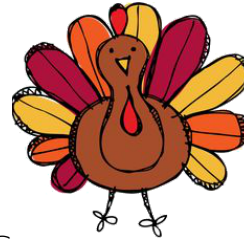


Sharings



BOX 214, READING, MA 01867 • TEL 978-387-8188
WEBSITE: www.oanorthshoreintergroup.org

Upcoming Events

IDEA Day

November 17th, 1 – 3 PM
First Congregational Church
25 Woburn St
Reading, MA 01867

We Need Service!

**DON'T FORGET ABOUT
NORTH SHORE INTERGROUP
BUSINESS MEETINGS!**

We need you!

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

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

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

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

North Shore Intergroup has 25
meetings. Many 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!***

Meeting Contacts

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

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

The Unofficial Guide to Abstinent and Serene Holidays

"It works if you work it," the saying goes. With the holidays upon us, we need to work it more than ever. Family gatherings, office parties, and seasonal sights, sounds and smells can trigger us to take that first compulsive bite. What can you do to help yourself stay abstinent? First of all, keep up your disciplines, no matter where you are.

Take a mini-journal to write down your food and your feelings (our disease doesn't go on vacation when we travel).

Purchase a phone card (available at any food or drug store) so you can keep calling your sponsor and OA supports without running up your hosts' phone bill. [*Eds. note:* These days, we recommend keeping your cell phone charged!]

Keep your regular meeting schedule, and if you have to miss your usual meeting, pick up a different meeting within a few days. Before you travel to a different area, call WSO or go online to find meeting times and places.

Plan ahead for travel delays—especially with recent security changes. Pack your meal in disposable bags or containers, or find out ahead of time where you could eat abstinently, should your flight be delayed.

Take some OA literature with you to pull out when you need centering.

When it's time for all those holiday goodies to come out and your meal is finished, what can you do to **avoid temptation**? Instead of sitting there wrestling with your disease, get up! Some tricks that have helped other recovering compulsive overeaters are:

Play with the babies while their parents visit at the table.

Do the dishes—not only does it get you away from food that's "not yours", it's a great opportunity to be of service.

Look around for someone who looks lonely (the holidays aren't just tough for compulsive overeaters), and go talk to him or her—anything that gets us out of our own heads will help.

Continued on back....

Receive NSI News in your Inbox

Want to know more about upcoming events? Want to receive *Sharings* newsletter in digital form as soon as it comes out? North Shore Intergroup is now keeping members up-to-date on happenings by joining our mailing list. In keeping with the tradition of Anonymity we will never share your information, and you can unsubscribe any time.

Sign up at oanorthshoreintergroup.org/outreach

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!

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

Stick with the Stickers

"If I don't feel close to God, who moved?"

"Expectations are premeditated resentments."

"Take an action, then let go of the results."

- Silicon Valley Intergroup

♥ THANK YOU ♥

For Supporting Your Local Meetings, NSI, Region 6 & OA!

~~~~~ 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 Unofficial Guide... (continued)

One final tip—perhaps the most important of all—is to **focus on gratitude**:

- Look around you at the people you love (and sometimes grumble about), and send a special "thanks" to your Higher Power for another chance to celebrate the season together.
- Making a gratitude list is always a great way to change a lousy attitude.
- If you are having trouble feeling close to your H.P. in the midst of all the chaos, take a moment to step into a place of worship or find a place of beauty to reconnect.
- Whatever you're celebrating, wherever you are, here's hoping your holidays are abstinent and serene.

~~Susie H. Beverly

Originally written for *Sharings*, Winter Edition 2001/2002

What an Amazing Gift!

There are some days that I find it difficult to keep to my OA routine. For the past two weeks my bathroom has been under remodeling so I am constantly moving things, dusting things and then looking for the things that I have moved! I am also preparing to go on vacation soon and trying to remember and find things that I will need for that. But I have to stop and remember how important my program and my abstinence is to me, because I will not have a nice new bathroom or a nice relaxing vacation if I do not work my program daily. Reading OA and other literature every morning has been a part of my program for over 30 years. I have learned through experience that Abstinence is truly the most important thing in my life!

I want to share something that I read recently that reminds me of that and also reminds me of how much of a gift this program is from my higher power.

From Voices of Recovery on July 22:

"Each morning I make a point of remembering that the reason I feel good, the reason I sleep well, and the reason I'm glad I am alive is because I am abstinent. I was absent yesterday, and I have a choice to accept the privilege of abstaining today. Finally, this connection is clicking into place. I am so grateful.

I see that abstinence is the foundation underlying my ability to appreciate all that is good in my life. Today I choose to abstain from compulsive eating."

My **ACTION PLAN** for today is to accept this amazing gift, untie the ribbons and make the choice to abstain today.

- C. V.

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