



SHARINGS

READING, MA 01867

NORTH SHORE INTERGROUP OF OVEREATERS ANONYMOUS

978-387-8188

March 2014

Box 214,

UPCOMING OA EVENTS



GREAT NEWS!! SAVE THE DATE!!

Are you ready for some

"WICKED AWESOME RECOVERY?"

Region 6 Convention ~ Oct. 24-26, 2014

Boston Marriott Burlington, MA

Co-hosted by:

Metro West, Mass Bay, & North Shore
Intergroups

REGISTER NOW

OAREGION6.ORG

Reserve your room, call

781-229-6565

There will be many opportunities to give service to
this great OA event! We need YOU!!!

Please consider what you would like to do to help!

Stay tuned for more information on all of these
great OA events. www.oanorthshoreintergroup.org

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North Shore Intergroup to Sponsors Its

4th Annual One-Day OA Retreat!

"THE PROMISES"

Saturday, June 14, 2014

9am-4pm

Notre Dame Spirituality Center

30 Jeffery's Neck Rd, Ipswich, MA

Lunch included, Register early!

Cost: \$40.00 Call for more info:

Gloria 978-500-3290 or Charlotte 978-764-3330

Driving directions: www.notredamesc.org

A New Beginning

For many the New Year is about fresh starts. The old year is behind us, and a new one lies before us as a clean slate. Before I came to OA, a new year would mean resolving to start a new diet or exercise plan or weight loss gimmick. Inevitably I would start off strong, but then after a few weeks or months my will power would dwindle and the diet would be over.

The strange thing was that even though I would 'blow' my diet, my obsession with food and body image continued. Sometimes the more I would think about trying to lose weight, the more I would gain. Sometimes I would be able to starve and exercise enough to get to that 'perfect' size for about a week and invest in a whole new wardrobe for my smaller frame, only to end up bingeing and gaining back the weight and then some, a week or so later.

When I walked into the rooms of OA, I was relieved to hear that I wasn't alone in my struggle against food and body image. When OA members shared their experiences with their disease of compulsive overeating: the hopelessness, the yo-yo diets, the bingeing, the purging, it was like they were telling my story. However, there was something else that kept me coming back-stories of OA members being restored to a place of sanity and serenity in regards to food and body image. Members also shared how they were freed from the obsession with the help of the program, the 12 steps, and a Higher Power.

As I continued to show up for meetings, work the 12 steps, and be of service, I was given the gift of abstinence. I have realized that, all along, I wanted and needed a connection with something bigger than myself, not cartons of comfort food or the 'perfect' body. My weight has not fluctuated any more than three pounds in the last year. Though my food isn't perfect, I have, for the most part, been relieved of the obsession with my binge foods. I have found a peace and serenity unlike any other. I have found hope. I have been given a new beginning thanks to the 12 Steps and Overeaters Anonymous. My hope is the New Year brings you the gift of a new beginning, a new freedom, a new happiness.

By M. R., Austin, TX

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



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Reprinted from Jan/Feb 2012 Heart of Texas
Intergroup Newsletter

OA Publication News:

Help *Lifeline* get to 10,000 subscriptions in 2014!

Subscribe or renew and be entered into a drawing for a FREE, ONE-YEAR *LIFELINE* SUBSCRIPTION to donate or add on to your paid subscription.

Subscribe or renew at www.oa.org/lifeline-magazine/ Find subscription forms in *Lifeline* and *A Step Ahead*, or call 505-891-2664.

New Literature:

VOICES OF RECOVERY WORKBOOK

Provides thought-provoking questions for each of the daily readings in *VOICES OF RECOVERY*; includes space on each page for writing answers. (212 pages, softcover)

Price: #996/11.00 Also available as a downloadable PDF, \$7.50

to order: bookstore.oa.org or call 505-891-2664

FOR TODAY WORKBOOK

New! Gain insights as you reflect on the daily readings in "For Today." Workbook includes 2 questions per page and provides space to write answers. Price: #974/11.00

Latest issue of *A STEP AHEAD* is posted online at www.oa.org/membergroups/a-step-ahead-newsletter/. Download and copy for your groups.

Ordering Literature? Need an OA book or pamphlet?

Ask your meeting's intergroup rep to order it for you to save paying postage charges. NSI orders literature in bulk, which it sells direct to OA members and meeting groups at the regular list price. NSI pays the postage. That's a deal!

**INTERGROUP SERVICE OPPORTUNITY:
NSI is seeking a secretary for its meetings on the first Saturday of each month, except July.**

New time and location! The NSI meetings begin at 10:00am in the basement room of the First Congregational Church in Reading on the first Saturday of each month, except July. The April meeting will be held on April 12, 2014.

Do you have something to share? "Sharings" would love to hear from you. See email below.

Meeting Accessibility

Is your meeting handicapped accessible? Is it listed as such 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.

Call Genia at 617-818-6030 with any changes

FIND 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@oanorthshoreIntergrup.org

NORTHSORE INTERGROUP MEETINGS

**First Saturday of Each Month (except July)
First Congregational Church (basement room)
25 Woburn St, Reading, MA**

**Each meeting is encouraged to send a rep.
Orientation for new reps: 9:45AM - 978-387-8188**

**Business Meeting: 10:00 AM – 11:30 AM
2013/14 NSI Officers**

Chair: Gloria P.

Secretary: Open

Treasurer: Charlene V.

Coordinator: Genia

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