

Sharings

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

WEBSITE: WWW.OANORTHSHOREINTERGROUP.ORG



Upcoming OA Events

IDEA Day:

November 19th, 10 – 12 PM
First Congregational Church
25 Woburn St
Reading, MA 01867

12 Steps through Meditation:

December 10th, 1:00 - 4:30 PM
Church of the Good Shepherd
95 Woburn St
Reading, MA 01867

We Need Service!

**DON'T FORGET ABOUT
NORTSHORE INTERGROUP
BUSINESS MEETINGS!**
We need you!

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

Time: 10:00-11:30am
New Rep Orientation 9:45am
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 Gloria P. at 978-927-4754
with any meeting changes.

World Service Convention: Through the Eyes of an Attendee

My first OA Convention was the Region 6 Convention at Waterville Valley, NH 25 years ago and I was blown away then by the number of members who came from all over the region for a weekend of fun, fellowship and recovery. From then on I found myself looking forward to attending the annual event. I have missed a few, but not many! I enjoyed them so much that I found myself getting involved in the planning through committee work. The list of blessings I received through giving this service has grown over the years. I found myself finally able to attend my first World Service Convention a few years back when it was held in Philadelphia. If I was blown away by the recovery shared by the members who came from all over our large region at that first region convention, you can imagine my excitement when I heard the recovery that was shared by members from all over the world!! I had the opportunity to experience that excitement and joy (and of course fear) when I was asked to help the local team in planning the most recent World Convention in Boston!

What an amazing convention and the pride we all felt in welcoming members to our beautiful and historic city goes without saying! This was a once in a lifetime opportunity to attend a gathering of almost 1200 fellow members from around the worldwide fellowship. I am trying hard to stay in the day, but I'm already looking forward to attending the next one, which will be held in Orlando, FL in 2020! I will be forever grateful to my HP for allowing me the privilege to do service for the program that has given me so much!

~~~Anonymous

## 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.

## OA on the Web

OA website: [www.oa.org](http://www.oa.org)  
OA email: [info@oa.org](mailto:info@oa.org)

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

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

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

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

## The 7<sup>th</sup> Tradition

Do you attend Virtual meetings (phone/online)? Please consider making your 7<sup>th</sup> Tradition donation to OA via ARC (automatic recurring contributions). It's easy! Check it out at [oa.org](http://oa.org). OA depends on the support of the fellowship.

Please remember that the 7<sup>th</sup> 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](mailto:info@oanorthshoreintergroup.org)

## Notable Quotes

"I must always be willing to give over more than I think I need to."

~*Speaker*

How's Your Food Plan Working for Ya?  
World Service Convention 2016

"When you are struggling, your tears are from the ice around your heart melting."

~*Anonymous*

## ♥ 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](mailto:info@oanorthshoreintergroup.org)

## 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.
- 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.

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*

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