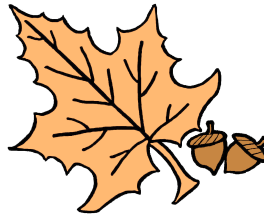


Sharings



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

WEBSITE: WWW.OANORTHSHOREINTERGROUP.ORG

Upcoming Events

12 Steps through Meditation

Saturday, November 4th

1:00 PM - 4:30 PM

Where:

Church of the Good Shepherd
95 Woburn Street
Reading, MA

IDEA Day

Saturday, November 18th

10:00 AM - 12:00 PM

Where:

First Congregational Church
25 Woburn Street
Reading, MA

We Need Service!

DON'T FORGET ABOUT NORTHSHORE 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: Basement Room at
First Congregational Church
25 Woburn St, Reading MA

Each meeting is encouraged to send a representative!

Many of 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!

OA in the Digital World

OA has helped me through many challenges in my life. I'm not sure where I would be, without this fellowship. In meetings we read the 9 tools of our program of recovery. But with our ever-expanding digital world, some of these tools are now coming in a variety of formats.

Have you used OA.org to listen to a **podcast** yet? If the word *podcast* has you confused, it's basically just a fancy word that means "a series of music or talk files available for download." World Service has made more than 100 podcasts, which are available at OA.org/podcasts. If you prefer to skip that extra step of downloading, you can also stream directly from your computer or other device.



Lifeline is now available digitally! It also offers features making it more accessible, including 100+ language translations of each article. Plus, the digital format allows you zoom in to adjust the text size. You can register at OALifeline.org. The digital subscription is \$23/year and gives you archive access to the past 10 Lifeline issues; that's more than one hundred stories. My favorite feature? There's a newspaper icon in the top navigation bar which gives you a random story.



OA is on **Facebook**! In January 2017 OA launched their Facebook page, and now has more than 5,200 followers. My personal favorite from their page is the cartoon, which only 12-steppers will "get". To 'like' or 'follow' OA, search for @overeatersanonymousofficial in the Facebook search bar. Helpful tip: If you want to follow the official OA page on Facebook you should know that Facebook's default privacy setting is public. If you want to 'like' and/or 'follow' pages anonymously you must change your personal settings. To do this, navigate to your profile page, click the 'More' dropdown towards the top of the page, and then select 'likes'. Once there, select the pencil/manage button to the right of the page. There you will see a menu to change those privacy settings.

The **Find A Meeting** search feature of the OA website is probably the digital tool I use the most. OA.org/findameeting has a search that enables you to find an online, phone, or face-to-face meeting which is most convenient for you. Searching by location, day, and time are all filter options which can be particularly helpful if you find yourself in need of an extra meeting. Another added bonus: you can filter your search by *special topic* to find Newcomer meetings, 100 pounder meetings, men's meetings, step meetings, Big Book meetings etc.

Have you tried **online meetings**? Online meetings come in 2 different types: chat rooms and voice calls via Skype. Most of the chat rooms allow you to enter the room without giving any information like email addresses. In order to join a Skype meeting, you must create a user account which requires an email address.



continued ----->

Meeting Contacts

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

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

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

♥ 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

OA in the Digital World (Cont'd)

The **North Shore Intergroup Website** (oanorthshoreintergroup.org) has an archive of Sharings newsletters, and has just added an *Outreach* section. Here, you can sign up for our email list to keep updated on events and other announcement. You can now also submit names and contact info for any health care providers which may be looking to learn more about OA. Lastly, you can sign up to be part of our growing bank of sponsors and volunteers.

Larissa M.

Reading, MA

Stepping Up for Recovery

Region 6 Convention 2017, Toronto

What could be better than spending a weekend immersed in recovery with some of my closest OA friends and more than 350 other compulsive eaters?? Not much! There were over 40 workshops, daily OA meetings, and four wonderful keynote speakers from all over the region! The hotel was beautiful, the weather was incredible, the basket raffles were fun and the meals gave us wonderful abstinent choices for our "plan of eating". Hearing people share about their recovery on all of the many topics was interesting and enlightening. It is physically impossible to attend every workshop but the good news is there are recordings available if you would like to purchase them. Check oaregion6.org.

The weekend ended with a wonderful skit announcing next year's Region 6 convention. **"WE LIGHT THE WAY" PORTLAND, MAINE 2018!!**

Save the date! It will be held October 26-28, 2018 at the Holiday Inn by the Bay, downtown Portland.

Please check out the OA Region 6 website <http://oaregion6.org/2018> soon for early bird registration discounts. Hotel information and meal plans will be available on the website in January.

-- C. V.

**We Light the Way, Region 6 Convention 2018
Portland, Maine**

Super Early Bird Registration

\$30 rate until November 11th

After November 11th, rate increases to \$50



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