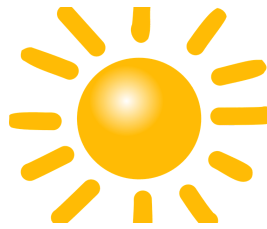


# Sharings



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

WEBSITE: [WWW.OANORTHSHOREINTERGROUP.ORG](http://WWW.OANORTHSHOREINTERGROUP.ORG)

## Upcoming Events

### Toronto: Stepping Up for Recovery

#### 2017 OA Region 6 Convention:

Friday, October 20<sup>th</sup> -Sunday, October 22<sup>nd</sup>

**Where:** Sheraton Parkway  
Toronto North Hotel and Suites  
Richmond Hill, Ontario

Last day for early bird registration  
is **August 15th**

#### More Information at:

<http://oaregion6.org/2017>

## We Need Service!

### DON'T FORGET ABOUT NORTHSHORE INTERGROUP BUSINESS MEETINGS!

#### We need you!

**When:** 1<sup>st</sup> 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 24  
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!**

## Celebrating Sponsorship

I was excited and humbled to be part of the group conscience of OA representing North Shore Intergroup, at the 2017 World Service Business Conference where the fellowship adopted the motion to add a new OA Holiday to the OA calendar.

The 3<sup>rd</sup> Saturday in August, beginning with August 19, 2017 will now be celebrated as "SPONSORSHIP DAY"! What a great way to acknowledge the importance of this amazing tool!

For me personally, I couldn't work this program without one. But I didn't know that back in 1980, when I attended my first meeting. I went to a few meetings and listened to what I wanted to hear. I really didn't have time to get involved with the "Program" but I did get a sponsor or I should say a sponsor got me. I began to work the program my way and in about nine months I had lost 50 lbs. Wow! I thought I did a great job! I took all the accolades for the willpower I had. I really believed that I had done this all by myself. When my ignorance and arrogance allowed me to pick up a food item that I hadn't had in almost a year, it began an eight-year relapse, a relapse that took me to an even lower bottom than I had experienced at my top weight of 192 lbs. In less than three years I had reached 240 lbs. and stayed that weight for another five years.



I continued going to meetings here and there, but It wasn't until another member and I reached out to sponsor each other, in March of 1989, that I was given the "gift" of abstinence a second time. On that night, at a meeting that I still attend today, I began planning my food and committing it to my co-sponsor.

Shortly after that, I heard someone speak at a meeting and it seemed like she might be a better fit as a sponsor ("find someone who has what you want ..."). I got up the courage to ask her and through her willingness to help me and the Grace of God, over the next year I lost the 90 lbs. At that point, she graciously nudged me onto a sponsor who was maintaining. My new sponsor had dealt with anorexia and bulimia and was now maintaining a healthy body weight.

*(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.

## 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. 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)

### ♥ 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)

## Celebrating Sponsorship (cont'd)

*(Continued from front)*

After hearing her story, I knew that her issues were no different than mine other than my compulsion to eat manifested itself in obesity. After a few years I felt that she was just too busy and I was getting scared of losing this second chance that had been given to me.

In 1992, a wonderful woman that I was sponsoring understood my fears and asked if we could co-sponsor. It worked before, why not again, I thought. That began a relationship of honesty, willingness, trust and love that has grown and continued for over 25 years. This relationship has been such an amazing gift in my life and I know she feels the same.

Over the last 28 years I have been gifted with many "Sponsees," each one bringing so many gifts to my recovery. I know I am not responsible for anyone's success or failure in this program, but I can hope that I was able to help them on their journey by sharing my experience, strength and hope with each of them. I am so grateful that they have been a part of my journey. Recovery is not the destination, it is the journey, and we do not have to travel alone.

-- Char

## Simple, Powerful Acts

Since arriving in the OA rooms, I have a new understanding of forgiving myself and others.

OA does not say I must be good or walk on my knees repenting. OA says: Make a list, go to meetings, share my despair and hear the despair of others, and listen to the solutions that each of us apply, one day at a time, to be free for this moment from compulsive overeating.

I know I will not hear this kind of talk sitting in front of the TV.

When I am in the rooms or when I am at home, I know I am no longer alone in my struggle to put the food aside. I can choose to allow myself to feel what my body needs to feel, sometimes by calling an OA friend and sharing, other times by reading or writing.

By practicing simple, powerful acts of forgiveness as the Steps encourage me, I am free to flow to the next moment knowing that I am no better or worse than any other fellow. As OA says, no matter who you are, we welcome you.

-- Nathan B., San Francisco, CA

Reprinted from OALifeline.org

## 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](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)