

# Sharings



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

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

## Upcoming Events

### Unity Day:

February 25<sup>th</sup>, 1pm - 4pm

Beth Israel Deaconess Hospital

275 Sandwich St.

Plymouth, MA.

### Annual Retreat:

June 3<sup>rd</sup>, all day (times TBA)

More information to follow

## We Need Service!

**DON'T FORGET ABOUT  
NORTSHORE 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 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.

## NEW Lifeline Website!



Start 2017 with a recovery boost  
from Lifeline. Register on  
[oalifeline.org](http://oalifeline.org) and get immediate  
access to hundreds of stories of  
real recovery from Lifeline

magazine. Plus, you can read on your smartphone, tablet, or computer, just like  
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published in 2016, plus new stories every month beginning today. You can even  
search a topic or browse a category to read the experience, strength, and hope  
that you need most.

For current e-Lifeline subscribers, our new website replaces your e-Lifeline  
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New subscribers can go to the website and click on any story to register. A  
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*OA World Service Organization*

Editor's Note: At press time, there is currently a glitch with the new registration  
page. You may create a new account by visiting [oalifeline.org/contact](http://oalifeline.org/contact)

## From the NSI Chair...

I hope you were able to make it to the World Service Convention last  
September since it was a truly extraordinary event. Everywhere I looked, I  
saw members from the North Shore Intergroup meetings giving service and  
taking in the wide array of meetings. Each keynote speaker brought his or her  
own unique story that we could identify with—though the member from  
Cambridge who spent nine months in Korea building the OA program there  
truly set a high bar for what we can achieve in working Step 12.

On a personal note, one of the real joys for me was catching up with two  
of my oldest friends, who I've known since we were in our twenties. Together  
we learned how to "grow up" abstinently—handling dating or making a job  
change using the tools and steps to get through our fears. Eventually we  
supported each other as we each got married and had children. It reminded  
me that my life would have been far different had I not been lucky enough to  
find OA relatively early.

And while it's often remarked that we're an aging fellowship, our  
convention demonstrated that we're also a vibrant one—with a wide range of  
ages, more men than ever, people of color, and members from all over the  
world. OA is committed to "Unity with Diversity," and to find out more about  
this important OA objective, check out the Unity With Diversity Checklist  
here: <http://www.oa.org/pdfs/UnityWithDiversityChecklist.pdf>.

Gratefully, Marcy R.

## 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

If you do what you've always done, you'll get what you've always gotten.

God will either shield you from suffering or give you unfailing strength to bear it.

- 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)

## Coming Together on Unity Day

Each year on the last Saturday of February, members of OA all around the world pause to reaffirm the strength inherent in OA unity. This year our hosts, Cape Cod and South Coastal Intergroups, invite all to attend Unity Day to celebrate the worldwide unity of our fellowship.



## Finding My Abstinence

When I first entered OA, I was struck abstinent... or at least, I thought I was. I never bothered working the steps and used few of the tools. My "abstinence" was white-knuckled, and every thought still centered around food. I went from a binge-eater to a restrictor and called that abstinence.

When a crisis inevitably happened I left OA and began to isolate. I was angry with the world and took it out on myself and everyone around me. In less than a year, I had gained back the 100 lbs I lost and then an additional 30 lbs. Still, this was not enough to convince me of my disease.

Attending the 2016 World Service Convention saved my life. By then, I had returned to OA for more than a year, but still was unable to find abstinence or any sense of peace. I still had a stubborn will and no connection with a higher power. The first day of convention changed me. Attending sessions that centered around a lot of my internal conflicts was the spiritual medicine I needed. Making deeper connections with other members forced me to open my eyes: I am not the only one with this problem and others might just know a little more than I do. With that, I gave up fighting and promised to be honest with myself and my sponsor.

Being honest with yourself is hard. Perhaps it is the hardest thing I have ever had to do. They don't call it rigorous honesty for nothing. In the weeks since convention I have learned to live my life one day at a time. Each day I take a moment to pray to my higher power. If I start to feel on edge, I take a little time to read OA literature. I lead a busy life but taking time out for program, even if it's only 10 minutes a day, keeps me sane and peaceful.

As I write this, I am experiencing my 120<sup>th</sup> day of imperfect abstinence. I have released almost 40 pounds thanks to my higher power and the Overeaters Anonymous fellowship. I am experiencing a sense of peace I could never have imagined. Food tastes better. I think clearer. I am calmer. I have a connection with my higher power. I got through the holidays abstinely with little temptation from food. These are all miracles given to me by my higher power through the gift of program.

Anonymous

## 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)