

Sharings

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

WEBSITE: www.oanorthshoreintergroup.org



Upcoming Events

Unity Day 2020

Saturday, February 29, 1-4pm
North Andover Senior Center
120 Main Street, Rear
North Andover, MA

We Need Service!

**DON'T FORGET ABOUT
NORTH SHORE INTERGROUP
BUSINESS MEETINGS!**

We need you!

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

Time: 10:00 – 11:30 am
New Rep Orientation 9:45 am
Call ahead 978-387-8188

Where: Location posted on door
First Congregational Church
25 Woburn St, Reading MA

**Each meeting is encouraged to
send a representative!**

North Shore Intergroup has 21
meetings. Many aren't 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 Darlene at 978-973-7137
with any meeting changes.

Join Us for Unity Day!

Celebrated this year on Saturday, February 29, this day recognizes the strength of the Fellowship worldwide. North Shore Intergroup will be joining with Mass Bay Intergroup to celebrate the message of OA's first tradition: **"Our common welfare should come first; personal recovery depends upon OA unity."** (See "Upcoming Events" for details.)

From Our New Intergroup Chair: Starting the New Year Off on the Right Foot

I hope you have all weathered the Bermuda Triangle of OA (those food-filled holidays of October, November, and December) and come through the holidays both abstinent and in recovery. I know that this is a difficult time of year for all of us. Most families express their love towards us by saying: "Eat this!" We sometimes lose sight of the fact that we must take care of ourselves, love ourselves, before we can love others.

Just because other people might associate not eating their food as not loving them, it does not mean that we have to "people please" to the detriment of our own health. If people truly love us, they are capable of understanding that we are striving to do the right thing and seek recovery from a disease for which there's only a daily reprieve.

I hope this holiday season has treated you well and that the coming year will bring you the physical, emotional and spiritual recovery we all seek. I also wanted to thank the outgoing North Shore Intergroup officers for their dedicated service: Jane, as Chair; Marcy, as Secretary and Charlene as Treasurer. And please welcome our newly elected officers: myself as Chair, Claire P. as Secretary, Patti F. as Treasurer, and returning for a second term, Darlene as Meeting Coordinator.

I look forward to seeing you all at Unity Day on February 29 (details above). Let's get ready to seize the coming year, help as many people as possible, and relish the spiritual pleasures that recovery can bring us. Happy New Year!

Ken G., North Shore Intergroup Chair

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

Join Our Email List

Help us make 7th Tradition contributions go further by signing up for our email list

<https://tinyurl.com/nsi-email-list>

♥ 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

NSI Meetings - 2018-19 Contributions

We're pleased to announce that at the end of North Shore Intergroup's 2018-19 fiscal year, there were a total of **\$7,282.20** in donations from our groups. We were able to make a **10% donation of \$728.22 to Region 6** and a **30% donation of \$2,184.66 to OA's World Service Office**. We thank our meetings for their generous contributions:

MEETING/TOWN	DAY/TIME	2018-19
AMESBURY	TUE 3:45 pm	\$ 200.00
BEVERLY (White Whale)	SAT 9:00 am	\$ 500.00
BEVERLY (First Baptist Ch.)	THU 10:00 am	\$ 59.00
BEVERLY (Wms Health Ctr)	WED 6:00 pm	\$ 123.00
BEVERLY (Wms Health Ctr)	TUE 6:00 pm	\$ 113.15
BRADFORD	WED 7:00 pm	\$ 320.00
BURLINGTON (St. Mark's Ch.)	SUN 4:00 pm	\$ 251.00
BURLINGTON (St. Mark's Ch.)	WED 7:15 pm	\$ 430.00
DANVERS	MON 7:00 pm	\$ 1,251.05
MALDEN	FRI 9:30 am	\$ 170.00
MANCHESTER BY THE SEA	SUN 8:30 am	\$ 496.00
MARBLEHEAD (JCC)	SUN 8:00 am	\$ 40.00
MEDFORD	THU 7:00 pm	\$ 120.00
NEWBURYPORT	SAT 7:15 am	\$ 124.00
NO. ANDOVER	TUE 4:30 pm	\$ 660.00
NO. ANDOVER	THU 4:30 pm	\$ 745.00
READING (1st Cong)	SAT 10:00 am	\$ 700.00
STONEHAM (Library)	TUE 7:00 pm	\$ 225.00
STONEHAM (1st Cong)	SUN 6:30 pm	\$ 220.00
TEWKSBURY	FRI 10:00 am	\$ 355.00
NEWBURYPORT Mon. (CLOSED) Jan. 2019		\$ 180.00

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