



**OVEREATERS
ANONYMOUS®**
North Shore Intergroup

January 2026

To: NorthShore Intergroup Member Meetings & Fellow OAs.

Thank you for supporting NSI & OA with your 7th Tradition Donations, which allows us to carry the OA message of hope and recovery. Because of the importance of the 7th Tradition to OA's survival, the following information bears repeating. **(Please share with your meeting)**

WHERE DOES THE 7TH TRADITION GO????

Our Seventh Tradition states that “every OA group ought to be fully self supporting, declining outside contributions.” Part of being self- supporting is carrying the message of recovery to others inside and outside of OA, which is the function of NorthShore Intergroup (NSI). NSI depends upon the individual meetings that belong to it for financial support, and in turn, NSI provides support to the individual meetings in the following ways:

- Maintaining the NSI website: www.oanorthshoreintergroup.org
- Maintaining an answering service (315-215-9074). Answering mail and phone inquiries about OA.
- Sponsoring share-a-thons, retreats, workshops, & other special events.
- Providing ZOOM access for our ZOOM meetings, at no cost to the meetings.
- Providing liability insurance for our face-to-face meetings, at no cost to the meetings.
- Providing OA literature for sale to meetings, including Newcomer & Welcome Back Pamphlets.
- Providing “Outreach” to facilities and informing healthcare and other professionals about OA.
- Providing links between local OA groups and the Regional and International levels of OA, where policy is set and where literature is developed.
- Contributing regularly to Region 6 and the World Service Office (WSO) from donations made to NSI from individual groups. **Each month NSI sends 10% of your 7th Tradition contribution to Region 6 and 30% to the World Service office. 60% remains at NSI to help our meetings and to carry the message!**
- Sending delegates to the annual World Service Business Conference (WSBC) and representatives to the Region 6 Spring & Fall Assemblies.

SERVICE is as much a part of the 7th Tradition as the monies collected and without your help none of these services would be possible. Please consider doing service, we need you, OA needs you!

“Give as though your life depends on it!” but..... please remember that whether you can contribute to your meeting or not, you are ALWAYS welcomed with open arms.

If you can contribute, please think beyond the needs of your individual meeting. Think of this list, and the gifts that you have received through this program and think of the importance of carrying the message to the still suffering compulsive overeater by way of the 7th Tradition. Perhaps you can increase your own personal contribution. Is the current suggested donation of \$5 a consideration? When your meeting's treasury has more than a prudent reserve (1-2 month's expenses, for example), please send the excess to NSI so that we may be fully self-supporting.

North Shore Intergroup has several ways that you can make your 7th Tradition contribution.

Please remember to identify the meeting you attend and are donating for. If you do not know your group's ID # (see meeting list) please identify with day, time & city, or former city if Zoom. This helps the Treasurer to post the donation to the correct meeting. Please contact me if I can help.

- Check made out to NSI or North Shore IG and mail to Charlene V. 60 Swan Ave. Methuen, MA 01844
 - PayPal via oanorthshoreintergroup.org under contributions tab. The NSI website walks you through the steps. Please see www.oanorthshoreintergroup.org/7th-tradition for details. PayPal fees are minimal.
 - VENMO (See attached QR code below) and please print/copy and share this code with your meeting. No fees. Please identify your meeting in the NOTE section.
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As always, thank you for your continued generosity!
