

Sharings



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

WEBSITE: WWW.OANORTHSHOREINTERGROUP.ORG

Upcoming Events

Forgiveness & Acceptance, Annual Retreat:

Saturday, June 3, 9am - 4pm
\$45 with full lunch included

*Notre Dame Spirituality Center
30 Jeffery's Neck Road
Ipswich, MA*

Space is limited!

Register by mailing a check
made payable to North Shore
Intergroup:

*Treasurer, 1 So. Maple Ave.
Haverhill, MA 01835*

For more info contact
Marcy at 518-567-8996 or
Jane at 978-857-9261

We Need Service!

DON'T FORGET ABOUT NORTSHORE INTERGROUP BUSINESS MEETINGS!

We need you!

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
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!**

Tips for an Abstinent Springtime

Several years ago with springtime arriving and summer just around the corner, I had to take a good look at the physical part of my OA program. I had been having some success moving toward my goal weight, but with summer coming and several days of vacation ahead, I found it hard to reconcile the thought of being footloose and fancy-free with maintaining an orderly, abstinent daily food plan.

To me, summer was a time to hike up mountains, swim at the beach, go to outdoor concerts and visit friends. Vacation was a time to shed the schedules of work and just have fun. That good time often led to an extra 20-30 pounds by summer's end.

In my mind, enjoying summer and eating abstinely were not compatible. Somehow, I knew that if I was to continue on the path toward contented abstinence, I had to adopt a new philosophy. But how was this possible? My answer came at a meeting when I heard others talk about the importance of planning ahead.

A simple idea came to me as the solution for this dilemma. I had recently purchased what I thought was a lovely purse only to discover it was an insulated lunch box. I decided to put this "purse" to good use. I filled it with a can of tuna, a can of green beans, a can of diet soda, an apple a napkin silverware and a can opener.

Voila! Now I had what I needed to stay abstinent, and at the same time I could choose to be footloose and fancy free. This emergency meal kit allowed me to travel anywhere that summer because I had a backup. I now had a choice. I could eat my simple meal anywhere I went or I could choose to eat abstinely at a restaurant or at friend's home. Best of all I could enjoy my summer eating abstinely.

Anonymous

Region 6 Convention Early Bird Rates!

You can still register at early bird special rates now through August 15, 2017.

Early Bird Registration: \$50 CAD

Convention date: Friday, October 20th – Sunday, October 22nd, 2017

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

Why: Sharing and listening to stories of recovery, along with working the steps, keeps us abstinent.

For details, visit:

oaregion6.org/2017/hotel-reservations/#rates

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 and Aging

I am 78 years old and I have been in OA since I was in my 40s. The relief that I feel in being able to give up the struggle with my weight, dieting, binging, restricting and obsessing over the food, has made this stage of my life much more enjoyable than it would have been had I not come to OA.

I can imagine that without OA I would be wasting these valuable years caught in the trap of food addiction. Gone would be the years I have had being present for my grandchildren, being a help to my children, being creative and productive, and being of service to OA.

The aging body is a journey all its own. The changes are dramatic and progressive and without OA I would still be looking for ways to control this natural process.

I know I would be thinking that "if I just lose 10 pounds...." I know better than that today. I know that accepting all the changes that have come, and will come in the future, will be easier to bear as I use the wisdom of the first three steps. I am grateful that I can age gracefully, with humor and dignity because of OA.

Sandra W.
Marblehead

Sponsorship Tools

Sponsors are OA members who are living the Twelve Steps and Twelve Traditions to the best of their ability. They are willing to share their recovery with other members of the Fellowship and are committed to abstinence.

OA.org has some great resources to help members with this crucial service, including two podcasts:

"Sponsorship--How to pick? Why have one?"
"How to sponsor"

Go to: oa.org/members/working-the-program/be-a-sponsor

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