



SHARINGS



Box 214, Reading, MA 01867 Tel 978-387-8188 website: www.oanorthshoreintergroup.org

OA WORLD SERVICE CONVENTION!

Boston Marriott
Copley Place

September 1-4, 2016

Hotel reservations now open!

Check Convention website
www.oa.org



UPCOMING EVENTS

NEW YEAR'S DAY
Beverly Hospital
Friday 1/1/16

UNITY DAY
Saturday 2/27/16

R-6 SPRING ASSEMBLY
Albany, NY
Saturday 4/16/16

WSBC 2016
Albuquerque, NM
May 2-7, 2016

NSI ANNUAL ONE DAY RETREAT
Saturday 6/25/16

The Unofficial Guide to Abstinence, Serene Holidays

“It works if you work it,” the saying goes. With the holidays upon us, we need to work it more than ever. Family gatherings, office parties, and seasonal sights, sounds and smells can trigger us to take that first compulsive bite. What can you do to help yourself stay abstinent? First of all, **keep up your disciplines**, no matter where you are.

- Take a mini-journal to write down your food and your feelings (our disease doesn't go on vacation when we travel).
- Purchase a phone card (available at any food or drug store) so you can keep calling your sponsor and OA supports without running up your hosts' phone bill.
- Keep your regular meeting schedule, and if you have to miss your usual meeting, pick up a different meeting within a few days. Before you travel to a different area, call WSO or go online to find meeting times and places.
- Plan ahead for travel delays—especially with recent security changes. Pack your meal in disposable bags or containers, or find out ahead of time where you could eat abstinely, should your flight be delayed.
- Take some OA literature with you to pull out when you need centering.

When it's time for all those holiday goodies to come out and your meal is finished, what can you do to **avoid temptation**? Instead of sitting there wrestling with your disease, get up! Some tricks that have helped other recovering compulsive overeaters are:

- Play with the babies while their parents visit at the table.

- Do the dishes—not only does it get you away from food that's “not yours”, it's a great opportunity to be of service.
- Look around for someone who looks lonely (the holidays aren't just tough for compulsive overeaters), and go talk to him or her—anything that gets us out of our own heads will help.

One final tip—perhaps the most important of all—is to **focus on gratitude**:

- Look around you at the people you love (and sometimes grumble about), and send a special “thanks” to your Higher Power for another chance to celebrate the season together.
- Making a gratitude list is always a great way to change a lousy attitude.
- If you are having trouble feeling close to your H.P. in the midst of all the chaos, take a moment to step into a place of worship or find a place of beauty to reconnect.

Whatever you're celebrating, wherever you are, here's hoping your holidays are abstinent and serene.

~Susie H., Beverly, MA

Originally from “SHARINGS” Winter 2001/2002

NSI PUBLIC INFORMATION

PUBLIC OUTREACH PROJECT

WATCH FOR THE BUS ADS!

If you see one of the ads, please let us know!



Send a photo or comment to:
info@oanorthshoreintergroup.org

Editorial Policy

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**DON'T FORGET ABOUT
NORTHSHORE
INTERGROUP MEETINGS!**

**First Saturday of Each
Month (except July)**

**Business Meeting:
10:00-11:30am**

(Orientation for new reps:
9:45am - 978-387-8188)

Basement Room at
First Congregational Church
Woburn St, Reading MA

**Each meeting is
encouraged to send their
own representative!**



Chair: Marcy R.
Secretary: Mike G.
Treasurer: Jane H.
Coordinator: Kristen B.

FIND 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

Meeting Accessibility:
Is your meeting handicapped accessible? Is it listed as such 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.

**Call: Kristen B. at
781-974-9734** with meeting changes.

**Reflections: Reach Out
for Recovery**

Region 6 Convention 2015 Hartford, Ct.

I have been attending OA Conventions since 1991 and every one of them has been an amazing experience and the R6 Convention that was just held in Hartford, CT was no exception!! Here are what recent attendees wanted to share about their experience...

- Being in a room with 500 other OAs celebrating recovery and fellowship was awesome! I can describe it but it can only be experienced by each member!
- A family reunion! Feeling the presence of all of us and our higher powers together.
- There is such a variety of workshops and people sharing. There was always something new to hear and learn.
- Convention is community and connection with others who are experiencing and practicing recovery.
- I was able to make connections with speakers and presenters who may be able to speak at our inter group workshops or local meetings.
- We are never alone! Whether we are local or traveling, there are always people who share our struggles.
- It was amazing and helpful to hear other voices and different angles and to realize that I am not alone. We OAs are everywhere!

There is only one thing that I can think of that has made the convention an even more rewarding experience for me and that is being a part of the convention committees that work so hard to bring our Region 6 a great convention each year.

We have the opportunity next Labor Day weekend, right here in Boston, to experience another great Convention, but not just a Region 6 convention, the OA World Convention!! We will have the unique privilege of meeting, greeting and sharing with our national and international fellows, **so please give yourself an amazing gift and plan on attending!**

~Anonymous

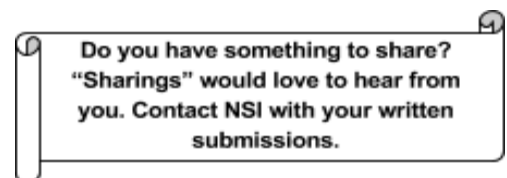
**♥♥♥ A Very Special THANK YOU
To All of the NSI Meetings for
Supporting Your Local Meetings,
NSI, Region 6 & OA! ♥♥♥**

**NSI SEVENTH TRADITION DONATION!
Final Report~Fiscal Year 2015
(10/1/14-9/30/15)**

| Meeting | Day | Time | YTD |
|---------------------------------|------------|--------------|--------------------|
| Amesbury | Tues. | 3:45 pm | \$ 200.00 |
| Beverly | Wed. | 6:00 pm | \$ 96.00 |
| Beverly | Tues. | 6:00 pm | \$ 415.00 |
| Beverly | Sat. | 9:00 am | \$ 1175.00 |
| Bradford | Wed. | 7:00 pm | \$ 460.00 |
| Burlington | Wed. | 7:30 pm | \$ 701.00 |
| Malden | Fri. | 9:30 am | \$ 215.00 |
| Manchester by the Sea | Sun. | 8:30 am | \$ 340.00 |
| Marblehead | Mon. | 4:00 pm | \$ 50.00 |
| Marblehead | Wed. | 4:00 pm | \$ 40.00 |
| Melrose | Fri. | 7:00 pm | \$ 39.75 |
| No. Andover | Tues. | 4:30 pm | \$ 240.00 |
| No. Andover | Thurs. | 4:30 pm | \$ 430.00 |
| Reading | Sat. | 10:00 am | \$ 722.00 |
| Reading | Mon. | 10:00 am | \$ 40.00 |
| Stoneham | Tues. | 7:00 pm | \$ 149.00 |
| Tewksbury | Fri. | 10:00 am | \$ 120.00 |
| Wakefield | Sun. | 6:30 pm | \$ 50.00 |
| 7TH Tradition | FY | TOTAL | \$ 5,482.75 |
| 7TH to WSO | 30% | TOTAL | \$ 1,644.83 |
| 7TH to R-6 | 10% | TOTAL | \$ 548.28 |

The 7th Tradition means more than financial support. It means giving the greatest gift of YOU through service!

North Shore Intergroup has 26 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. **Please consider representing your meeting!**



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