

UPCOMING OA EVENTS

Join NSI at the 5th Annual One Day Retreat
"Building Conscious Contact"
"Steps Three & Eleven"



Saturday June 20, 2015 ~ 9am-4pm
\$45.00 ~ Includes hot lunch
Notre Dame Spirituality Center
30 Jeffery's Neck Road, Ipswich Ma
For a flyer/registration form go to
www.oanorthshoreintergroup.org

"Step into Recovery"

OA Retreat

Sponsored by Central Mass. Intergroup
March 20-22, 2015 Framingham, MA
For info email: eventsctmi@gmail.com

"Serenity by the Sea"

OA Retreat May 1-3, 2015 Duxbury, MA
For info: retreat2015@scmioa.org
781-925-1903

"Reach Out For Recovery"

2015 Region 6 Convention
October 23-25, 2015

Hilton Hartford Hotel, Hartford, CT.
www.oaregion6.org

- ❖ Register for the Convention
- ❖ Reserve your Hotel Room

Don't forget to sign up for service!!!

SAVE THE DATE

RECOVERY: "The Trail to Freedom!"
BOSTON 2016
World Service Convention
September 1-4

UNITY DAY 2015

Tradition One ~ "Our Common Welfare Should
Come First; Personal Recovery Depends Upon
OA Unity"

Unity Day Is celebrated throughout the worldwide
OA fellowship every year on the last Saturday in
February. For many years, several local and some not
so local, intergroups have gathered together to
celebrate.

This year we met in Portsmouth, NH on Feb.28th.

The following was taken from what was posted by
this year's host, Seacoast Intergroup.

"Unity Day was a big success! Thanks to everyone who
volunteered! Thanks also to the 80 + OA members
from four states and at least a half dozen
Intergroups who joined us. Together we get better!"

Members share from near and far:

"Unity Day is one of my favorite OA events. It's like
a family reunion with my "family of choice". Getting to
share a great day of fellowship with members that I
wouldn't see other than at Region Assembly or
Convention is truly a gift. Thank you to this year's
host, Seacoast IG, and all the volunteers. A special
thank you to all who shared their recovery. It was a
glorious day inside and out ~ no snow!!"

C.V. ~Methuen

"Although my home is on Cape Cod, I spent last week
in San Francisco (no snow in sight). While there, I
attended the Saturday meeting (got there by cable
car), and part of the meeting focused on celebrating
Unity Day...around the world."

I also received an email from an OA friend in Israel,
with this Unity Day message, "As long as I reach out
to my OA friends, I can stand up, and stand up
straight."

Together we can ~ Barbara

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



SHARINGS

NORTH SHORE INTERGROUP OF OVEREATERS ANONYMOUS 978-387-8188 Mar. 2015

Unity Day reflections continued...

"I went to Unity Day at Ft Myers, Florida. I met two OA sisters from MA, both retired in that area. We had a joyful reunion and paused at 2:30. I'm thinking of you all with serenity & abstinence."
Eileen D. ~ Medford

Unity Day has always been special to me and NSI has held one since its inception.

10-15 year ago, another intergroup asked us to co-sponsor the event. We did and had a magnificent turn out, and a "tradition" was started! More importantly, each year, another intergroup or two would ask if they could participate. What better way to celebrate Unity Day than to have OA members from 3-4 states, and multiple Intergroups! Each year filled me with sacred awe.

Then, this year, for the first time ever, I was not with my close OA friends at our Unity Day event, as I was at a different OA function. At first this saddened me ...throughout the day; I received messages from OA friends around the world rejoicing in our unity.

At my OA function, we missed the Official "OA" time, but gathered in unity later in the day. Again, I was filled with sacred awe as I was with other close OA members from New Zealand, Israel, Canada, and the United States. Within our circle, we were representing the entire virtual world and meetings in over 70 countries. Unified in our love for and commitment to OA, but not uniform in food plans, or how we worked our individual programs.

How thankful I am that my Higher Power led me to this wondrous program!

Events such as "Unity Day" reinforce my willingness to live The OA Steps and Traditions, "just for today". And to remember.....Above all else, just keep coming back! ~ Tina C.

Do you have something to share? "Sharings" would love to hear from you. Send written contributions to PO Box 214 Reading, MA 01867 or info@oanorthshoreintergroup.org

♥♥♥♥ A VERY SPECIAL THANK YOU TO ALL OF THE NSI MEETINGS FOR SUPPORTING YOUR LOCAL MEETINGS, NSI, REGION 6 & OA ♥♥♥♥
The 7th Tradition means more than just financial support, it means giving the greatest gift, of YOU, through service! North Shore Intergroup has 23 meetings and many are not represented at the monthly intergroup meeting. Your meeting is entitled to have a voice and a vote. Please consider representing your meeting!

NORTHSORE INTERGROUP MEETINGS
First Saturday of Each Month (except July)
Basement Room at First Congregational Church
Sanborn St ~ Reading MA
Each meeting is encouraged to send a rep.
Orientation for new reps: 9:45am - 978-387-8188
Business Meeting: 10:00-11:30am
2014/15 NSI Officers
Chair: Jane H.
Secretary: Beckah R.
Treasurer: Charlene V.
Coordinator: Gloria P.

******* MEETING NEWS *******

The Monday 6:30pm Marblehead meeting at St. Stephen's church has closed.

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 eater who may not otherwise be able to attend a meeting. Please notify NSI Coordinator, Gloria P., with any changes so that the meeting list can be updated.

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

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