

## INTRODUCING THE 2012 BOARD OF NSI

Elections were held at the Nov. Intergroup Meeting. The following are your "Trusted Servants" for the next year.

**Chair:** Tina C., Reading

**Secretary:** Bonnie M., Stoneham

**Coordinator:** Lisa W., Saugus

**Treasurer:** Charlene V., Methuen

**NORTH SHORE INTERGROUP MEETINGS**  
First Tuesday of Each Month (except July)

Reading Senior Center  
Pleasant Street

Each meeting is encouraged to send a  
representative.

**Business Meeting: 7:00 PM – 8:30 PM**

Orientation for new reps: 6:45 PM

### MEETING NEWS

**Closed**~~~Billerica Tuesday 7:00 p.m.

**Time Change**~~~Beverly Wednesday 7:30  
p.m. now meets at **6:00 p.m.**

### Meeting Accessibility

Is your meeting handicapped accessible? Is it listed as such on the North Shore Intergroup meeting list? Please let us know so that we can provide information that may make a difference to another compulsive overeater who may not otherwise be able to attend a meeting.

**Any changes to your meetings,  
call Lisa at 781-334-4470**

## WHAT I KNOW FOR SURE...

My name is Tina and I'm a recovering compulsive overeater. Recently, I was asked to write a brief article for the *Sharings*...my dilemma? What could I share with you, who am I to share? I am one of many in a fellowship. What did keep coming up is ..."**What I know for sure.....**"

- I know I am a compulsive over eater (actually glutton) and will always have that potential.
- I know that Overeaters Anonymous is my solution, just for today.
- I know that my Higher Power brought me to OA in 1989 when He knew I was ready to forego **my** "knowledge" and be willing to listen.
- I know that I would be dead if I had not stayed in OA. (No, I did not get abstinent that first day, but I have never left and I know my recovery started that day in June.).
- I know that, just for today, I do not have to hurt myself with food.
- I know that each day there is hope and a solution for me.
- I know that the Tools of Recovery and the OA Steps and Traditions offer me a roadmap for becoming the type of person my Higher Power wants me to be.
- I know that by sharing yourself with me and accepting me as me, I am a better person.
- I know that whether it is a loving (good) or learning (bad) day, my Higher Power loves and accepts me just the way I am.... period....the end.... amen.

And, since my Higher Power loves and accepts me as I am, then maybe, just maybe....I can love and accept myself the way I am, especially if I keep coming back! **This I know for sure!**

#### 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

## The Unofficial Guide to Abstinent and 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 abstinently, 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

Originally written for “SHARINGS” the North Shore Intergroup Newsletter~~Winter 2001/2002

## REGION 6 CONVENTION 2012 OCTOBER 26-28, 2012



**DELTA OTTAWA CITY CENTRE HOTEL**  
**Ottawa, ON**

Check [www.oaregion6.org](http://www.oaregion6.org) or  
[www.oanorthshoreintergroup.org](http://www.oanorthshoreintergroup.org)  
for more info on this up-coming Region event.

**OA WORLD SERVICE**  
OA website: [www.oa.org](http://www.oa.org)  
OA email: [info@oa.org](mailto:info@oa.org)

**Region 6**  
Region 6 website: [www.oaregion6.org](http://www.oaregion6.org)  
Region 6 email: [webmaster@oaregion6.org](mailto:webmaster@oaregion6.org)

**North Shore Intergroup**  
NSI website: [www.oanorthshoreintergroup.org](http://www.oanorthshoreintergroup.org)  
NSI email: [info@oanorthshoreintergroup.org](mailto:info@oanorthshoreintergroup.org)

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