



Hello from San Francisco:

“And they say you can’t go home again”

My name is Barbara and I am an abstinent recovering compulsive overeater. And I recently went back ‘home’ for a visit with family and friends. I live in San Francisco now but most of our family is back in the Boston area.

I was invited by the Chair of North Shore Intergroup to attend their June intergroup meeting and speak on my experience as a General Service Trustee (GST), a position that I was elected to at the World Service Business Conference in May of 2010.

North Shore Intergroup is where the seeds of doing service ‘above the group level’ were planted. Having come into program over 30 years ago, I was encouraged to do service early on, even if it was just setting up chairs or talking with a newcomer. When someone suggested that I attend an intergroup meeting, I was skeptical. I surely would not be interested in holding any position, or committing myself to anything. That did not last long.

So, over 25 years ago I became a meeting rep, and then went on to hold various other intergroup positions (Coordinator, Secretary, Chair), plus being involved in most intergroup events. A year or two later, that same person who suggested I attend an intergroup meeting suggested I attend a region assembly. And, from there, it was only a small matter of time when I wanted to see what World Service Business Conference (WSBC) was all about and North Shore Intergroup elected me as delegate to represent the groups within North Shore Intergroup.

The position of Trustee was never one I could have imagined. Not me! Never!! Then, that ‘still small voice,’ which I know to be my Higher Power, entered my heart about two years ago. It said, “submit an application”. Simple as that. Well, I did submit my application, and I was elected for a three-year term on the Board of Trustees of Overeaters Anonymous. Part of my ‘coming home’ to North Shore Intergroup was to

share with the intergroup reps, many of whom are still good friends, what my varied responsibilities are as a member of the Board of Trustees. The primary responsibility of all 16 members of the Board of Trustees (6 general service trustees and 10 regional trustees) is to act as guardians of Twelve Steps, Twelve Traditions and Twelve Concepts of OA Service and represent Overeaters Anonymous as a whole. Simply put, general service trustees (GSTs) are involved with the business aspect of OA World Service, while regional trustees represent the Board of Trustees in their respective regions. As a GST, I attend five meetings a year, in Albuquerque, NM (World Service headquarters) with other board members. I also participate in monthly teleconference meetings with the Executive Committee. Part of each trustee’s responsibilities is also to serve on at least 2-3 board or conference committees. In the second year of my term, I was elected Second Vice Chair and became responsible for maintaining the Board Reference Manual, a ‘guide’ for trustees. I also chair the Conference Planning Committee and I am a member of the Board Bylaws Committee. My days are full of doing service, both for my personal recovery and for the privilege of giving back to this fellowship that has given me ‘life’.

I was honored to have been invited back to a NSI meeting and to share some of my journey relating to ‘service above the group level’. NSI is alive and well, and continues to carry this message of giving back what we have so generously been given. Thank you, North Shore Intergroup.

With love in service,

Barbara B., GST

NORTH SHORE INTERGROUP MEETINGS

First Tuesday of Each Month (except July)

**Reading Senior Center
Pleasant Street**

**Each meeting is encouraged to send a
representative.**

**Orientation for new reps: 6:45 PM
Business Meeting: 7:00 PM – 8:30 PM**

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

“RETREAT REFLECTIONS”

NSI hosted a one day retreat on June 11th at the Notre Dame Spirituality Center in Ipswich. There were 48 OA members in attendance for a day of fellowship and reflection on “Living the Basics” Honesty, Hope & Faith and “Experiencing the Tools and Steps One, Two & Three”.

In a very rewarding exercise, participants were asked to introduce themselves by telling, **“What it was like, what happened, and what it was like now”** regarding their recovery. They were asked to do this in an ancient form of poetry using three lines. The first and last lines were to contain 5 syllables each and the second line was to contain 7 syllables. When each one of us read our poem it was truly powerful. Here are just a few of the poems that members wrote that day and would like to share with you.

Invisible, numb

A binge to end all binges

Sharing, seen, known, heard Eileen M.

Sad, mad, raging soul

Heard recovery right then

Twelve Steps guide my life CKC

Confused, angry, lost

Fear; love self, a need to grow

Anticipation Patty S.

Unconsciously numb

Sick and tired being failure

Peacefully happy Gloria

Desperate and scared

Struck by the will to listen

Getting better now MG

Shame, fear, shame, despair

Gentle care of another

No longer alone Anonymous

**STAY TUNED FOR THE NEXT ISSUE OF
“SHARINGS” FOR MORE GREAT POEMS!!!**

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**

Check our great website
www.oanorthshoreintergroup.org
for more info on these up-coming Region events.

**R - 6 Fall Assembly
Albany, NY Sept. 24, 2011**

I  R6
**RECO
VERY**

**The OA R6 2011 Convention
Fri, Oct 21, 3:00p.m. - Sun, Oct 23, 12:30p.m
Crowne Plaza Hotel, White Plains, NY
www.oaregion6.org**

OA WORLD SERVICE

OA website: www.oa.org

OA email: info@oa.org

Region 6

Region 6 website: www.oaregion6.org

Region 6 email: webmaster@oaregion6.org

North Shore Intergroup

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