

## “UPCOMING OA EVENTS”

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**Region 6 Spring Assembly  
April 20, 2013 Albany, NY**

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**South Coastal IG Retreat  
April 26-28, 2013 Duxbury, MA**

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**World Service Business Conference  
April 29-May4, 2013 Albuquerque, NM**

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**Metro West IG Sponsorship Workshop  
May 4, 2013 Newton Centre, MA**

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**Western MA IG Retreat  
May 31-June 2, 2013 Westfield, MA**

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**Metro West IG Retreat  
June 7-9, 2013 Wareham, MA**

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**NorthShore IG One Day Retreat  
“Maintaining the Journey”  
Through Steps 10, 11 & 12  
June 15, 2013 Ipswich, MA**

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**OA “World” Convention  
Aug. 29<sup>th</sup>-Sept.1<sup>st</sup>, 2013**

♪♪♪“Recovery to Rock our World”♪♪♪  
Cleveland, Ohio

(Home of the Rock & Roll Hall of Fame)  
For more info: [conventioninfo@oa.org](mailto:conventioninfo@oa.org)

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**Check [www.oanorthshoreintergroup.org](http://www.oanorthshoreintergroup.org)  
for more information on all of these great  
OA events.**

## Unity Day 2013

Unity Day was held at Beverly Hospital on Feb. 23<sup>rd</sup> with 54 attendees from New Hampshire, Metro West, South Coastal, Seacoast, Mass Bay and this year’s host North Shore Intergroup. Attendees filled the room and listened to 5 speakers from different Intergroups share their strength, hope, recovery and what Tradition One and Unity means to their program. This event brings out the best in all of us. NSI thanks all of the attendees and participating intergroups for another great OA Day!

### FIND OA ON THE WEB

OA website: [www.oa.org](http://www.oa.org)

OA email: [info@oa.org](mailto:info@oa.org)

Region 6 website: [www.oaregion6.org](http://www.oaregion6.org)

Region 6 email: [webmaster@oaregion6.org](mailto:webmaster@oaregion6.org)

NSI website: [www.oanorthshoreintergroup.org](http://www.oanorthshoreintergroup.org)

NSI email: [info@oanorthshoreintergroup.org](mailto:info@oanorthshoreintergroup.org)

### NORTHSHORE INTERGROUP MEETINGS

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

**Reading Senior Center Pleasant Street**

Each meeting is encouraged to send a rep.

Orientation for new reps: 6:45PM - 978-387-8188

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

**2012/13 NSI Officers**

**Chair: Charlene V., Methuen**

**Secretary: Rose D., Danvers**

**Treasurer: Gloria P., Beverly**

**Coordinator: Edie D., Haverhill**

### 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.

**Call Edie, NSI Coordinator at 978-373-9856**  
with any changes to your meetings

#### 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](mailto:info@oanorthshoreintergroup.org)

# SHARINGS

P.O. BOX 214, READING, MA 01867

NORTH SHORE INTERGROUP OF OVEREATERS ANONYMOUS 978-387-8188

March 2013

**NORTHSHORE INTERGROUP  
SEVENTH TRADITION DONATIONS  
Fiscal Year 2013 (10/1/12-9/30/13)  
YTD October 2012 - February 2013**

|                        |           |          |             |
|------------------------|-----------|----------|-------------|
| Amesbury               | Tuesday   | 3:45 pm  | \$ 50.00    |
| Beverly                | Wednesday | 6:00 pm  | \$ 65.00    |
| Beverly                | Tuesday   | 6:00 pm  | \$ 142.72   |
| Beverly                | Saturday  | 9:00 am  | \$ 350.00   |
| Bradford               | Wednesday | 7:00 pm  | \$ 50.00    |
| Burlington             | Wednesday | 7:30 pm  | \$ 75.00    |
| Malden                 | Friday    | 9:30 am  | \$ 151.30   |
| Manch.bySea            | Sunday    | 8:30 am  | \$ 255.00   |
| Marblehead             | Sunday    | 8:00 am  | \$ 113.00   |
| Marblehead             | Monday    | 6:30 pm  | \$ 10.00    |
| Marblehead             | Monday    | 4:00 pm  | \$ 50.00    |
| Medford                | Thursday  | 7:00 pm  | \$ 51.00    |
| Melrose                | Friday    | 7:00 pm  | \$ 50.50    |
| Newburyport            | Wednesday | Noon     | \$30.00     |
| No. Andover            | Thursday  | 4:30 pm  | \$ 140.00   |
| Reading                | Saturday  | 10:00 am | \$ 115.00   |
| Reading                | Monday    | 10:00 am | \$ 20.00    |
| Stoneham               | Tuesday   | 7:00 pm  | \$ 60.00    |
| Tewksbury              | Friday    | 10:00 am | \$ 45.00    |
| Wakefield              | Sunday    | 6:30 pm  | \$ 32.00    |
| Misc./Phone            | Meetings  |          | \$ 30.00    |
|                        |           |          |             |
| 7 <sup>TH</sup> TRAD.  |           | TOTAL    | \$ 1,885.52 |
| 7 <sup>TH</sup> to WSO | 30%       | TOTAL    | \$ 565.66   |
| 7 <sup>TH</sup> to R-6 | 10%       | TOTAL    | \$ 188.55   |

♥♥♥ THANK YOU FOR SUPPORTING OA ♥♥♥

*There are no dues or fees for membership in OA but I have found that it costs me so much more than anything else I have ever tried because I must open up, dig deep and give generously of myself! If I do this, the gifts I receive in return are beyond my wildest dreams!* *Charlene-Methuen*

## WHAT IF.....?

At a recent OA Business meeting, the discussion revolved around membership retention: how can we keep newcomers and other members coming back. After the meeting, a person near me quietly said to two of us..."What if...what if everyone in this room took on one more sponsee?"

What if? What if? This churned and churned in my mind for over a week as I thought of my beloved OA. How could I...how could we help the still suffering compulsive (over) eater?

## WHAT IF.....

~each OA member recommitted to obtaining or maintaining abstinence?

~each sponsor took on just one more sponsee?

~everyone who could sponsor, did sponsor?

~each sponsee (when possible) took on a sponsee?

~each member did just a little more service?

~each person made one more phone call each day, especially to someone new or struggling?

~everyone attended one more meeting?

~each member put just a little more in the 7<sup>th</sup> tradition each time?

~each person shares with others his/her strength, hope and recovery?

~everyone acted on the OA Responsibility Pledge: "always to extend the hand and heart of OA to **all** who share my compulsion...."

**What if** everyone in Overeaters Anonymous committed to some or all of the suggestions above? We would be developing a fellowship and program "beyond our wildest dreams!" I'm committing now: will you join me? -----Tina, Massachusetts

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