

SHARINGS

P.O. BOX 214, READING, MA 01867

NORTH SHORE INTERGROUP OF OVEREATERS ANONYMOUS 978-387-8188 September 2012

OA Greetings to All!

As you may know, Tina, our elected Chair of NSI, had had to resign since she was elected as a General Trustee for OA. This international service came about unexpectedly for her but with the blessing of our Intergroup Board and representatives. We know how devoted to OA she is and how well she will serve the entire fellowship. We thank her for all her service to OA at every level and are proud to have her represent all of us.

The NSI Board saw fit to appoint me as the Acting Chair to complete her term. With so much organizational history and having attended IG meetings for some years, it has been a smooth transition. There are others to assist when I omit something!

OA has a proud tradition of running its business with no hierarchy. When literature is revised--as has much of it recently--, it is done by seeking feedback from many reps. No one person speaks for OA. This democratic approach is very much like our daily meetings; we speak from the heart, often prompted by our Higher Power, and in doing so we benefit our fellows. When disagreements appear, we discuss. We don't walk away or raise our voices or add to the dysfunction. If we err, we apologize and make amends.

In preparing to chair my first meeting, I was presented with a conundrum. I wasn't sure what to do so I postponed whether to add the matter to our agenda. While attending my Thursday meeting, we read one of the traditions from the 12 & 12. Problem solved! My gut had told me there was an issue but I couldn't put it into language for myself. The tradition did this, however. It's a small incident, but it's typical of the kind of guidance our program gives us. Our Traditions help us solve problems. These Traditions can be relied upon because they were developed with a Higher Power's assistance during AA's history and adapted for OA.

The next time you question a decision for yourself or OA, try reading the Traditions. They help our groups keep perspective.

The holidays will be upon us sooner than we realize with their abstinence and relational challenges. Perhaps as we utilize the Steps, our Tools, and pray to (with?) our Higher Power, we can also refer to the Traditions for some guidance. I wish you all peace and serenity for the coming months. See you at Convention in Ottawa! Blessings, Edie D.

NORTHSHORE 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
978-387-8188**

“UPCOMING OA EVENTS”

**Sept. 29, 2012 Region 6 Assembly Albany, NY
October 26-28, 2012 Region 6 Convention
Delta Ottawa City Centre Hotel Ottawa, Canada
Check the NSI or R-6 website for the details on
a chartered bus!!!!**

**Nov. 17, 2012 “IDEA Day” Reading 10-11:30 am
First Congregational Church (flyer on website)
Feb. 23, 2013 “Unity Day” (to be announced)**

“SAVE THE DATE”

**OA “World” Convention Aug. 29th-Sept.1st, 2013
♪♪♪“RECOVERY TO ROCK OUR WORLD”♪♪♪
Cleveland, Ohio
(Home of the Rock & Roll Hall of Fame)
For more info: conventioninfo@oa.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

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NORTSHORE INTERGROUP SEVENTH TRADITION DONATIONS to Date Fiscal Year 2012 – 10/1/11-9/30/12

Amesbury	Tuesday	3:45 pm	\$ 60.00
Beverly	Wednesday	6:00 pm	\$ 169.00
Beverly	Tuesday	6:00 pm	\$ 430.80
Beverly	Saturday	9:00 am	\$1,400.00
Beverly	Thursday	10:00 am	\$ 160.00
Bradford	Wednesday	7:00 pm	\$ 50.00
Burlington	Wednesday	7:30 pm	\$ 250.00
Malden	Friday	9:30 am	\$ 172.00
Manch.bySea	Sunday	8:30 am	\$ 186.00
Marblehead	Monday	4:00 pm	\$ 115.40
Marblehead	Wednesday	4:00 pm	\$ 215.25
Medford	Thursday	7:00 pm	\$ 70.00
Melrose	Friday	7:00 pm	\$ 139.92
N. Andover	Tuesday	4:30 pm	\$ 560.00
N. Andover	Thursday	4:30 pm	\$ 450.00
Reading	Saturday	10:00 am	\$ 145.00
Reading	Monday	10:00 am	\$ 80.00
Revere	Thursday	6:00 pm	\$ 231.00
Stoneham	Tuesday	7:00 pm	\$ 110.00
Tewksbury	Friday	10:00 am	\$ 95.00
Wakefield	Sunday	6:30 pm	\$ 30.00
Misc./Phone	Meetings		\$ 35.00
7 TH TRAD.	TOTAL	YTD 8/12	\$5,154.37
7 TH to WSO	TOTAL	YTD 8/12	\$1,546.31

♥♥♥ THANK YOU FOR SUPPORTING OA ♥♥♥

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 Lisa, NSI Coordinator at 781-334-4470
with any changes to your meetings

Tips for the Holidays from OA members

(They will be here before we know it!!)

- Thanksgiving and other holidays are just another day to be abstinent.
- If in doubt, leave it out. That includes foods about which we are not sure and places and situations where we don't know if we can be food sober.
- It never hurts to bring our own food. If we find we can eat the food that's served, we can save the meal we brought for another time. If we can't eat the food – or are not sure – our "Plan B" meal can save our abstinence.
- "Bookending" is a way to play it safe in difficult social situations. One way to "bookend" is to call someone before going into the situation. Say that you will call them if you have any trouble. Call again immediately afterwards and share how it went.
- There are meetings all day in many cities and phone marathons throughout the day. Check www.oa.org.
- When all else fails, help another food addict. Invite someone who is isolated to your Thanksgiving or other holiday celebration. Give a call to someone who is asking for help.
- If someone or something disturbs you during the holidays, pray for them. Don't eat no matter what (you'll still have the same problem you had before you picked up the bite)

May we all enjoy a contented and abstinent holiday among friends and family!

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

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