

## FROM THE CHAIR

Hi All

Well we made it through the holidays, now here we are in 2011. North Shore Intergroup is always looking for new people to join us. It is such a great way to do service for our wonderful fellowship, here is hoping you will come and join us on the first Tuesday of the month in Reading at the Reading Senior Center 7pm to 8:30pm.

Our next activity is Unity Day on February 26<sup>th</sup>. We will be joining with the other Intergroups led by Metro West Intergroup to have a day of fellowship and sharing with members from all over Massachusetts and New Hampshire. I hope you can make it to this fun day.

In loving service,  
Gloria P. NSIG Chairperson

### “Our Members Share”

Members were asked: “How has OA helped you?”

I don't eat compulsively today.  
I take one day at a time.  
I trust in God daily.  
I ask God for help and trust.

Anonymous

OA has changed my life. I lived in constant fear and doubt about all aspects of my life before OA. OA has taught me to trust & love & be kind to all who cross my path. It has also taught me to take care of myself, trust in a power greater than myself and to give that power my fears each day so that I can live a happy and sane life. It has taught me to feel my feelings and think before I speak, do for others without thought for myself and to love my family and appreciate them. It has changed my life.

Anonymous

OA has given me structure in my everyday life. Weighing and measuring has given me a whole new outlook on life. It has given me honesty on a level I have never experienced, discipline that has given me comfort and security and clarity to see what I have never seen in people. I am free to participate in life as I am not burdened down with food addiction. Each day is another surprise; I can't wait for the next day!

M.H.

By saying good morning to Him in starting my day and thanking Him at night helps my day go in the right direction and gives me the strength to do His will for the day. God does not force His way into our lives, He comes by invitation. He gives me direction and meetings where I get my help. My Higher Power works through so many of the beautiful people that I meet at meetings. OA has given me back my life in so many ways. What a beautiful journey OA provides me.

Anonymous

OA has helped me cope and deal with situations that have come up and some of the wreckage of the past. It helps me to know that I am not alone in feeling the way that I do. Saying OA slogans like “First Things First” and “Easy Does It” slowly to myself has calmed me down when my emotions seem to get the better of me. “Just for Today” helps me to be able to deal with my feelings today and know that it's only for 24 hours. I know that I can do most anything for that short amount of time.

J.L.

#### 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.

OA has helped to add structure to my life in crucial areas where there was little to none. My plan of eating is one of the crucial tools that have given me confidence in my ability to manage my life. I have benefited greatly from the fellowship in OA, where there was isolation there is now camaraderie and friendship. Where there was loneliness there is now a peace that surpasses understanding. Where there was self ridicule there is now grace. I benefit greatly from my sponsor who guides me with a gentle hand and a loving voice. Before having a sponsor I would be engrossed in unanswerable questions and self ridicule. I have found love and friendship in a place I never would have expected and wouldn't trade it for anything.

Katie R.

### 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.

**Changes to your meetings?  
Call Lisa 781-334-4470**

### 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**

**Remaining 2011 Meeting Dates: 3/1, 4/5, 5/3, 6/7,  
(No July) 8/2, 9/6, 10/4, 11/1, 12/6**

### FINANCIAL NEWS

The final 7<sup>th</sup> Tradition report for NSI Fiscal Year 10/1/09-9/30/10 is now available and being sent to all meetings. Thank you for your support.

### UPCOMING OA EVENTS

**UNITY DAY\*\*\*Saturday, February 26<sup>th</sup>, 2011**  
1 - 4 p.m. (registration starts at 12:30 p.m.)  
Needham Public Library Community Room  
1139 Highland Avenue, Needham, Ma.  
(781) 455-7559  
Check the NSI website  
[www.northshoreintergroup.org](http://www.northshoreintergroup.org)  
for a flyer and directions

The Region 6 Spring Assembly will be held at the Best Western Sovereign Hotel in Albany, NY on Saturday, April 9, 2011

The WSBC (World Service Business Conference) will be held at the Hotel Albuquerque at "Old Town" in Albuquerque, New Mexico April 25<sup>th</sup> through April 30<sup>th</sup>, 2011.

The Region 6 2011 Convention will be held the weekend of October 21-23, 2011 at the Crowne Plaza Hotel in White Plains, NY. For details check the region website at [www.oaregion6.org](http://www.oaregion6.org)

### 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.NorthShoreIntergroup.org](http://www.NorthShoreIntergroup.org)  
NSI email: [info@NorthShoreIntergroup.org](mailto:info@NorthShoreIntergroup.org)**

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