

SHARINGS

P.O. BOX 214, READING, MA 01867

NORTH SHORE INTERGROUP OF OVEREATERS ANONYMOUS

SPRING 2010

FROM THE CHAIR...

Hi Folks,

What a wonderful time to reflect. Overeaters Anonymous is 50 Years Old this year. OA started when I was in high school, but I didn't hear of it for 21 more years. I guess God knew I wouldn't be ready until I was ready.

When I did come in I was desperate and took to this program like a sponge. OA has saved my life and enriched it in so many ways. That's why it is so important to me to do service, to say thank you to God and the people who are here keeping this great program together for the future people in need of our help.

Coming up this year North Shore Intergroup has a retreat on May 14 - 16 which is a beautiful way to renew your recovery with the steps. On June 5 NSI will hold a workshop about Traditions, Concepts and Service in OA.

Region 6 has their yearly convention in Burlington Vt. on Oct 22-24 another great event that gives us all an opportunity to receive service from others and to also give service for the betterment of OA.

World Service is having a huge bash from August 26-30, in California where OA began, to celebrate the 50th anniversary of the founding of OA. What a great way to join in the fun and receive recovery from those who go back to the beginning and to learn firsthand of the history of our great program.

Many people work behind the scenes to make all the events possible and my wish is for everyone to be able to partake in at least one of these events this year to see OA working for the recovery and love of each.

In Loving Service... Gloria P.

SERVICE WITH A SMILE...

One Tool Works Another

Our primary purpose is to carry the message to the compulsive overeater who still suffers, and that's exactly what the tool of service does.

OA has eight tools of recovery; a plan of eating, sponsorship, meetings, telephone, writing, literature, anonymity and service. Service is arguably the most important.

In the earliest days of AA, the fellowship grew because its founding members were desperate to help other addicts. They knew their own recovery depended on it. To stop the disease from talking to them, they had to talk to other alcoholics.

We have to hear our own story of compulsive overeating to remind us where we came from and to hear the hope of where we are now.

It's hard to work the tool of service without working another tool right along with it. If you are doing service by setting up a meeting, you are going to a meeting. If you are doing service by updating the phone list, you are making phone calls. If you are doing service by creating an article for the newsletter, you are writing.

When one tool makes you work another, it creates more momentum for your recovery. Service gets me to a meeting and out of the isolation of my disease.

--- Edited and reprinted from The Butterflyer newsletter, Chicago Western Intergroup Far-Out, October 2007.

Liking myself, as God does, opens new doors, evokes a new spirit that gives me courage and makes room for true humility.

For Today, Pg 24

Editorial Policy

SHARINGS is a quarterly 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.

North Shore Intergroup Meetings

First Tuesday of Each Month at the Reading Senior Center,
Pleasant Street, Reading, MA

Does your meeting have a Representative? Each meeting is encouraged to send a representative.

All members are welcome to visit. Orientation for new representatives starts at 6:45 PM. Business Meeting runs from 7:00 PM to 8:30 PM

Next Meetings: May 4, Jun 1, 2010 (NO MEETING JULY)

UPCOMING EVENTS...

**North Shore Intergroup
ANNUAL WEEKEND RETREAT 2010**
Friday-Sunday, May 14-16, 2010
Franciscan Retreat Center, Andover, MA

**Enhancing Recovery Through Service:
A Traditions & Concepts Workshop
Saturday, June 5, 2010**

Reading Public Library
64 Middlesex Avenue, Reading, MA
Registration 12:00 pm Meeting 12:30 pm - 4:30 pm
**For info contact Lisa (781) 334-4470
or Di (781) 862-4962**

2010 Region 6 Convention
October 22 - 24, Burlington, VT

Hills and Valleys

Recently, after almost two years in program, I fell, inexplicably, into a depression. I felt so non-contributive that I avoided meetings and found every excuse not to be around people.

Unmotivated and feeling let down both at home and at work, I wondered whether I was having a nervous breakdown. I wasn't able to tell anyone, and I even left a couple of meetings and cried --- not because the people weren't wonderful but because I felt so rotten inside. I had the awful fear that if I laid my

problem on the group or an individual member, I would spread the depression. The result was, I simply could not express my feelings to anyone, not even the people I know love and care for me.

For the past few days I have been reading OA literature --- all I could get my hands on --- and this has guided me back to sanity. God does speak to us, if we listen. In each piece I read, I found something I could pull out and hang onto.

I have come to understand that hanging on is the important thing; we fail only when we stop trying. For each of us, there are hills to scale and valleys to pass through in this program, and in life. But we are not alone. H.P. can and will handle all problems, and show us what we need.

After making a mess of things, I've decided to let go and let God clear it all up. And God is doing it --- beautifully.

September 1983 (Lifeline Sampler, pg 226)

Discover the experience, strength and hope of recovery!

Lifeline magazine is published 10 times a year and is available in two versions: a 30-page printed magazine and an electronic online magazine, called *e-Lifeline*. Both contain the same content. The March/April and September/October issues are 34 printed pages.

Subscription prices for the printed version of *Lifeline* magazine, which you receive in the mail:

Term	US
1 year (10 issues)	23.00
2 years (20 issues)	44.00
3 years (30 issues)	63.00

***e-Lifeline* available for only \$13.00 per year.**

e-Lifeline has everything found in the print version of *Lifeline* plus 12 months of archives.

Also includes *LIFELINE WEEKLY*, a short, weekly inspiring email.

www.oa.org

CONTACT INFORMATION

OA World Service
Website: www.oa.org
Email: info@oa.org

Region 6
Website: www.oaregion6.org
Email: webmaster@oaregion6.org

North Shore Intergroup (978) 407-9909
Website: www.NorthShoreIntergroup.org
Email: info@NorthShoreIntergroup.org