

# SHARINGS

P.O. BOX 214, READING, MA 01867

**NORTH SHORE INTERGROUP OF OVEREATERS ANONYMOUS**

**SUMMER 2010**

## **FROM THE CHAIR...**

Thank you for sending me to World Service Business Conference. It is a wonderful conference that I wish every OA member could experience. There were 180 voting delegates working together for the "Good of OA". Many were from other countries. Those represented include Australia, New Zealand, Germany, Israel, England, Canada, France, Poland, etc.

I mentored a "Green Dot" (new delegate to WSBC) from up-state New York and it was great because when I explained things to her it helped me to renew what was important about the conference. I also attended the forum (WSBC has one each year) "How Does Service Serve You?" It was great to hear how important Service is to our recovery; many people told their stories about Service. The Region Chairs put on a skit to lighten people up and let them know Service is fun. Later, I attended the PI Committee and was secretary of the sub-committee I was on. We viewed the new Video PSA and listened to the Radio PSA and came up with ideas to get the message out without breaking our 12 Traditions.

When the business sessions began everyone settled down and got serious and worked together to get all the business done. We had proposals for 7 pieces of literature. Six were adopted and 1 defeated. Defeated was "A common Solution Diversity & Recovery". Delegates had problems with the section on Bariatric Surgery and lack of stories from members of different languages. Hopefully it will be revised and presented again next year.

The motion that held members attention the most was a new tool "Action Plan". It started out as "A Plan of Moving" and with lots of input ended up "Action Plan". This is not necessarily an exercise plan, but a plan where people take action to improve their daily life as part of their recovery. It was a close vote 90-82. The next step is to bring actual wording of the tool to Conference so it could be a year or two before it is part of the Tools Pamphlet.

It was quite a gift for me to see us all working for the "GOOD OF OVEREATERS ANONYMOUS". Once again, Thank You! ..... *In Loving Service...* Gloria P.

## **OUR TOOL OF WRITING**

The following quotes are taken from actual members of NSI, who took the time to share their feelings on Gratitude. (Your writings are invited for upcoming issues.) "Gratitude is a better feeling than the fear, doubt & insecurity I've felt during the first 39 years of my life.

*Gratitude gives me a daily reprieve from my vicious disease, knowing my H.P. is more powerful." ..... Roz S.*

*"I am grateful every day for the 12 step program in my life. I turn my will and my LIFE over to my H.P. and I enjoy the freedoms that the promises give me. God is doing for me what I could not do for myself." ..... Eileen D.*

*"My OA program which I joined some 24 years ago has taught me the meaning of gratitude. I came here with one goal; to learn how to manage my lifelong problem with food and excessive weight. I have gained so much more by spending hours upon hours in the rooms where gratitude was being shared.*

*As I sit here on this Father's Day morning, I am overwhelmed with gratitude. First and Foremost I am so thankful that I have had the willingness to stay in this program and to gain the wisdom which the 12 steps have given me. I spent last evening at a celebration in honor of my youngest granddaughter's graduation from high school (gratitude), I was surrounded by the families of my 3 sons (gratitude), I was accompanied by my husband of 50 years (gratitude). I spent time talking with my daughters-in-law who have made my sons very happy for many years, and I had nothing to do with choosing them but nonetheless I am so grateful that they are in my life. I know that this sounds like a Brady Bunch reunion but it certainly has not been that.*

*After my Home meeting on Friday, I was able to spend time with fellow members who are among my very best friends. We talked about spending this father's day Sunday with our families and we laughed about how it would probably be a day with incidents rather than a "perfect day".*

*That is why this program has saved my life in so many ways. I am grateful for the imperfect sons that I have, for their imperfect wives and children, for my imperfect husband and for my imperfect life.*

*I thank God every day for allowing me the insight to know how lucky I am One Day at a Time." ..... Nancy*

*"When I joined OA, I did not know how my life would change. My food got in order and then I worked on my emotions. I asked God to help me deal with the sadness of losing my sister, my friend, my buddy. Asking God for help does make life easier. Putting my sister in God's hands, I believe, makes me grateful and eases the pain." ..... Debbie*

*"Having the understanding I had to take care of my problems alone. What a great feeling to know I'm not alone - I can share my feelings with someone and ask God for help. The burden I put on myself was lifted as soon as I asked for help and let it go... How grateful I am." ..... Roseann*

### *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.*

**OUR TOOL OF WRITING (continued)**

"Serenity, courage and wisdom have been the gifts that I have received from the many members of OA who have been with me on this road for the last thirty years." ..... Mary P.

"25 years ago I was brought to my first OA meeting; for that, I am grateful. Here it is, 25 years later and I am still here; for that, I am grateful. I am not the same person who walked through the doors of OA; for that I am grateful. I still have the same husband and children; for that I am grateful. The only thing that has changed... is ME; for THAT, I am eternally grateful. No matter what, I try to live my life in gratitude each day." ..... JoAnn

**UPCOMING EVENTS . . .****Region 6 Convention ~ Burlington, Vermont  
~ October 22-24, 2010**

*It has been said that "For every mountain there is a Miracle."*



This year's convention will take place at the Sheraton Hotel & Conference Center, in Burlington, Vermont. An OA Region 6 first, we are introducing online registration for the convention and online service/ speaker sign-up. We have also provided a link to the Sheraton's Website for online hotel registration. <http://oaregion6.org/2010/>

**My Name Is Judy . . . I Am One Year Old**

On February 4, 1967, I was one year old. Like everything else I do, I did this the hard way. It took me three years and three months to make one year. This is how it happened. OA found me on November 11, 1963. I knew after one meeting that this was for me. I had tried to lose weight all the other ways. Diets— I had enough to have them bound into a good size book. They were all good diets and were well-planned ones, but after a few days on a diet, I knew they had been planned for someone with more willpower than I had or have today. After that first O.A. meeting, I started an eating plan and made it for almost 11 months; then I slipped. This slip was followed by a series of slips. I never let go of O.A. for I knew if I did, I would gain back the 60 pounds I had already lost. So for almost a year, I played around at working the problems, not the program. Then on February 3rd, 1966, I came home from a meeting and knew that it would work; all I had to do was work the steps, one day at a time, and I could with God's help.

Having been fat for 25 years, wanting so much to lose weight, and the diets I had tried, I finally became aware of what I had to do. It wasn't only the extra pounds I had carried around but the lonely lost person I was, the mean and miserable soul I had become. At last I found I was not alone anymore.

As a child in school I never applied myself, so I never did very well. I blamed myself . . . if only I wasn't so stupid. I blamed everyone and then put all the blame for all my bad luck on Judy (me). Over a period of years, I felt I wasn't worth much, and I certainly didn't like Judy much. I watch this one day at a time now, aware that I am no better and no worse than anyone else. I know now that I have the same opportunity as others to succeed in this world. Just have a goal and work towards it, one day at a time. I don't blame my family or friends anymore, but I strive for progress continually. Twenty-four years ago, I was a high school drop-out. I finally finished and got my diploma in 1965, and now I am going to college at night. I no longer get stuck in the school-desk chair, one of the reasons I didn't finish school earlier.

I was 250 pounds plus when I found O.A. Today I weigh 125 pounds. From a size twenty-two and a half to a size 12, but more than this, I found peace of mind. For the first time in my life I can accept Judy. What I don't like about myself, I attempt to change one day at a time. For the first time I can be friends with Judy; no more battles, for today.

I want to give thanks here to O.A. and all the members. A very special thanks to the founders, whom I choose to think were picked by God to lead the way, for when I reached out for help, it was there. With the help of God, the O.A. members and the O.A. program, I am a normal size and growing in normal thinking. I believe together we will make it. I hope all of you are making it today.

— Reprinted from the OA Lifeline, April 1967

— Reprinted from Lifeline, June 1972

**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: Sep 7, Oct 5, Nov 2, 2010**

**CONTACT INFORMATION**

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