

SHARINGS

P.O. BOX 214, READING, MA 01867

NORTH SHORE INTERGROUP OF OVEREATERS ANONYMOUS

WINTER 2010

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: Feb 2, Mar 2, Apr 7, 2010

FROM THE CHAIR...

Hi Folks,

My name is Gloria P. and I am a Compulsive Overeater and I am the new Chairperson for the North Shore Intergroup. I look forward to working with all the representatives of our NSIG meetings to meet the needs of our members.

This year we have already had a New Years Day special meeting and we are looking forward to the Unity Day meeting on February 27, 2010 with the other local Intergroups at the Stoneham Senior Center.

Coming this Spring we will be renewing our yearly Retreat at the Franciscan Center on May 14-16, 2010.

One of the things I have learned is I need to stay active in Overeaters Anonymous to keep my program working for me and Intergroup is a great place to do that.

I hope in the coming year more and more of our members will come to NSIG to observe what we do and possibly stay and participate in the fun we have while doing the business of OA.

In Loving Service... Gloria P.

UPCOMING EVENTS...

UNITY DAY 2010

Saturday, February 27th, 2010
1 p.m. to 4 p.m. (registration starts at 12:30 p.m.)
Stoneham Senior Center
136 Elm Street, Stoneham, MA 02180

North Shore Intergroup ANNUAL WEEKEND RETREAT 2010

Friday-Sunday, May 14-16, 2010
Franciscan Retreat Center, Andover, MA

FAVORITE TOOL(S)

The Suggestion - write about your favorite tool. Initially I think of writing such as I'm doing now, but if it wasn't for the tool of "A Plan of Eating" I wouldn't be writing this at all. That's 2 favorite tools. I would be remiss if I didn't mention I'm sitting waiting for the Friday night OA Big Book meeting to start. The article is for our NSI newsletter. Now I'm up to 4 tools, writing, plan of eating, meetings and literature. Anonymity comes to mind. I don't even have to put my name on this quirky little article. Anonymity is the means that secures this program for me and I need that security. Another tool I must list is Service. Look around you and see all the service being done by you and others. I now am up to 6 tools I favor. I must now telephone my sponsor for help with the 2 tools I have forgotten. I know there are 8 in all.

Lastly, as an addict, I have what I call a "built-in forgetter".

- Anonymous Addict, NSI

Happy

50th

Anniversary

OA!



1960 - 2010

"DID YOU KNOW... OA's first meeting was held on January 19, 1960 consisting of 3 women in a living room in Los Angeles, CA"

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.

Clearing the Windows of My Mind...

I recently had a large bay window replaced. The seal had broken, so the window had become cloudy, almost without my noticing it. As the Window became more dismal looking, so did my view of the world through it. A cloudy day appeared cloudier than it was, and a hot, steamy day also looked worse. Who would want to go out in that weather?

After I had the window replaced, everything outside looked clear and sparkling. Whenever I gazed through it, I found myself a little more ready, even eager, to leave my safe haven and face life. The same has been true of my program. I can now step back and look at myself more clearly.

The effect of the bay window made me wonder: What about the invisible windows in my mind? How did I view life? My program? Abstinence? Relationships? Had my mind's windows become clouded, affecting how I acted? Had this happened without my even knowing it?

With my initial success in OA--- the pink cloud, the weight loss, the Fellowship--- my life received a new sheen. However, as I continued in the program and began to live a fuller life, fear affected how I viewed everything and how I behaved. I realized that the windows of my mind needed cleaning and that the tools and Steps of our program were the instruments I would use.

I use the tools as a reality check; a way to connect with people to remind myself the day is not dismal and gray, but an adventure waiting to be explored. Each of the Twelve Steps is a clue to how I can live my life differently. Especially through my Higher Power, I can draw upon inner resources to "clear away the wreckage of the past"---to clean the windows of my mind. By doing this daily, I can better hear my inner guidance, experience life and strive toward finding the strength and recovery I seek. I can learn that I am enough.

As with any housekeeping, I suspect my mind's windows will again become clouded. I hope to prevent a major buildup by asking for God's help and continuing to work the program. By making that commitment, I can see that the promises are coming true.

ANONYMOUS

-taken from Lifeline, January 2005

Here's a fun little way to have fun while you're waiting for your meeting to start... How many words can you find?

HAVE A GREAT "IDEA"

OA Word Search

S D S T N E M T I M M O C F F
 J C S E Y T S E N O H Z S O O
 B K E I C Z E F G J G R D O O
 W V N C T N N M R R T R X D T
 W A G H M N E Z Y E F L G P W
 D S N U I Y F N K E E T F L O
 G K I T M G F R I Z X D P A R
 Q A L I C A H D B T V M O N K
 G V L O I Q Y E L D S I T M Q
 A M I C P N B I R G P B V L T
 U O W R E Y A R P P E M A B X
 R E P E T I T I O N O P M D E
 S G N I T E E M R Y P W O M V
 R E C O V E R Y K U I G E H R
 S P O N S O R S L O O T T R R

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| ABSTINENCE | COMMITMENT | FOODPLAN |
| FOOTWORK | FREEDOM | HIGHERPOWER |
| HONESTY | HOPE | MEETINGS |
| PRAYER | RECOVERY | REPETITION |
| SPONSOR | TOOLS | WILLINGNESS |

DAILY MEDITATIONS... A Dose of OA

Whether I have been abstinent 12 hours or 12 years, I never have it made. Today's recovery is all I have.

For Today (p. 135)

CONTACT INFORMATION

<p><i>OA World Service</i> Website: www.oa.org Email: info@oa.org</p>	<p><i>Region 6</i> Website: www.oaregion6.org Email: webmaster@oaregion6.org</p>	<p><i>North Shore Intergroup (978) 407-9909</i> Website: www.NorthShoreIntergroup.org Email: info@NorthShoreIntergroup.org</p>
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