

Sharings



BOX 214, READING, MA 01867 • TEL 978-387-8188

WEBSITE: WWW.OANORTHSHOREINTERGROUP.ORG

Upcoming Events

Sponsorship Workshop

Sunday, August 19th
1:00pm - 2:30pm

Location:

First Congregational Church
25 Woburn Street, Reading
(at the corner of Sanborn St.)

2018 Region 6 Convention

October 26th - 28th
Registration \$50 until 8/15

Location:

Holiday Inn by the Bay
Portland, Maine

The 7th Tradition

Do you attend Virtual meetings (phone/online)? Please consider making your 7th Tradition donation to OA via ARC (automatic recurring contributions). It's easy! Check it out at oa.org. OA depends on the support of the fellowship.

Please remember that the 7th Tradition means more than just financial support. It means giving the greatest gift of YOUR support through service!

My Experience at the World Service Business Conference 2018: The Third Time's the Charm!

This was the third and final year of my term as a delegate representing North Shore Intergroup. It was by far the best experience yet! I not only understood for myself what was going on in the business meetings, but had the amazing experience of guiding a new delegate who was representing North Shore for the first time! I saw myself as sort of taking on the sponsor role of coach for chunks of time each day.

I had an interesting committee experience this year. I started out on the finance committee, but understood that the committee's fate would soon be decided by the delegates who would vote on one of the motions after the business meeting commenced. (Committee meetings are held the day before the first day of the business meeting.) The motion's purpose was to discontinue the committee since it really had no mission that was not fulfilled already by the Board or the staff.

We did make a goal for the year which can be easily overseen by the board. The goal was to expand the use of the ARC on the OA website. An ARC is an automatic recurring contribution. OA members can make a donation each month directly to the World Service office once this is set up. We concluded our business early and were encouraged to join up with other committees that were still working. I peeked into the meeting room where the Young Persons committee was meeting, but didn't go in. That was my lack of courage.

I went up to my room and saw my roommate come in who was on the Young Persons committee. She encouraged me to join them. I saw that this was my HP's will for me and did just that. I enjoyed who I met there and found myself signing up for a one year service task, that of monitoring the Young Persons' Facebook Page. It's a job I really know next to nothing about, but I trust that more will be revealed and will rely on my HP to guide me through the learning process. It's also a handy way to make living amends for the service I failed to perform on my committee last year! I'm making progress one day at a time, not perfection!

Thank you for letting me serve!

--- Jane H.

Meeting Contacts

Is your meeting's contact name and phone number correct?

Call Ken G. at 914-263-6532 with any meeting changes.

Tool of Writing

Do you have something to share? "Sharings" would love to hear from you. Contact NSI with your written submission at info@oanorthshoreintergroup.org

We Need Service!

DON'T FORGET ABOUT NORTH SHORE INTERGROUP BUSINESS MEETINGS!

When: 1st Saturday of every month (except July)

Time: 10:00-11:30am
New Rep Orientation 9:45am
Call ahead 978-387-8188

Where: Library Room at
First Congregational Church
25 Woburn St, Reading MA

Each meeting is encouraged to send a representative!

Several NSI meetings are not yet represented at the monthly intergroup meeting. Your meeting is entitled to have a voice and a vote in the health and vitality of NSI and OA.

Please consider representing your meeting!

~~~~~ 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

Announcement

Ebony OA phone meetings, run by and for persons of color in OA, are held twice weekly EST on Tuesdays at 7:30 pm and Saturdays at 9 pm. The phone number is 712-432-6333 and the PIN 304189#.

Resentment: The Killer Emotion

When I look back at all the many fears and feelings that I have allowed myself to eat compulsively over, resentment leaps out at the top of the list. In the fog of compulsive overeating, resentments loom large. They are frightening apparitions, creating both fear and anger, providing the already diseased mind with ready-made excuses to overeat.

I resent my spouse for all the things that she has done that I don't like. I resent my children for all the things I wanted them to do, that they never did. I resent my boss for not appreciating my brilliant work. I resent friends for not doing enough for me. Resentments are about the selfish child in me. They are about me not getting what I want or fearing losing what I have. But they are always about me, me, me.

But then a miracle will happen. You can be lucky enough to hit bottom and come to the point where you are willing to do just about anything about your compulsive overeating – even joining this bizarre sect known as Overeaters Anonymous.

And then the miraculously freeing process of working the program and finding freedom from compulsive overeating begins to take place. And slowly the focus turns from me, me, me...to us...to others...to working the program with a sponsor who you trust...to developing a relationship with a Power greater than yourself...to finding friendship, acceptance and love through working the 12 Steps of Overeaters Anonymous.

And then truly amazing things happen. You begin to take responsibility for your own actions and the resentments begin to melt away.

-- Ken G.

Meeting Accessibility

Is your meeting handicapped accessible? Is it listed that way on the North Shore Intergroup meeting list?

Please provide information that may make a difference to another compulsive overeater who may not otherwise be able to attend a meeting.



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