

# Sharings



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

WEBSITE: WWW.OANORTHSHOREINTERGROUP.ORG

## Upcoming Events

### Unity Day

February 24<sup>th</sup>, 1 – 4 PM

*Butler Hospital @*

*The Ray Conference Center*

345 Blackstone Blvd

Providence, RI

\*\*Park in Lot B and follow Path 4

## We Need Service!

**DON'T FORGET ABOUT  
NORTH SHORE INTERGROUP  
BUSINESS MEETINGS!**

**We need you!**

**When:** 1<sup>st</sup> Saturday of every  
month (except July)

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

**Where:** Location posted on door  
First Congregational Church  
25 Woburn St, Reading MA

**Each meeting is encouraged to  
send a representative!**

North Shore Intergroup has 23  
meetings. Many 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!***

## Meeting Contacts

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

**Call Darlene at 978-973-7137**  
with any meeting changes.

## 2018 Convention: We Light the Way

Those of us that were so blessed to attend 2018 Region 6 Convention in Portland, ME may be familiar with the reference to G1, G2, L, 2. The elevator finally arrived at 'L', a.k.a the Lobby, where the registration table and many of the workshops were located.

May I now sing the loud praise to all those people in the back group as well as in front of the mics that worked for 18 months to put together this amazing convention. The convention chairs that worked so diligently with the committee members to organize, orchestrate, to do the work of "getting it all together" – the diligence, amazing service. The intergroup and individual meeting baskets were beautiful and generously donated to help raise funds for Region 6.

I cannot say enough about my experience of the We Light the Way Convention, but I need to share with you three short stories:

The service from the hotel registration people was top notch. They were absolutely bombarded with approximately 500 OA members from all over Region 6, as well as some from Texas and New Jersey. The front desk courteously made and distributed room key cards as well as parking spaces – even pleasantly issuing me a second room card after I lost mine only two hours later. I approached the desk like a dog with my tail between my legs and admitted to my harried lack of responsibility. The gentle, kind soul behind the desk warmly smiled and replied "No worries ... people have lost theirs in much shorter times – sometimes even between here and the elevator."

The second experience I wish to share was the difficulty we had using our room card; it worked intermittently. It was very frustrating Friday evening, but on Saturday, maintenance came and replaced the entire lock mechanism. What a great, fast turnaround. What would have been a dark shadow looming over my enjoyment of this wonderful weekend, OA has taught me to see the good.

The elevator finally arrived at 'L', more commonly known as the Lobby. With my luggage I boarded the busy elevator and headed down. stopping at G2, G1, 1st, then my floor.

I am exhausted and exhilarated at the same time. I reach my vehicle, a small compact car to find the next vehicle blocked my driver's side with each of our mirrors practically touching. With my opposite side near the parking garage wall, I am grateful that I am no longer 237 lbs and am able to enter my passenger's side. I'm grateful I am limber enough to maneuver over the console to enter the driver's side without too much trouble.

*(Continued on back...)*

## The 7<sup>th</sup> Tradition

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

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

## 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](mailto:info@oanorthshoreintergroup.org)

## Join Our Email List

Help us make 7th Tradition contributions go further by signing up for our email list

<https://tinyurl.com/nsi-email-list>

### ♥ THANK YOU ♥

For Supporting Your Local Meetings, NSI, Region 6 & OA!

### ~~~~~ 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](mailto:info@oanorthshoreintergroup.org)

## Doing the Steps in an Unlikely Spot

When a sponsee asked me about starting a step workshop using OA's *Twelve Step Workshop and Study Guide*, I checked into all the locations where we had our local meetings, but none could accommodate us. After I heard about a member who had started a group around her dining room table, I started thinking beyond the usual meeting places. I realized that our condominium building's all-purpose room might be available, but a program friend had another idea. She heard that the local supermarket made its conference room available to community groups. I wasn't sure about approaching them, but I did have to admit that the supermarket would be more centrally located, with plenty of parking, so I gave it a try. It just took a letter explaining our reason for using the room, and a few days later we got the approval to meet there.

For 13 weeks, we studied, wrote, and shared on the steps in this unlikely spot. Since then, people have asked whether I'd be doing it again. I'd like to, but this time around, I'll probably try it a different way. Other members are now using video conferencing software to bring folks together remotely to do the step workshop. That has the advantage of letting people come together from a broader geographic area, and since it can be done remotely, it's less likely that people would miss a session due to vacations, family obligations, or illness. But no matter where or how the step workshop is done, OA's *Twelve Step Workshop and Study Guide* provides all you need to lead one. Think about it!

*In grateful service, Marcy*

## 2018 Convention (Cont'd)

I am grateful for OA helping me to lose the weight and giving me a blueprint for living. This gift gave me the ability to simply drive away and not need to react inappropriately. I didn't retaliate – in the past I might have felt the need to damage the other driver's car: smashing the door or the mirror as I pull out. Instead, I have a program that helps me release these resentments. Thank you OA. It's good to know I'm home.

*Anonymous*

## 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](http://www.oa.org)  
OA email: [info@oa.org](mailto:info@oa.org)  
Region 6 website: [www.oaregion6.org](http://www.oaregion6.org)  
Region 6 email: [webmaster@oaregion6.org](mailto:webmaster@oaregion6.org)  
NSI website: [www.oanorthshoreintergroup.org](http://www.oanorthshoreintergroup.org)  
NSI email: [info@oanorthshoreintergroup.org](mailto:info@oanorthshoreintergroup.org)