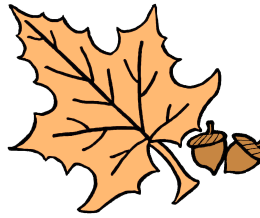


Sharings



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

WEBSITE: WWW.OANORTHSHOREINTERGROUP.ORG

Upcoming Events

Service, Traditions & Concepts

A workshop on Sat. Sept. 28, 1-4 pm
Church of the Good Shepherd
95 Woburn St., Reading, MA

Region 6 Convention

Oct. 18-20, Crowne Plaza
Hotel. White Plains, NY

We Need Service!

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

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

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

Where: 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!***

10 Ways to Carry the Message

Takeaways from North Shore Intergroup's Carry the Message Workshop on August 18

Carrying the Message at Your Meetings

- If newcomers are in the room, end the meeting 10 minutes early to answer questions or have newcomer greeters. Or have a once a month meeting for newcomers/beginners.
- Ask newcomers how they heard about OA.
- Have a column on your sign-in books that asks: Can you sponsor?
- Be sure to have welcome coins for newcomers and milestone coins to celebrate milestones of abstinence. These are important reinforcements for newcomers and long-timers alike.
- Take periodic inventory at your business meetings to ask: “What are we doing to attract newcomers?”

Carrying the Message Outside of Your Meetings

- Start by downloading “What to Remember When You See Your Doctor or Other Healthcare Professional:
https://oa.org/files/pdf/your_doctor_wallet_card.pdf
- Always add a meeting list to the materials you bring to any health professional.
- Follow up to make sure your materials got put out or got to the right person.
- Bring an OA poster to your local library.
- Join with other intergroups to have an OA table at professional conferences. Funds are available from WSO to help cover the cost of attending.

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!

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

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>

Meeting Contacts

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

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

~~~~~ 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

The Tools of the OA Program

The nine tools are: a plan of eating, sponsorship, meetings, telephone, writing, literature, anonymity, service and an action plan.

I like to quote a member from my meeting who always says: "I don't know which tool works best so I work them all." I have to make a conscious effort to use them, valuable as I know them to be. Using them is not my first response. In my two other 12 step programs, there are suggestions but not explicit tools as they are in OA. I attribute this to the complex nature of recovering from food addiction. It is not that I can just stop a substance or even a behavior which is true but I have to eat three meals each day and that is what makes the OA recovery difficult and therefore needing such a support as the tools offer.

When I consciously work the tools, life—and my OA recovery—gets better.

—Sandra

NSI Professional Outreach

This summer NSI has been engaged in professional outreach and information sharing by providing relevant OA literature to five Centers for Weight Management and Bariatric Surgery within the Northshore Intergroup Area. In July and August, we delivered multiple copies of pamphlets and information cards to assist health care professionals in their offer of support to augment the surgical and weight management services they provide. These centers are sponsored by Lawrence General Hospital, Lowell General Hospital, North Shore Medical Center and Lahey Medical Center, and are located in Andover, North Andover, Danvers, and Chelmsford. We continue to reach out to local hospitals offering literature and OA member contact to share the experience, strength and hope that OA can offer individuals served by their health care professionals.

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