

# Sharings



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

WEBSITE: [WWW.OANORTHSHOREINTERGROUP.ORG](http://WWW.OANORTHSHOREINTERGROUP.ORG)

## Upcoming Events

### Freedom, Fellowship, & FUN!

June 22<sup>nd</sup>, 9 AM – 4 PM

*Notre Dame Spirituality Center*

30 Jeffrey's Neck Rd

Ipswich, MA

\$45 with lunch included

For registration details visit

[oanorthshoreintergroup.org](http://oanorthshoreintergroup.org)

## 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 22  
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.

## Knowing a New Freedom, New Happiness

*"Live in the sunshine, swim in the sea, drink the wild air"*

—Ralph Waldo Emerson

In the summer of 1979, I was a beautiful, slender, Intelligent 13 year old. When the time came to head to the beach, I too slipped into my red one piece bathing suit.

Unfortunately, when I looked into the mirror I did not see that beautiful slender girl. Instead I saw my pale legs and thighs which touched each other.

I threw the bathing suit away and vowed never to put on a swimsuit ever again.

At that point I began to exercise desperately, restricting how much food I ate, as the obsession with my appearance began.

All that dieting just made me want to eat more hopelessly and I found myself bingeing. This Yo-Yo cycle continued for decades until, alas, I ate my way up to 327 pounds.

There I was, as the world kept turning, Spring, Summer, Autumn, Winter. Sitting on my living room couch with my coffee table filled with sweet, salty, trans-fat misery. The window shades drawn, the darkness illuminated only by the flickering of the TV set.

I didn't want to live.

My desperation drove me to OA. Here I found fellowship and Hope. I lost 200 pounds.

Fast forward to the summer of 2006. Living next to the Atlantic Ocean my entire life, I loved the sea and I ached to submerge myself into the salty, healing waves. Although my body wore the battle scars of tons of loose hanging skin, I emboldened myself to buy a swimsuit. Feeling self-conscious about how my body looked, yet determined, I donned the bathing suit and headed to my favorite beach.

Wrapped up in a large towel I walked joyfully towards the beckoning waves as they crashed against the shore. Dropping the towel, I jumped into the azure blue water. Standing there, waist deep into undulating ocean was one of the most exhilarating experiences of my life. With the waves crashing, the white foam spray surrounding me I felt at one with the ocean.

I felt ecstasy. Thank you OA.

—Grateful in Salem, MA

## 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)

## Service for NSI: My Experience

Serving OA at the local chamber of commerce's health fair at a local hospital parking lot under the "big tent" was a blast! It was easy to set up. The fair provided a table and 2-3 chairs. We spread out the table cloth and taped up our banner, "Overeaters Anonymous." We arranged the pamphlets, posters and business cards. We kept our "before" photos at the ready. We had packed our lunches — we were all set for the duration! We were located in a central spot where most everyone passed by. The main attraction of the fair was ... you guessed it — a free cookout lunch!

At one point, a hospital administrator was making the rounds to welcome presenters with a big box of ... yep ... donuts! We told him politely that we didn't think that would be a good idea for us and he agreed! The most challenging moment was when we realized someone was filming the fair and presenters live on her Facebook page — and had already filmed us. I found the person (asked my HP for the right words to say) and requested that she let us know next time so we could turn our faces away. Also a local news photographer came by to take photos of our booth — we complied and turned away so our faces would not be published.

Some folks passed by the booth without looking (I'm guessing out of feeling fear/or practicing denial), some gave the table a sidelong glance and some came right up and said things like, "This is probably something I need ..." while picking up a business card or meeting list.

The slogan that always helps me is "Keep It Simple." The new person or the inquiring person doesn't have time to hear my story or take in details about the program. I only have a few minutes with each one. So I make sure to tell them they are not alone, it works; because I stopped eating compulsively and it can work for them too. I am careful to include mentioning the OA website and its Find a Meeting feature. After that I pause and ask if they have any questions for me.

It was my pleasure and a joy to serve at a health fair. It's of course always a good day to sit next to another person from program! We cannot do this alone!

*Jane H.*

## 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)