



OVEREATERS ANONYMOUS®

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MASS BAY INTERGROUP

MBI Newsletter

February 2017

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MBI Chair Report – February 2017

Tradition 2: *For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.*

I have been in OA long enough to see this tradition work. More than once, I have witnessed disagreement about an issue. Once it was about the length of the meeting. Another time, it was about something presented in a meeting that some felt was not appropriate. Both times, there were some hard feelings. The group voted on the length of the meeting. I think that it was brought up at more than one business meeting before the group voted to make the change. The long term result has been that the group has grown.

When the issue was something done in the meeting that was not seen as appropriate by all, it was discussed at a business meeting. The long term result that I have seen is that relationships have grown. Respect for each other has grown. We have learned from each other.

Reading the chapter on Tradition 2 in The 12 Steps and 12 Traditions of Overeaters Anonymous, one of the ideas that I have found comforting is on page 122. "Not all of our group decisions will be wise and practical. We do make mistakes sometimes and have to look for better answers to a problem. Another group conscience vote can be taken when something needs to be corrected. Like individuals, OA groups learn from their

mistakes—and so does OA as a whole. We find that our Higher Power often leads us through our blunders."

The overriding truth here is that our Higher Power leads us. We start and end our meetings with the Serenity Prayer or another prayer chosen by group conscience. "Our leaders are but trusted servants; they do not govern." Our leaders are chosen by group conscience. They are not in a position of power. They have volunteered to serve in their positions. All of this happens under the loving guidance of our Higher Power.

In the January News from the World Service Office, it is stated: "Our strategic plan for 2017 is Growing OA Unity Worldwide. A great way to recognize our common purpose is with a heartfelt celebration of **Unity Day**, when OA members pause to reaffirm the strength inherent in OA's Unity. Please spread the word and make plans to recognize our unity on **February 25, 2017**, at 11:30 a.m. Pacific Standard time." (2:30 p.m. our time)

Join us at Beth Israel Deaconess Hospital, 275 Sandwich St., Plymouth, MA. Registration will open at 12:30 p.m. Admission is free; 7th Tradition will be passed. The program is from 1 p.m. to 4 p.m.

In Service,
Mary P. (Quincy)

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MBI Treasurer’s Report - December 2016

Checking Bal. (1/16/17)	\$2390.45
Savings Balance	\$4004.91
Income	\$727.76
Expenses	\$3158.33
Total:	-\$2430.57
Expenses exceed income	

December year end: We had very few donations, though they did increase in January 2017. All were from group donations; a list is at the end of this report. Thank you to all of the groups who donated in 2016.

Our expenses for the month were higher than usual due to several one-time items. The website switch to WordPress cost 521.95, within the estimate provided. We paid \$1000 for a deposit for our next retreat, Oct. 6-8 2017 at the Espousal Center in Waltham (mark your calendars!). We will have a flyer available soon. Our annual liability insurance cost \$690, lower than last year but providing the same coverage from a different company through a program for social service agencies, which we are in a sense as a non-profit organization. We paid Pat, our wonderful office worker, \$315.00 including a holiday bonus. Office rent was 405 as usual. We did not meet at Lawrence Memorial for our regular MBI meeting due to bad weather (had a phone meeting instead) so we did not make a hospital donation in December. We paid \$75 to our webmaster and 151.38 to Verizon for monthly phone and internet service.

Looking ahead to January 2017, when this report is being written, our income is up (over 2000 in donations so far) and our expenses are reasonable. January bills include our office insurance for \$747, additional charges for the website, and we will make our quarterly donations to Region 6 and World Service. We are in good financial shape for 2017. Thank you for enabling me to serve as your treasurer for another 2-year term.

Respectfully submitted,
Jean B., MBI Treasurer

Group Donations December 2016

\$55.00	Weymouth Thurs AM
\$39.00	Cambridge HOW, Sat. AM
\$50.00	Chelsea Men’s Sat. AM
\$117.00	Medford Sun 8AM
\$266.76	Newton Wellesley Sat. AM
\$200.00	Readville Wed. PM
\$727.76	Total

Webmaster REPORT Feb 2017

On January 26, 2017, 256 newsletters were emailed to our subscribers. Two new subscribers were added in January.

The website has been updated with the new officers and new MBI meeting day and time.

A correction was made to the link to the World Service Business conference (it was event instead of events). Here is the update: oa.org/members/events/world-service-business-conference/

Respectfully submitted,
Webmaster, Jeanne K., Chelmsford

MBI OFFICE COMMITTEE – Jan. 2017

The office was pretty quiet during December. Pat kept everything running smoothly. We sent her a bonus for Christmas and she sent a card thanking us for the gift.

Respectfully submitted,
Jean B., acting office chair

Office Activity Report – Jan. 2017

Submitted by: Pat from the Office

Phone calls	9
Emails	35
Checks sent to Treasurer	14
CDs Made	8
Newcomer Pckts Sent	15
January Newsletter mailed	– Yes

Professional Outreach & Public Information Committee – Feb. 2017

Harvard Medical School
Addictions Treatment Conference
March 3 & 4, 2017 - 8:30 AM to 5:15 PM
Fairmont Copley Plaza Hotel,

Call to service for volunteering!
Service involves being available to professionals for questions, info, etc.
Contact Cathy B. in Lowell 978-866-9454.

Woburn Health and Wellness Fair
Saturday, April 29, 2017 - 10A.M.–1 P.M
Woburn High School.

Public Info Health Fair – a chance to reach many who are affected by addiction or compulsion with food.
 Contact me in person (978-688-9454 -c) or by email at MBI - info@oambi.org.

Service is Spiritual and Self-Supportive ☺
 Respectfully submitted, Cathy B. (Lowell)

12th STEP REPORT – January 2017

As we move further into the New Year, the phrase "Thy will, not mine, be done" comes to mind frequently: again that word 'surrender', so central to 12 step work! This month begins the step a month workshops, combining January and February into one. We will address steps one and two on Saturday, February 18, 2017. We will meet from 1 o'clock to 2:30 PM in the Johnson room at Lawrence Memorial Hospital. All are welcome. We will have speakers, discussion, and sharing pertaining to steps one and two. Thereafter each month we will address the next step, in other words step three in March. I look forward to seeing folks there on February 18!
 Come to the February workshop – Feb. 18!

Dave D, Arlington
 12 Step Committee Chair

Dates – MBI Meetings – 2017

- January 21
- February 11
- March 18**
- April 22
- May 20
- June 17
- July 15
- August 19
- September 23
- October 21
- November 18
- December 16

Next MBI Meeting - 10:30am
Saturday, March 18
Lawrence Memorial Hospital-
Gallagher Room
170 Governors Ave, Medford

Come join us at MBI for Service and Fellowship! New Day and Time!!! Visitors welcome! Come and add your ideas.

Note: The OA MBI monthly meeting day and time has changed to Saturday mornings 10:30A.M. which began in January.

Our motivation is to grow our intergroup. The meeting is on Saturdays, 10:30 AM to noon at Lawrence Memorial Hospital. We invite all to join us in service to those in our area who are still suffering. Come and join!
Please spread the word.

The OA MBI office provides Newcomer packets for our meetings, and Information packets / folders with a CD and brochures to give or to have sent out to professionals. Contact the MBI office to request these.

VISIT THE OA REGION 6 WEBSITE:
WWW.OAREGION6.ORG for information on Region 6 activities and news.

VISIT THE OA WEBSITE

For news from the World Service Office, Podcasts about OA,
 To order books and pamphlets,
 To get all meeting information,
 To learn about writing opportunities,
 And more, See - WWW.OA.ORG

ABSTINENCE POWERPOINT AVAILABLE!

As part of OA's strategic plan, the Region Chairs Committee has created this presentation to assist your group or service body in exploring the concept of abstinence.

OA “Service & My Recovery” WORKSHOPS

Monthly telephone workshop. Next workshop is “Who’s in Charge?” Feb. 14 from 3-4 PM.

“All Together Now We Are Reaching Out Our Hands” is on March 13 from 3-4 PM.
 US Phone Bridge: 641-715-3818,
 PIN: 925619#

On OA WEBSITE:

The new guide—*Carrying the Message—is posted as a free download on oa.org. You can find it under Group Support, Public Information Suggestions, and OA Guidelines. It’s also on What’s New.*

Direct link:

https://oa.org/files/pdf/carrying_the_message.pdf

The **BREAKING OUT OF RELAPSE** video, created by the WSBC Twelfth Step Within Committee is now posted online. Free to download or stream, this video can help isolating members and others in relapse return to program and abstinence. Find the video by navigating to Members/Groups in the main menu at oa.org and then dropping down to Program Inspiration, and then Breaking Out of Relapse.

Podcasts available on OA Website:

The importance of Working Step Six: The Step Six workshop speakers share their individual stories of recovery and the vital part Step Six, “one of the most difficult of the Twelve Steps” (OA 12 & 12, page 53), plays in that recovery process.

www.oa.org/podcasts/step-six-june-14-2015/

WSBC 2015 Keynote Speaker: Hear 2015’s Conference keynote speaker, Matt S., tell his story about entering OA as a young person and how the Fellowship has saved his life. Download this passionate, funny, free podcast to share with your sponsor/sponsee, group or service body—and be inspired by the power of the OA program to transform lives.

<http://www.oa.org/wp-content/podcasts/WSBC2015BanquetKeynote1.mp3>

From the WSO E-mail News Updates

You could write an article for Lifeline!

The Editors of Lifeline have an open invitation to OA members to write, either on a topic of the specific issue or for the topics that are in every issue, such as Stepping Out: Stories focused on the month’s featured step.

Information is available on the OA website (oa.org). Click on Lifeline, and then on Writers Guidelines and Monthly Topics in the drop down menu for more information. Your Intergroup Rep may be able to give you this information if you don’t use a computer.

The Fine Print

The MBI Newsletter is a monthly publication of the OA Mass Bay Intergroup and the opinions expressed are those of the writer, not those of MBI or OA as a whole.

Please send submissions to: Verna K. (Arlington), Newsletter Chair (617-999-0255); and/or to OA MBI P.O. Box 74, Arlington, MA 02476 or to info@oambi.org.

Material cannot be returned nor payment made. We reserve the right to edit. Other anonymous groups may reprint without permission.

**Upcoming Events and Information
(CORRESPONDING SECRETARY'S REPORT)**

Please make flyers available to your meeting

OA MBI – News & Events:

OA MBI MONTHLY WORKSHOP: Sat. Feb. 18.
Steps 1&2, "A Step A Month", by the 12 Step committee
Lawrence Mem. Hosp., Medford, MA - 1 - 2:30pm,

UNITY DAY: Saturday, Feb. 25, 1 - 4pm
Free admission. Beth Israel Deaconess Hospital.
Plymouth, MA. Hosted by Cape Cod & South Coastal
Mass Intergroups. See Chair's Report on page 1.
UNITY DAY PHONE MEETING - 2:30pm (EST)
Tel.# 605-475-2090, Pin # 155901#

INTERNATIONAL ADDICTIONS CONFERENCE:
March 3 & 4, 2017
Sponsored by Harvard Medical School
Fairmont Copley Plaza Hotel, Boston, MA
For info or to volunteer, contact Cathy B. (Lowell)

HEALTH AND WELLNESS FAIR:
April 29, 2017 from 10:00am until 1:00pm
Woburn Memorial High School
88 Montvale Ave., Woburn, MA 01801
For info or to volunteer, contact Cathy B. (Lowell)

12 STEPS IN 5 HOURS WORKSHOP:
Saturday, March 4 & June 10, 9 A.M.-2 P.M
Metrowest Intergroup - No cost or registration.
St. John's Episcopal Church, Jamaica Plain, MA

RETREATS:
BOSTON OA '90 DAY' RETREAT: June 2-4, 2017
"Freedom". Endicott College, 376 Hale Street, Beverly,
MA 01915. Sponsored by the Saturday 7:30 AM
OA 90 Day Meeting in Reading, MA.

METROWEST IG ANNUAL SPRING RETREAT:
Fri - Sun. June 2-4, 2017.
Sacred Heart Retreat Ctr., Wareham.

MBI ANNUAL COLUMBUS DAY RETREAT:
Espousal Retreat Center, Waltham, MA
RAVE REVIEWS!! SAVE THE DATE!
Oct. 6-8. More info to follow.

Region 6 News & Events:

Region Six 12th Step Within Committee,
invites us to mobilize as many OA members as
possible in **12th Step Within Action.**
Telephone those still suffering OA members
you know on the 12th day of each month.

Region 6 Convention October 20-22, 2017
Toronto: Stepping up for Recovery 2017
Early bird registration is available through
8/17/17: \$50 CAD.
Hotel registrations will be open in 1/17.

New address for Region 6 Donations:
Region 6 Treasurer
PO Box 1792
Westfield, MA 01086

Go to the **Region 6 website** for more
information about other events in the Region
6 area. www.oaregion6.org

OA World Service News & Events:

Virtual 12 Step Workshop Phone in for live
workshop on the second Sunday of the month,
3-4 PM EST. Visit www.oa.org/oapodcasts for
recordings. 641-715-3818 code 925619

See page 4 for more info.

For a complete list of all **telephone meetings**,
and a list of online meetings, please visit the
OA World Service website: www.oa.org.

For more events and announcements, see the websites:
www.oambi.org; www.oaregion6.org; www.oa.org

OA Tradition 2

**2. "For our group purpose there is but one ultimate authority – a loving God
as He may express Himself in our group conscience. Our leaders are but
trusted servants, they do not govern."**

The Next MBI Meeting Date – Mark your calendars!
Saturday, March 18, 2017
10:30 A.M. – 12 P.M., Lawrence Memorial Hospital

BOARD & COMMITTEE CHAIRS *

MBI CHAIR

Mary P. (Quincy)

VICE-CHAIR

Helen K. (Woburn)



CORRESPONDING SECRETARY

Suzanne D. (Newton)



RECORDING SECRETARY

Paulina S. (Lexington)



TREASURER

Jean B. (Revere)

COMMITTEE CHAIRS

OFFICE

Jean B. (Revere)



**YOUNG PEOPLE/PROFESSIONAL OUTREACH
And MEDIA & PUBLIC INFORMATION**

Cathy B. (Lowell)



COMMUNICATIONS

Newsletter:

Verna K. (Arlington)



Webmaster:

Jeanne K. (Chelmsford)



12 STEP

Dave D. (Arlington)



BYLAWS

Interim Chair - Sally S. (E. Boston)

*** To reach any of the members in these service positions, contact the MBI office. See below.**

**MASSACHUSETTS BAY INTERGROUP
OF OVEREATERS ANONYMOUS**

P.O. Box 74,

7 CENTRAL ST., SUITE 209

ARLINGTON, MA 02476

(781) 641-2303

EMAIL: info@oambi.org

WEBSITE: <http://www.oambi.org>

OFFICE HOURS:

MON., WED., FRI.: CALL FOR APPOINTMENT

MBI Telephone Meeting List

All times are E.S.T.

- Sun 8-9AM Access Code 6320348# (BB, discussion)
Dial-In: (712) 432-5200
- Mon 10-11AM Access Code 79822# (90 day, For Today)
Dial-In: (605) 475-2090
- Mon 8-9PM Access Code 4134252# (BB, discussion)
Dial-In: (218) 844-1930
- Tues 7-8PM Access Code 197132# (Spkr/Disc)
Dial-In: (605) 475-4850
- Tues 8-9PM Access Code 171863# (90day, Spkr/Disc)
Dial-In: (641) 715-3570
- Wed 1-2PM Access Code 105047# (90day, Spkr/Disc)
Dial-In: (218) 844-1930
- Thurs 8-9PM Access Code 135103# (90 day, Spkr/Disc)
Dial-In: (713) 936-6996
- Fri 6-7PM Access Code 4673# (90day, Spkr/Disc)
Dial-In: (218) 548-2828
- Sat 8-9AM Access Code 6320348# (90day/For Today)
Dial-In: (712) 432-5200
- Sat 10-11AM Access Code 155901# (Spkr/BB/12+12)
Dial-In: (605) 475-2090

Dial meeting phone number and follow prompt to enter pin followed by the # sign. Keep your phone muted except to share (meeting leader will give instructions on how to do so). It is requested that those sharing have 90 days or more of continuous abstinence.

See the full current list of OA '90 Day' Telephone meetings on the OA MBI website: www.oambi.org.