



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

FEBRUARY 2018

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MBI CHAIR REPORT – February 2018

Step 2: Came to believe that a power greater than ourselves could restore us to sanity.

From a very young age, I was taught about God by a mother and father whose faith was very central in their lives. They were both active in our church. I feel fortunate that I was taught about a God who loved us and I am grateful that I felt at home in that faith. Over the years, there were times of doubt but I kept returning to that faith that there is a loving Power that cares about us.

By the time I came to OA at about 60 years of age, I had had many experiences, many ups and downs. In relation to food, I felt totally powerless. I had dieted off and on for more than 45 years, since junior high school. No matter how many times I succeeded in losing weight, I could never keep it off. In all of those years, I do not remember asking the God of my understanding to help me with food. I did pray for help with many things but food seemed to me to be something I should be able to handle on my own. So, once I found an OA meeting where I felt "at home", I was ready to surrender. I was ready to turn to the God of my understanding, my own Higher Power, and to ask for help. As I began to work with my first sponsor, I asked for help figuring out a Plan of Eating that I could live with. I started turning to the God of my understanding when I ate and asking that my food would be blessed, inviting God into my meal times.

My experience of God has grown in this fellowship. I've learned to turn to the God of

my understanding and ask for help. It started with asking for help with food.

The concept of a "power greater than ourselves" is one that seems like a bridge to faith. Personally, I had good associations with the concept of God. That's not true for all of us. Many people who I have met, since coming to OA, did not believe in God or were frankly turned off by talk of God. Each of us has the freedom to find our own conception of that Power that is greater than us.

Asking for help with food and for help with all kinds of challenges in my life has continued to open my mind to the love and power of the God of my understanding. I don't always get a clear answer to my pleas for help, but most times I have found that my challenges work out far better than I could have hoped—far better than I could have managed on my own. I feel like my life is slowly, one day at a time, being restored to sanity.

MBI's dark blue OA table cover has been found!

Pat, our faithful office staff member, will be moving to New Hampshire before the end of February. We continue to look for someone to fill her position. Call (781-641-2303) or email (info@oambi.org) to inquire about this part time position.

In grateful service, Mary P (Quincy)

OA Tradition 2

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"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."

MBI NEWS !

MBI Treasurer’s Report December 2017

Income	\$1,423.80
Expenses	\$1,844.50
Checking Balance (1/10/18)	\$2,031.10
Savings Balance (1/10/18)	\$4,005.31
Expenses exceed income	\$420.70

December was a quiet month, average income but slightly higher expenses. \$1367.30 of our income was from group donations, thank you to all who contributed; see the list at the end of this report. We also had \$25 in MBI 7th tradition collection and \$31.50 in newcomer packet sales.

December expenses included the usual monthly expenses for office rent and webmaster. Pat’s pay for working in the office included \$125.00 for holiday bonus, we also paid \$27.95 for website, \$90.74 for office supplies, \$50 to the hospital for MBI meeting and a workshop, \$156.01 to Verizon, \$9.80 for postage, and \$690.00 for our annual liability insurance.

Upcoming expenses include \$1000 for deposit for the fall 2018 retreat, \$768 for office insurance, and \$250 each for quarterly donations for World Service and Region 6. Historically, January has been a good month for donations, so I anticipate we will not have a shortfall despite the higher expenses this month.

Also in January I will be working on the annual report for our accountants and the 1099 for Pat.

Thank you for allowing me to be of service.

Jean B., MBI Treasurer

Group Donations December 2017

\$200.00	Reading Tues. 9:30AM
\$501.85	Reading Sat. 7:30AM

\$193.20	Medford Sun. 8AM
\$100.00	Weymouth Thurs. AM
\$21.00	Anonymous
\$47.00	Chelsea Sat. 8AM Men’s
\$104.25	Dedham Mon. PM
\$200.00	Readville/Hyde Park Wed. PM
\$1,367.30	Total

MBI Office Report December 2017

The office is running well. I was advised by Pat, our faithful office worker, that she will be moving out of state in February, so we will need to find a replacement for her. She is willing to train the new person. Please see the job description on page 3 in this newsletter. If you know anyone who has the appropriate experience and who would be willing to do the job, please email resume to info@oambi.org and we will respond. While having a person in our program would be helpful, having the office skills and living in or near Arlington (due to scarce parking) would be most helpful.

Jean B., office Chair

OFFICE ACTIVITY REPORT - January

Phone Calls	12
Emails	24
Checks Received	16
Posters Sent	4
Goldenrod Flyer Sent	30
January Newsletter Mailed	Yes

Pat, OA MBI Office, Secretary

WEBMASTER REPORT - January 2018

On January 18, 2018, 254 newsletters were emailed to our subscribers. From December 2017 to January 18, 2018, 2 people subscribed and 2 people unsubscribed. During the month the website was updated with the January newsletter, the highlights, the updated local MBI meeting directory, the January 90 Day Phone meeting list, and the upcoming events as usual. A link to "News from WSO" was added at the bottom of the MBI website (oambi.org). A menu item with a link was added under **About MBI** for the Intergroup Inventory Report.

Jeanne K., OAMBI Webmaster

PROFESSIONAL OUTREACH COMMITTEE

Members are needed for service on Friday, March 2nd and/or Saturday, March 3rd at an OA Professional Outreach table at the Harvard Medical school Addiction intervention Professional Conference. The conference is being held in the Fairmont Copley Plaza hotel in Boston, MA from 8:30am-5:30pm both days. There will be literature geared to professionals whose clients/patients include people with problem eating. This is a special way to do service and to carry the message. Please join the Professional outreach committee which is part of Mass Bay Intergroup (MBI) that meets the 2nd Saturday of the month at 10:30am at the Lawrence Memorial hospital in Medford

Contact Cathy B. (Lowell) cell#: 978-866-9454 and/or come to the next MBI Intergroup meeting to help in this noble service.

PUBLIC INFORMATION COMMITTEE

Service is Spiritual!! Please join the Mass Bay Intergroup Public information committee to help carry the message to compulsive eaters, compulsive overeaters and food addicts who still suffer. Members may choose to send a Public Service Announcement to a print or electronic Newspaper Editor, volunteer at the OA table at a local Health Fair, send out the OA World Service Office CD-PSA to radio broadcasters or the OA DVD to local television stations. Any and all forms of service to further OA's primary purpose!! Mass Bay intergroup meets in person on Saturday, Feb 10th, 2018 at Lawrence Memorial hospital in Medford, MA at 10:30am!!

Cathy B., MBI PO/PI Chair

12 STEP COMMITTEE – FEB. 2017

The 12th step workshop which was rescheduled to Saturday, January 26, was a well-received success. All participants found the workshop useful. It covered one step and was one hour. The next workshop is Saturday, February 24, from 10:30 to 12:30 in the Johnson room at Lawrence Memorial Hospital. And will cover steps one and two including a speaker and a reading for each step. The central tenet of each of these first two steps really is Surrender. Surrender control, surrender false pride, and surrender shame and step into the warm Light of Program, Fellowship, and Recovery.

Dave D. 12 Step Committee Chair

Come join us at MBI for Service and Fellowship! All are welcome!!! Please come and bring your ideas!

MBI MEETINGS DATES – 2018

- ~~January 13~~
- February 10**
- March 17**
- April 21
- May 12
- June 9
- July 14
- August 11
- September 8
- October 13
- November 17
- December 8

HELP WANTED - PLEASE SPREAD THE WORD

Pat, our faithful office staff member, is moving to New Hampshire around February 20 of this year. She has been a wonderful help to our intergroup. If you are interested in this position or if you know someone who might be, please contact us or give this information to the person who is interested.

Some information about this position: It is a very part time, independent contractor position, usually 2-3 hours/week, with no benefits. The hours are flexible. Computer skills are essential, office work experience is very desirable. Ability to work independently and cooperatively is also essential. The MBI office is in Arlington - 7 Central St. on the 2nd floor and there is no elevator, so you must be able to walk up and down stairs and walk to and from the nearby post office to pick up mail and to mail letters and packages as needed. The building has limited parking and on-street parking is also limited, but Central St. is right off Mass Ave. so it's T-bus accessible. The typical work week is 1 hour/day 3 days a week and Pat is willing to train the chosen candidate.

If you are interested in finding out more about this position, send an email (info@oambi.org) or leave a message (781-641-2303) with Pat in the office. Jean B. or Mary P. will contact candidates to schedule an interview.

NEWS FROM OA WSO

For news from the World Service Office, to order books and pamphlets, to get all meeting information, for Podcasts about OA, to learn about writing opportunities, and much more - see - www.oa.org. Check with your Intergroup Rep to get any WSO information if you don't use a computer.

PODCASTS AVAILABLE ON OA WEBSITE:

Step Two - "Came to believe that a power greater than ourselves could restore us to sanity." This week's workshop leader discusses each aspect of Step Two, sharing her experience, strength and hope. "Ours is a spiritual program, not a religious one." (p. 13, *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*.) Step Two "is a bridge" between Step One and Step Three, and the "hoop you have to jump through is a lot wider than you think." Give the OA program a chance to work for you. References include the "The Twelve Steps and Twelve Traditions of Overeaters Anonymous" (Step 2), *Voices of Recovery* (January 9th and 10th), *For Today* (March 28th), *Lifeline Magazine* - February 2011 and February 2014 and AA's *The Twelve Steps and Twelve Traditions* (Step 2). [Listen Now - Step Two](http://www.oa.org/wp-content/podcasts/Step-2-feb-8-2015.mp3) or download: <http://www.oa.org/wp-content/podcasts/Step-2-feb-8-2015.mp3>

NEW! Updated Guidelines for Addressing Disruptive Behavior and Local OA Literature

Download and use these two revised guidelines to support strong meetings in your area. *Guidelines for Addressing Disruptive Behavior Affecting Overeaters Anonymous Meetings* describes issues members might experience and suggests actions face-to-face and virtual groups can take to address disorderly behavior and protect members and groups. *Guidelines for Locally Produced Literature* lists twelve procedures and tips for service bodies to use as they develop literature to meet specific needs in their area.

Check out the new, revised guidelines by clicking:

<https://oa.org/files/pdf/Disruptive-behavior-2018-.pdf>

<https://oa.org/files/pdf/Local-Literature-2018-.pdf>

OA e-Books Now Available for iBooks, Kindle, and Nook

Whether you prefer to **read OA-approved literature** on electronic devices or from a mix of e-readers and print books, you can now find **OA e-books** for popular e-readers and apps:

- [iBooks through Apple iTunes](#)
- [Kindle via Amazon](#)
- [Nook from Barnes and Noble](#)

The best way to find OA-approved literature in these bookstores is to **search by author for "Overeaters Anonymous."** There is a royalty share for all e-books purchased from these bookstores. To purchase books and other literature in print, visit bookstore.oa.org.

WSO NEWSLETTER

First Quarter 2018 issue of **A Step Ahead** is now available for download in an interactive color edition at oa.org/files/pdf/asa-q1-2018.pdf or in printer friendly black and white at oa.org/files/pdf/asa-q1-2018-bw.pdf

Anyone can write an article for Lifeline!

July (Deadline: 3/15/18) [Click for More Info](#)

- Generally Speaking
- Celebrating OA's Freedoms

Generally Speaking Write on any topic you find meaningful.

Celebrating OA's Freedoms "The word freedom appears so many times in all of our literature, I began to think about the freedoms from my disease I gained by working each of the Steps . . ." (*Voices of Recovery*, p. 205).

What freedoms have you gained in OA?

Submit a Lifeline story directly through oalifeline.org/lifeline-submission/

Subscribe to Lifeline today at the new beautifully done <http://oalifeline.org/>.

Upcoming Events and Information

(CORRESPONDING SECRETARY'S REPORT)

Please make flyers available for your meetings

MASS BAY INTERGROUP NEWS & EVENTS

Mon. Feb. 12th – Twelfth Step Within Day

A day to focus on carrying the 12th Step message to reach out to OA members in relapse or still suffering.

Sat. Feb 24 – MBI Workshop - Steps 1 & 2

10:30 – 12:30 – Lawrence Memorial Hosp, Medford
Speakers and Discussion. All are welcome!

MA / NH STATE INTERGROUP NEWS

Saturday, February 24th– OA "Unity Day 2018"

Newton Wellesley Hospital, Newton, 1pm – 4pm.
Bowles Conference Center, 2nd floor. All Welcome!
Speakers, Raffle, Clothing Swap & Fun and more.
Several Intergroups hosting and participating.
<http://www.oanorthshoreintergroup.org/wp-content/uploads/2018/01/Unity-2018-Flyer.pdf>

New Hampshire Intergroup Retreat: Feb. 9-11

"Stepping into Spirituality". Greenfield, N.H.
See OA New Hampshire Intergroup website/Flyer.
www.oanewhampshire.org

REGION 6 NEWS & EVENTS

NEW ADDRESS FOR REGION 6 DONATIONS:

Region 6 Treasurer
P.O. Box 644
Peabody, Mass 01960

See the **Region 6 website** for more information about these, other events and news in the Region 6 area, www.oaregion6.org. (Region 6 trustee contact: Region6trustee@gmail.com)

Upcoming Assemblies:

2018: April 14th, [Radisson on Wolf Road](#)
2018: September 29th, [Radisson on Wolf Road](#)

REGION 6

Register now for Convention 2018. Early Bird rate is US \$50 until October 12, 2018.



PORTLAND, MAINE 2018
WE LIGHT THE WAY
REGION 6 CONVENTION

Click the picture above to go to the Convention Website at oaregion6.org/2018/

OA WORLD SERVICE NEWS & EVENTS:

UNITY DAY - FEBRUARY 24 2:30 A.M EST!

(last Saturday of February)
This day recognizes the strength of the Fellowship worldwide. On the last Saturday in February, at 2:30 a.m. Eastern standard time, OA members pause to reaffirm the strength in OA's unity.

Interested in OA history? Learn more! Read [I Put My Hand in Yours](#) and [Beyond Our Wildest Dreams](#)

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 the recordings. Tel. # 1-641-715-3818, code 925619.
** See page 4 for more OA World Service info.

For news, events, announcements & info, see the websites:
www.oambi.org; www.oaregion6.org; www.oa.org

The Next MBI Meeting Date – Save the Date!

Saturday, February 10, 2018

**10:30 A.M. – 12 P.M. - Lawrence Memorial Hospital
Gallagher Conference Room**

BOARD & COMMITTEE CHAIRS *

MBI CHAIR
 Mary P. (Quincy)

VICE-CHAIR
 Suzanne (Newton)

CORRESPONDING SECRETARY
 Cathryn (Georgetown)

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
 Open

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

OA '90 Day' Telephone Meetings *

Times listed are E.S.T.

Sunday 8-9AM (Big Book Disc)
 Dial-In: 641-715-0867 Access Code: 616525#

Sunday 8:30-9:30AM (Men's meeting)
 Dial-In: 605-468-8010, Access Code: 267533#

Sunday 2-3pm (Big Book Disc)
 Dial-In: 712-775-7031, Access Code: 749342#

Sunday 8-9pm (Spkr/Disc)
 Dial-In: 515-604-9742, Access Code: 152802#

Monday 10-11am (For Today/ Disc)
 Dial-In: 605-475-2090, Access Code: 79822#

Monday 6-7pm (Spkr/Disc)
 Dial-In: 605- 475-4700, Access Code: 155081#

Monday 8-9pm (BB/ Discussion)
 Dial-In: 605-475-2875, Access Code: 4134252#

Tuesday 9:30-10:30am (Women's meeting)
 Dial-In: 712-432-8773, Access Code: 12365#

Tuesday 4:30-5:30pm (Spkr/Disc)
 Dial-In: 712-775-7035, Access Code: 318539#

Tuesday 7-8pm (Spkr/Disc)
 Dial-In: (605) 475-4850, Access Code: 197132#

Tuesday 8-9pm (Spkr/Disc)
 Dial-In: (641) 715-3570, Access Code: 171863#

Wednesday 10-11am (Spkr/Disc)
 Dial-In: (712) 451-1095, Access code: 106702#

Wednesday 1-2pm (Spkr/Disc)
 Dial-In: (218) 844-1930, Access Code: 105047#

Wednesday 7:30-8:30pm (Spkr/Disc)
 Dial-In: (712) 775-7100, Access Code: 897214#

Thurs 8-9pm (Spkr/Disc)
 Dial-In: (713) 936-6996, Access Code: 135103#

Friday 9-10am (Spkr/Disc)
 Dial-In: (712) 770-4160, Access Code: 156173#

Friday 6-7pm (Spkr/Disc)
 Dial-In: 641-715-0863, Access Code: 713226#

Saturday 8-9am (For Today/ Disc)
 Dial-In: 641-475-2090, Access Code: 242083#

Sat 10-11AM (Spkr/BB/ 12+12)
 Dial-In: 515- 475-2090, Access Code: 773844#

Saturday 4-5:15pm (Spkr/Disc)
 Dial-In: 712-451-0921, Access Code: 911188#

* 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.

* [For a complete list of meetings see 'OAMBI.org' website](http://www.oambi.org)