



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

April 2018

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MBI CHAIR REPORT – APRIL 2018

Step 4: Made a searching and fearless moral inventory of ourselves.

“This requires complete disclosure and absolute honesty. I can make no excuses for my behavior, only a bare-bones examination of my conduct. Action entails major Step work—working with a sponsor and processing the defects encountered. The ensuing grace is the result of living in the solution of the Steps and from practicing each Step’s spiritual principles. This grace is abstinence and a reliance on my Higher Power. This grace is the new freedom promised to us all.” VOR, p. 92.

When I think about the Steps, the fourth Step is one I think of as hard, demanding that rigorous honesty that I don’t have confidence I can find in myself. I have never known anyone who did the fourth Step by themselves. Either they did it as part of an AWOL, or they did it with a sponsor. My experiences doing the fourth Step were doing them with a sponsor. The sponsor helped me get started, helping me understand the process involved, where to start, and the format. Then I started writing and met with my sponsor regularly to share what I had written.

Honesty is the spiritual principle of the fourth Step. My writing would start with praying the third Step prayer, bringing my Higher Power into the process, offering my efforts to my HP, and asking for help with my difficulties. Sharing my writing with my sponsor involved reading what I had written and responding to questions my sponsor had and suggestions about other thoughts to consider. I prayed a

lot in the process for the willingness to keep going.

The truth is that, having completed my fourth Step, and moving forward with the rest of the Steps, the facts that I had not been willing to look at about myself became clearer—what I had done and the consequences of my behavior. Taking responsibility for my part in my problems contributed to my growing abstinence, physically and emotionally. Learning to rely on my HP continues to contribute to my spiritual abstinence. It is a process that will continue as long as I live and continue to grow emotionally and spiritually in Overeaters Anonymous with the loving guidance of my Higher Power.

As I said at the end of the March Chair Report, our MBI Intergroup Inventory was completed in 2017 and is now posted on the MBI Website. This is similar to a Fourth Step inventory, but different because the focus is on how we are functioning as an intergroup.

This year, the MBI Officers are going to be reaching out to all of the MBI meetings. We are working on a survey that will help us get input from all of you about how to better support and strengthen Overeaters Anonymous within the MBI meetings.

Thank you all for your support of Mass Bay Intergroup.

In grateful service, Mary P (Quincy)

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OA Tradition 4

"Each group should be autonomous except in matters affecting other groups or OA as a whole."

MBI NEWS !

MBI TREASURER REPORT FEBRUARY

Income:	\$2127.42
Checking Balance 3/1/18	\$2109.23
Expenses:	\$1408.42
Savings Balance 3/1/18	\$4005.37
\$719.00 Income over expenses	

Our income for February was all from donations, \$20 from the MBI 7th tradition collection, the rest from group donations. Please see the list of groups donating at the end of this report. As always, thanks to all for supporting MBI. I wrote an article for the MBI March newsletter about the 60/30/10 donation system suggested by WSO, if anyone has any questions, you can reach me through the MBI office.

Expenses for February included the usual for office rent, webmaster, and Verizon. We also paid \$14.30 for website, \$100 to Pat our departing office worker, \$60.00 to Marina our new office worker (welcome!), \$50.00 to the hospital for the MBI meeting and a workshop, \$50.00 for a Unity Day raffle gift, and \$483.00 for WSBC plane ticket.

Upcoming expenses will include more for WSBC in April, possibly for Region 6 Assembly in April, renewal for anti-virus for the office computer, and more office supplies (goldenrod paper). We are in good financial shape.

Jean B., MBI treasurer

Group Donations February 2018

\$150.00	Reading Wed. PM
\$132.00	Dedham Mon. PM
\$131.37	Winchester Tues. PM
\$75.00	Milton Wed. PM BBSS
\$514.45	Reading Sat. AM
\$348.00	Newton Wellesley Sat. AM
\$208.80	Newton Wellesley Sat. AM
\$547.80	Newton Wellesley Sat. AM
\$2,127.42	Total

MBI OFFICE ACTIVITY REPORT- March

Phone Calls	8
Emails	25
Checks Received	7
Goldenrod Flyer Sent	25
March Newsletter sent	Yes

Marina, OA MBI Office Secretary

MBI OFFICE REPORT FEBRUARY MARCH

The MBI office is running well. As office committee chair (and currently unemployed so I have some time), I filled in for Pat for a week in February when she was out of town. Pat's last day was Wednesday, Feb. 21st and we were able to have our new office worker, Marina S., come in for training. Pat had written up instructions for the new person which were helpful. Pat asked me to convey her thanks for the card we sent her; she realized she didn't know all of us who signed it but was grateful. I did hear from Pat after her move, she is enjoying her new place and making new friends. We wish her well and I will stay in touch with her.

Marina has Pat's keys to the office and PO box and while I came in with her a few times in the beginning (for example, we put together some therapist packets for the Addictions Conference), she has been able to work on her own as well. I filled in for her a few days in March when she was out of town. I have the MBI debit card that we use for purchases (the one Pat had was turned in to the bank to be canceled and Pat was taken off the authorized signature list) so while Marina can order from our Staples account, anything else (OA literature, for example), would need to go through me.

The storms we have had this season have had an impact on office operations in terms of scheduling work days and hours, but since Marina is an independent contractor (like Pat was), she can set her own hours and typically there is only a need for a couple of hours of work a week spread out over several days. I would ask that anyone contacting the office by phone, mail, or email to please be patient while the office schedule is set up. We can access the voicemail remotely, so a phone call may be the best way for contact.

Jean B., office committee

**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

WEBMASTER REPORT - April 2018

On March 14, 2018, 251 newsletters were emailed to our subscribers. In March 2018, 1 person subscribed and 1 unsubscribed. During month the website was updated with the most recent newsletter, the highlights, the updated 90 day OA phone meeting list, the updated goldenrod flyer, and the upcoming events as usual.

Jeanne K., OAMBI Webmaster

PROFESSIONAL OUTREACH COMMITTEE

Service is Spiritual! Come on down if you are willing/able! "Participate, don't Isolate!!" You are welcome at the Professional Outreach committee meeting which is part of the Mass Bay Intergroup meeting on Saturday, April 21st at 10:30am at the Lawrence Memorial hospital in Medford, MA. The PO committee is working to get the message out to Hospital websites, Medical schools, Nursing colleges, universities, schools and to individual Bariatric hospital units, surgeons, doctors, Therapists, Employee Assistance Program directors, Nutritionists and others! Please call the office, tell us in person at the "MBI" meeting and/or email the MBI office worker about a professional whom you would like an MBI Professional Outreach packet mailed to. Packets contain: the 90 day Phone List Meetings list, the MBI in person meeting directory, the Anorexia/Bulimia recovery articles from "Lifeline", the most recent edition

of "The Courier" which is an OA World Service office newsletter geared to Professionals.

There will also be literature geared to professionals whose clients/patients include compulsive eaters, compulsive overeaters and food addicts. This is a special way to do service and to carry the message of OA to professionals working with those who still suffer.

PUBLIC INFORMATION COMMITTEE

Opportunity for Service!! You can help carry the message of OA Recovery! Goldenrod flyers and OA Business cards are Available to Post in Libraries, on Grocery store Bulletin Boards, on Laundromat bulletin Boards, any public place!! Call the MBI office to have free copies mailed to you! Also call for OA MBI Newcomer packets, MBI meeting directories and the '90 Day' telephone meeting lists. Post as you think of it and maybe save a life. Service is Spiritual and very Appreciated!!!

Cathy B., MBI PO/PI Chair

12 STEP COMMITTEE – APRIL 2018

To take steps one and two is to be vulnerable. Honesty is vulnerability, and as true vulnerability allows us to be who we were made to be. This is perhaps an intriguing paradox, but one that we all go through over and over in program. The Coming Back to OA workshop at the end of March went very well. There were 12 attendees. Our speakers were inspiring, honest, and supportive and there was open and honest conversation about relapse and recovery. There is another workshop planned for May 19 and one for July 28, 10:30-12, both in the Johnson Room, mentioned below.

On April 28, from 10:30 to noon in the Johnson room of Lawrence Memorial Hospital will be a new workshop focused on Tools and Slogans, which should be very useful. On June 2, we will have a Steps Three and Four workshop, 10:30-noon, also in The Johnson room of Lawrence Memorial Hospital. All are invited! Happy Spring!

Dave D., 12 Step Committee Chair

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.

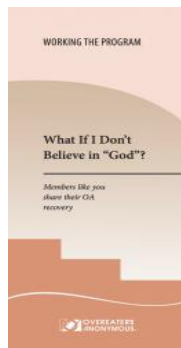
PODCASTS AVAILABLE ON OA WEBSITE:

Step Four - Made a searching and fearless moral inventory of ourselves. In this fourth installment in the workshop series "The Importance of Working All Twelve Steps," leaders discuss how working the first three steps is preparation for the Fourth Step, how important the Fourth Step is and specifics about working the Fourth Step. Also referenced is the variety of OA literature available to help members take Step Four (*Fifteen Questions, Twelve Steps and Twelve Traditions of Overeaters Anonymous, Fourth Step Inventory Guide, AA's Twelve Steps and Twelve Traditions, Twelve Step Workbook of Overeaters Anonymous, Sponsoring through the Twelve Steps, Alcoholics Anonymous Big Book* and *Twelve-Stepping a Problem*). "Those of us who have completed Step Four have found that taking this searching and fearless moral inventory was one of the most loving things we ever did for ourselves." *The Twelve Steps and Twelve Traditions of Overeaters Anonymous* p.29

http://www.oa.org/wp-content/podcasts/Step4_April122015.mp3

New! What If I Don't Believe in God? What If I Don't Believe in God? is

now available as a free download on the OA website. This OA-approved pamphlet has been discontinued and is no longer for sale in the OA bookstore, but it still carries the Conference Seal of Approval and is a valuable voice of "OA members who do not express a belief in 'God' but work the OA program."



Download <https://oa.org/files/pdf/What-If-I-Don27t-Believe-in-God.pdf> and carry it to your meetings to support the unity and diversity of our Fellowship.

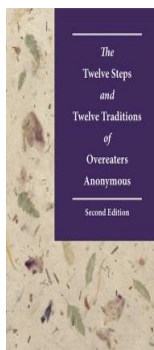
Use the New Prospect Card to Invite Potential Members to OA



Reach out with OA's redesigned New Prospect Card. The business-size card has OA's web address, includes space for local meeting information, and carries the message: "OA. It Works!"

NEW! The Twelve Steps and Twelve Traditions of Overeaters Anonymous, SECOND EDITION

Updated and improved, OA's keystone book—the *OA Twelve and Twelve, Second Edition*—is now available. Created specifically as a study of the OA Twelve Step recovery program, *The Twelve Steps and Twelve Traditions of Overeaters Anonymous* has been revised



for clarity and inclusivity—with a restructured Step Four chapter to increase usefulness. Read how, through working the Twelve Steps and studying the Twelve Traditions, members have found "physical, emotional, and spiritual healing that we don't hesitate to call miraculous."

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! September (Deadline: 5/15/18) Click for More Info - suggested topic -

Working the Program While Working Through Obstacles

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

Sat. 4/28 – MBI Workshop - Tools & Slogans
 10:30 – 12:30 – Lawrence Memorial Hosp, Medford
 Six speakers and Discussion. All are welcome!

Sat. 5/12 – MBI Workshop - Steps 3 & 4
 10:30 – 12:30 – Lawrence Memorial Hosp, Medford
 Speakers and Discussion. All are welcome!

Sat May. 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. 7/28 Coming Back to OA: A New Beginning
 10:30 – 12:30 – Lawrence Memorial Hosp, Medford
October 5-7 MBI Fall Retreat. You are invited!

MA / NH STATE INTERGROUP NEWS

MWI 50th OA Anniversary workshop, 4/24 from 1-3pm at the First Congregational Church in Holliston, MA. Focus is on "What contributed to your longevity in OA?" Speakers, a raffle, and sharing.

North Shore Intergroup workshop "Abstinence and Plan of Eating", 4/29 1-4pm at the First Congregational Church, 25 Woburn St., Reading
[NSI One Day Retreat 6/23 in Ipswich, hosted by North Shore Intergroup](#)

MWI 12 Step Retreat, 6/8-10 in Wareham at the Sacred Heart Retreat Center. (Registration \$175 email retreat@metrowestoa.org)

REGION 6 NEWS & EVENTS

NEW ADDRESS FOR REGION 6 DONATIONS:

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

REGION 6

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)

Fall 2018 Assembly - September 29th, Red Lion Hotel Albany, 205 Wolf Road, Albany, NY 12205. (The former Radisson Hotel)

Region 6 Convention 2018. Register now!
Early Bird rate is US \$50 until October 12.



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

OA WORLD SERVICE NEWS & EVENTS:

WSO Business Conference
 4/23-28 Albuquerque, NM

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 Dates – Save the Dates!

Saturday, April 21, 2018

Saturday, May 12, 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 10-11 am (For Today/ Disc)
Dial-In: 515-739-1726, Access Code: 361336#

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 10-11:15AM (Spkr/BB/ 12+12)
Dial-In: 515- 475-2090, Access Code: 773844#

Saturday 4-5 pm (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)