



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

May 2018

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## MBI CHAIR REPORT – MAY

**Step 5:** Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

In doing Step 5, we choose another human being we trust to share what we have written in our 4<sup>th</sup> Step writing. It all starts with our relationship with our Higher Power. That Power helped us in our writing and now is present with us and another person as we share that writing. Often this person is our sponsor but it is up to us to choose a person we trust. Much is written about this process in our 12 Steps and 12 Traditions of OA and in the Big Book.

When I did my last 5<sup>th</sup> Step, I shared every bit of my writing, even though there were experiences there that I was ashamed of and was afraid to share with another person. "Yet, we find that we haven't truly admitted our wrongs to ourselves until we speak about them with someone else. It is only through the process of discussing our shortcomings out loud with an understanding person that we can finally begin to know ourselves and accept ourselves. Nothing in us can be changed until we first accept it." *The 12 Steps and 12 Traditions of OA, p. 48.*

Higher Power was with us as I read my writing, represented by a candle and a chair. My sponsor was understanding and never reacted judgmentally. Sharing that writing was the beginning of a gradual acceptance for me. My shame has gradually eased and I believe that is related to my own gradual

surrender of my self-judging to the forgiving Love of my Higher Power.

### What does MBI provide for our member groups?

We have a small office in Arlington where Marina, our part time office assistant works, and where materials, files, our phone and computer are housed. Marina responds to calls and emails, sends out our meeting directories, professional packets, and our newsletters (to those unable to get them in other ways). Marina is generally in the office on Mondays and Thursdays but not at regular times. Call for appointments.

We have a website that has links to our newsletter, meeting lists, and events calendar as well as flyers for workshops and our retreat and links to Region 6 and the OA website. Anyone can sign up on the website to have our newsletter emailed to them. Under the heading *What is OA?* at the top of our home page (click on those words) are some recordings of members sharing their recovery stories, the pamphlet "Is Food a Problem for You?" and a downloadable resource for professionals.

This is only a partial list. Thank you, Jean B and Jeanne K, for helping me with this part of my report. It will be continued next month.

Thank you all for your support of Mass Bay Intergroup!

In grateful service, Mary P (Quincy)

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**OA Tradition 5**  
***"Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers."***

**MBI NEWS !**

**MBI TREASURER REPORT - MARCH**

Income	\$1198.30
Checking Balance 4/9/18	\$2803.62
Expenses	\$968.61
Savings Balance 4/9/18	\$4005.41
Income over expenses	\$229.69

March income was reasonable, \$1183.30 in group donations and \$15.00 from the MBI 7<sup>th</sup> tradition collection. Thanks to all of the groups who donated, a list follows this report.

Expenses for March were mostly routine: website 19.50, webmaster 50.00, Verizon 156.12, office rent \$445.00, hospital donation \$50.00 (MBI meeting and workshop), and \$120.00 to Marina, our new office worker. In addition, \$65.00 for parking at the Addictions conference (Boston parking garages are not cheap!) and \$62.99 for office supplies (toner for printer).

Upcoming expenses for April will be for WSBC and R6 travel and our quarterly donations to WSO and R6.

Jean B. MBI treasurer

Group Donations March 2018

\$200.00	Readville/Hyde Park Wed.PM
\$94.20	Medford Sun 8AM
\$21.00	Chelsea Sat. AM Men's
\$197.00	Reading Tues.AM BBSS
\$75.00	Weymouth Thurs. AM
\$314.10	Newton-Wellesley Sat. AM
\$282.00	Newtonville Sun. PM
\$1198.30	Total

**MBI OFFICE ACTIVITY REPORT- APRIL**

Phone Calls	12
Emails	80
Checks Received	12
Goldenrod Flyer Sent	30
Professional Packets made/mailed	8
April Newsletter – not sent this month	
Meeting Directories mailed	6

Newcomer packets mailed	10
Literature catalogue mailed	1
Marina, OA MBI Office Secretary	

**MBI OFFICE REPORT APRIL - MAY**

The MBI office is running well. Marina, our new office worker, has been with us since late February when she received some training from Pat on Pat's last day with us and I have been able to provide some assistance as well. The Addictions Conference in early March produced a large number of requests for professional packets and Marina has been working her way through those by making up the requested packets (some medical, some therapeutic, a few clergy or EAP) and puzzling out the addresses on the forms (insert joke about illegible handwriting of doctors here). We will also be working on revamping the files to make them more user-friendly as some drawers have packet materials, others have old MBI records and some folders may have duplicate contents. Pat, our former office worker, has been in touch with me. She is happy in her new place in NH, but she misses us and being able to walk around in Arlington as her new location requires the use of her car to get anywhere.

Jean B., MBI Office Committee

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

**WEBMASTER REPORT – May**

On April 25, 2018, 250 newsletters were emailed to our subscribers. In April 2018, 2 people unsubscribed and did not specify a reason. During month the website was updated with the most recent newsletter, the highlights, the updated 90 day MBI meeting list, the updated goldenrod flyer, and the upcoming events with flyers as usual.

Jeanne K., OAMBI Webmaster

**PROFESSIONAL OUTREACH COMMITTEE – May**

Service Saves Lives!!! Carrying the message to Doctors, Nurses, medical schools, nurse education programs, Therapists, Employee Assistance program staff, Spiritual Advisors, Clergy and more!! Call Marina at the MBI office, 781-641-2303 or email Marina at [info@oambi.org](mailto:info@oambi.org) for a free packet to be sent to professionals who come in contact with compulsive eaters, compulsive overeaters, food addicts, etc. Contact Cathy B. at 978-866-9454 and / or come to the next MBI meeting to help in this noble service.

**PUBLIC INFORMATION COMMITTEE - May**

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 – MAY**

Somewhat belatedly the amazing variety of new leaves and blossoms reminds us that there are powers that we cannot fathom and that joy is a possibility.

The new Tools and Slogans workshop on 4/28 was excellent. We had 6 speakers; three people spoke on a slogan plus two tools, the other three speakers spoke on two tools. The slogans were First Things First, Let Go and Let God, and Attitude of Gratitude. Half way through the workshop, we opened up for questions, and there was open sharing at the end.

On the horizon is "Coming Back to OA: A New Beginning" (2), May 19 10:30 AM to noon; a Step Three and Four workshop on June 2, 10:30 AM to noon; and "Coming Back to OA - A New Beginning" (3) on July 28, 10:30AM to noon. They will all be in the Johnson room at Lawrence Memorial Hospital.

Dave D., 12 Step Committee Chair

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**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

**12th of the month – 12th Step Within**

Please reach out to those in need by phone or email or in person.

**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](http://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 Five - "Admitted to God, to ourselves and to another human being the exact nature of our wrongs."** The Step Five workshop speakers share about how the promises of Step Five came true for them. One speaker qualifies on working the first four Steps to arrive at Step 5; the who, what, where, when, how and why of doing a Fifth Step; and the necessity of working this Step. The second speaker tells her OA story and the importance of working all the Steps. "As we complete Step Five, we may feel many emotions, among them humility, elation and relief. We often feel nearer than ever before to our Higher Power and more loving and trusting of other people. Whether we feel these things or not, we can rest assured that we are nearer to God and more capable of trusting others." (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous* p. 51) Referenced Material: *Alcoholics Anonymous* and the *Twelve Steps and Twelve Traditions of Overeaters Anonymous*

**NEW 2017 Membership Survey Report Available**

Use the new [Membership Survey Report](#) to carry OA's message to doctors, nurses, nutritionists, and other referring professionals in your area. As survey data shows, OA is a diverse Fellowship, but through OA, together we've found "physical, emotional, and spiritual recovery ... from compulsive eating." Share the strength of the OA program by sharing who we are. Find the new [2017 Membership Survey Report](#) (#102) in the OA bookstore.



The Second Quarter 2018 issue of the WSO newsletter, *A Step Ahead* is now available for download in an interactive color edition [oa.org/files/pdf/asa-q2-2018.pdf](http://oa.org/files/pdf/asa-q2-2018.pdf) or in printer friendly black and white at [oa.org/files/pdf/asa-q2-2018-bw.pdf](http://oa.org/files/pdf/asa-q2-2018-bw.pdf)



- A summary of the business and workshop activity coming up at World Service Business Conference 2018
- Announcement of our new book, *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*
- Messages from our chair and treasurer about growing recovery worldwide and how you can help
- Eleven new recovery resources from the World Service Office
- New resources for professional outreach and public awareness and more!

**Anyone can write an article for Lifeline! October (Deadline: 6/15/18) [Click for More Info](#)**

- How I Found My Higher Power
- When OA is Your HP
- Prayer, Meditation, and Improving Conscious Contact

**Submit a Lifeline story directly** through [oalifeline.org/lifeline-submission/](http://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 5/19 MBI Coming Back to OA: A New Beginning, Part II** from 10:30-noon at Lawrence Memorial Hospital, Medford. Speakers and discussion.

**Sat. 6/2 – MBI Workshop - Steps 3 & 4**  
10:30-12pm – Lawrence Memorial Hosp, Medford  
Speakers and Discussion. All are welcome!

**Sat. 7/28 Coming Back to OA: A New Beginning, Part III** from 10:30-noon – Lawrence Memorial Hosp, Medford. Speakers and discussion.

**OAMBI Fall Retreat at the Espousal Retreat House and Conference Center 10/5**, check in at 3:00 pm, ending on **10/7** at noon.

[oambi.org/wp-content/uploads/2018/01/Flyer-MBI-Retreat-Fall-Into-Recovery-2018-Updated.pdf](http://oambi.org/wp-content/uploads/2018/01/Flyer-MBI-Retreat-Fall-Into-Recovery-2018-Updated.pdf)

**MA / NH STATE INTERGROUP NEWS**

**North Shore Intergroup one day Retreat**, "Exploring Our Spirituality Through the Third Step Prayer", 6/23 1-4pm at the Notre Dame Spirituality Center in Ipswich.  
<http://www.oanorthshoreintergroup.org/wp-content/uploads/2018/04/Retreat-Flyer-June-2018-Final.pdf>

**MWI 12 Step Retreat**, 6/8-10 in Wareham at the Sacred Heart Retreat Center. Registration \$175, scholarships available. For more info contact Margaret Ann, 617-943-1470, or Veronica C., 508-505-0620, or email [retreat@metrowestoa.org](mailto:retreat@metrowestoa.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](http://www.oaregion6.org). (Region 6 trustee contact: [Region6trustee@gmail.com](mailto:Region6trustee@gmail.com))

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

**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/](http://oaregion6.org/2018/)

**OA WORLD SERVICE NEWS & EVENTS:**

**Sat June. 12<sup>th</sup> – Twelfth Step Within Day**  
A day to focus on carrying the 12<sup>th</sup> Step message to reach out to OA members in relapse or still suffering.

**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](http://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](http://www.oambi.org); [www.oaregion6.org](http://www.oaregion6.org); [www.oa.org](http://www.oa.org)

**The next MBI Meeting Dates – Save the Dates!**

**Saturday, June 9, 2018**  
**Saturday, July 14, 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**  
Jean B. (Revere)

**\* 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](mailto:info@oambi.org)  
WEBSITE: <http://www.oambi.org>

**OFFICE HOURS:**  
MONDAY & THURSDAY

**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: 515-739-1530, Access Code: 342177#

**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: 515-604-9742, Access Code: 152802#

**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: 641-715-0874, Access Code: 242083#

**Sat 10-11:15AM** (Spkr/BB/ 12+12)  
Dial-In: 515-604-9834, 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