



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

**MBI Newsletter**

**JUNE 2018**

**Page 1**

## **MBI CHAIR REPORT – June**

**Step 6:** Were entirely ready to have God remove all these defects of character.

During the writing of my most recent fourth Step, and then reading it to my sponsor in the fifth Step, I became clearer about those habitual behaviors that were and are my defects of character. They were right there as I did my writing and as I read that to my sponsor.

The most common habits, for me, that fall into what are referred to as “defects of character” are: 1) Selfishness (that is essentially me being wrapped up in my own feelings, thoughts and seeing events from my own point of view);

2) Fearfulness (a feeling of fear that is almost always associated with thoughts in my head that aren’t necessarily true);

3) Self Will (my behavior being directed by my ego without me thinking to ask my HP for help).

The last time I started working Step 6, I felt like it was up to me to somehow decrease those troublesome behaviors. I felt stumped. It took me weeks to begin to realize that I was powerless over my defects of character, and to really understand that Step 6 is about being WILLING to let my HP remove those defects in Step 7, in my HP’s time.

The June 4th VOR lesson is about Step 6 and, I think, it is beautifully written. Here is the writer’s conclusion: “By acknowledging my powerlessness and asking for help in my prayers, I received new insights, much needed self-restraint and the ability to negotiate stormy waters without leaving a wake of disturbance in my path. My program became

a living mechanism to guide me toward becoming a kinder, more approachable human being and allowed me to prepare for reckoning with the wreckage of my past.” VOR, p. 156.

This is a good description of my experience as well. I can only say “amen”.

## **What does MBI provide for our member groups? (Continued from May)**

MBI provides liability insurance that covers all of our meetings. There are some meetings in churches or hospitals that require liability insurance. Any meeting that needs proof of liability insurance in order to rent meeting space, please contact our treasurer, Jean B, through the MBI office and it will be arranged.

MBI sends representatives to the Region 6 Assembly twice a year and delegates to the World Service Business Conference every spring. These people represent our intergroup and vote on agenda issues at the meetings, and then come back and report on the meetings. Their reports are published in our newsletter. Our plan is that one of our delegates will include her report on the OA WSBC in this newsletter, and our other delegate will write her report for our July newsletter. Thank you, Jean B, for your help with this part of the Chair Report. To be continued next month.

Thank you for your support of MBI!

In grateful service, Mary P (Quincy)

## **INDEX**

Committee Reports	Page 1-3
Update from World Service	Page 4
Upcoming Events (Please announce)	Page 5
MBI and telephone meeting info.	Page 6

**OA Tradition 6**

***"An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose."***

**MBI NEWS !**

**MBI TREASURER REPORT - APRIL**

Income	\$1,923.25
Checking Balance 5/4/18	\$2,021.32
Expenses	\$1,725.60
Savings Balance 5/4/18	\$4,005.44
Income over expenses	\$197.65

April was a good month for donations. We received \$1828.25 in group donations. Thank you to all who donated, a list appears following this report. In addition, we received \$30 from the Step workshop, \$20 from the Coming Back workshop, and \$45 from the MBI 7<sup>th</sup> tradition collection.

Expenses for April included \$27.30 for website, \$50 webmaster, \$28.35 to renew Norton anti-virus for the office computer, \$26.33 for office supplies, \$156.12 for Verizon, \$445 for office rent, \$50 donation to the hospital for MBI meeting room and workshop, \$442.50 for Marina our office worker (there was a lot of work in April), and \$250 each for our quarterly donations to Region 6 and World Service.

Coming up in May will be expenses from the World Service Business Conference where we had sent 2 delegates along with our regular monthly expenses. I had submitted our annual treasury information from 2017 to our accountants to do our reports to the IRS and the state in lieu of taxes, (we are a 501(c)3 non-profit so we don't pay taxes), we usually receive their bill in the summer.

We have started to receive entries for our fall retreat in October, so May income should be good.

Jean B., MBI treasurer

**Group Donations April 2018**

\$120.00	Stoneham Mon. PM
\$35.00	Chelmsford Sat. PM
\$50.00	Boston, Mon & Fri noon
\$150.00	Reading Tues AM BBSS
\$285.00	Medford Sun. 8AM
\$180.25	Dedham Mon. PM
\$35.00	Chelsea Sat. AM men's mtg.
\$489.00	Newton Wellesley Sat. AM
\$150.00	Medford Sat. AM
\$94.00	Wellesley Wed. noon
\$240.00	Swampscott Sat. AM
1828.25	Total

THANK YOU!!!

**MBI OFFICE REPORT - MAY/JUNE**

The office is running well. Marina has been working on the backlog of medical packet requests from the Addictions Conference as well as the requests for newsletters, goldenrod flyers, and meeting lists. Marina is an independent contractor and sets her own hours each week, but she is typically in the office on Monday and Thursday afternoons and can check the voicemail remotely. If anyone needs to visit the office, please call first and leave a message!

I have, after consultation with Mary P., our Chair, ordered a bank debit card for Marina to use when mailing packages at the Post Office so we can eliminate the petty cash fund after it is used up and there will be a record of the postage used on the bank statement. By ordering the card by phone from the bank, I was able to save us a trip to the bank to do it in person, which is a great relief as trying to coordinate the schedules of 3 people can be difficult.

Jean B., MBI Office Committee

**MBI OFFICE ACTIVITY REPORT- MAY**

Phone Calls received	7
Emails received/sent	80
Checks Received	9
Goldenrod Flyer mailed	30
Professional Packets made/mailed	21
MBI Meeting Lists mailed	2
May Newsletter copied/mailed	Yes

Marina, OA MBI Office Secretary

**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 – June**

On May 16, 2018, 248 news letters were emailed to our subscribers. In May 2018, 1 person unsubscribed and did not specify a reason.

During the month the website was updated with the most recent newsletter, the highlights, the updated 90 day MBI meeting list, and the upcoming events with flyers as usual.

Jeanne K., OAMBI Webmaster

**OA WORLD WIDE!!! WSBC Report.**

What happened at the 2018 annual OA World Service Business Conference? A lot!!!

- \***OA meetings** with OA member delegates from all over the world!
- \***An awesome forum:** Recovery Roadmap! With sharing from members about the turns, detours, "pit stops" and refueling places along the way.
- \***OA literature updates:** a revised "To the Family" pamphlet gained WSBC approval. Revisions of "To the Teen" and "Welcome Back" did not.
- \***Helpful Workshops:**
  - Building healthy service bodies.
  - Building a foundation of strong Abstinence and Sponsorship.
  - Sharing "Carrying the message" Success and Challenges.
  - The glue that holds us together: Service, Traditions & Concepts.

\***One day committee meetings:** my service is with the Bylaws Committee and we are reviewing the bylaws of OA Inc., subpart B.

\***Voting:** after an emotional debate urging the approval of a motion, the OA member delegates voted in clear language that "OA has no opinion on bariatric (weight loss) surgery", and that "In the spirit of Tradition 3, OA welcomes anyone with a desire to stop eating compulsively, including people who had bariatric surgery or are contemplating it."

Members voted in a Virtual Region and the first ever, Virtual Region Chair! This encompasses all of the virtual (not in person) meetings which have saved so many members around the world. This includes phone, on line etcetera.

It was and is my great honor to serve as a Mass Bay Intergroup delegate to the WSBC. It is truly a gift and only possible because of my HP and OA fellowship.

Thank you, Cathy B. (Lowell)

**12 STEP COMMITTEE – JUNE**

As summer slowly goes about getting underway, I find things don't always go the way I want them to. By letting go of my expectations, and accepting what is, I find a lot more serenity. I am no longer the director!

The Step 3 & 4 Workshop took place on June 2 with Dave not being able to attend and he apologized sincerely. Other OA's stepped up to lead and do the service. This is a 'we' program and there was some good recovery fellowship and deep sharing. The next workshop on Step 5 will be scheduled soon. To be announced.

The next "Coming Back to OA: A New Beginning" workshop is scheduled on Saturday, July 28, from 10:30 AM to noon, in the Johnson Room at Lawrence Memorial Hospital. All are welcome.

Dave D., 12 Step Committee Chair

**No PO/PI Reports this month to make room for our WSBC Report.**

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 Six "Were entirely ready to have God remove all these defects of character." 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" (The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 53), plays in that recovery process. One of the speakers discusses why she found it so hard to be entirely ready to part with her defects, explains the concept of the payoff that kept her holding on to them and the key of an attitude of willingness: "Having such an attitude we cannot fail" (The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 58). The other speaker provides guidance on how to take our Fourth Step defects and resentments and discover the assets many of these defects actually were until our compulsive eating turned them into defects. She helps explain how the Steps help us recapture the assets that were part of ourselves, so we can live happy, joyous and free, without the fear that we will be nothing without these defects. Referenced Material: Listen now or download: http://www.oa.org/wp-content/podcasts/Step6\_June142015.mp3

"Amazing Recovery: Passport to Unity" Workshop, created by the Region Chairs

Committee for the 2017 WSBC Forum. To promote unity in your OA community. Inspired by OA's 2017 Strategic Plan goal to Grow Unity Worldwide. Created this interactive workshop that asks participants to hear and share about each other's approaches to the OA program and to "identify the joy of recovery that unites us." The presentation includes the "Amazing Recovery: Passport to Unity Workshop," a slide

Amazing Recovery: Passport to Unity



2017 WSBC Forum Presented by the Region Chairs Committee

presentation, a "passport" to guide participants through the experience (available as a Word document and PDF), and passport "stickers."

WSO NEWSLETTER

Second Quarter 2018 issue of A Step Ahead is now available for download in an interactive color edition 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



- A summary of the business and workshop activity coming up at World Service Business Conference 2018
• 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! November/December (Deadline: 7/15/18) Click for More Info

- International Day Experiencing Abstinence and Twelfth Step Within Day
• Staying Abstinent Through the Holidays
• Gratitude and Blessings: Giving Thanks

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

**OA MBI Third Annual Fall into Recovery: Practicing these Principles in All Our Affairs.**

Espousal Retreat House and Conference Center October 5-7, 2018. Check in Friday, Oct. 5 at 3 pm. All abstinent food / meals included in the Retreat cost. Check out on Sunday, October 7 at noon. Early registration available now. You are invited! Come and Enjoy a time of recovery and fellowship!

[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>

**Metro West Workshop**, “Nuts and Bolts of Sponsorship”, 8/18. Registration is at 1 pm; the workshop is from 1:30 to 4 pm. Validated parking available. Spaulding Rehab Hospital, 1575 Cambridge Street, Cambridge, MA 02138.

**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 August 15, 2018.**



Click the picture above to go to the Convention Website at [oaregion6.org/2018/](http://oaregion6.org/2018/)

**OA WORLD SERVICE NEWS & EVENTS:**

**Thursday, July 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, July 14, 2018**

**Saturday, August 11, 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**  
 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: 563-999-2090, Access Code: 316200#

**Sunday 2-3pm** (Big Book Disc)  
 Dial-In: 515-604-9609, Access Code: 180204#

**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