



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

August 2018

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## MBI CHAIR REPORT – August

**Step 8:** Made a list of all persons we had harmed and became willing to make amends to them all.

Spiritual principle: Self-Discipline.

“In step eight, we look at our relationships for the purpose of discovering those patterns which have done harm to us and to others. Here we meet guilt head-on and get rid of it. Here we learn about the healing power of forgiveness as we discover how to forgive ourselves and others. Most important, we begin here to become willing to make *amends*—that is, to make *changes*—in the way we deal with people who share our lives.” (The 12 Steps and 12 Traditions of OA, first edition, pp 67-68.)

The most recent experience I had with step 8 actually started during the 5<sup>th</sup> step, as I was reading my 4<sup>th</sup> step writing to my sponsor. She circled the names of people in my writing who she thought should be on my amends list. That was the start of making my list. Talking with my sponsor helped me begin to consider who I did owe amends to. I did experience guilt about the way my behavior had hurt others. Looking honestly at my behavior and learning that it was not up to me to judge myself or others, but only to see the truth and pray for myself and the others involved, has helped me gradually release my guilt and experience more compassion for myself and the others involved. Praying about each relationship and sharing my thoughts and questions with my sponsor helped me complete my amends list, growing in the forgiveness that made that possible.

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

MBI holds **workshops** though out the year including workshops on the 12 Steps and the Coming Back to OA workshops (for members returning from relapse). MBI also hosts a **Thank-a-Thon** on Thanksgiving Day; various MBI OA groups sponsor one of the hours of the Thank-a-Thon with meetings on the hour from 7 AM through 1 PM. In my opinion, we are very fortunate to live in an area where there are many good OA workshops sponsored by the various Intergroups in our area, all within reasonable driving distance.

MBI hosts a **Fall Retreat** in Waltham; this year is our third annual Fall Retreat. This is a great opportunity to get away for a weekend, surrounded by OA fellowship, the study of the 12 Steps and abstinent food that requires no preparation or clean up on our part. All of the rooms are single rooms. The retreat flyer is available on our website and there is a link on page 5 of this newsletter.

(What MBI provides for our groups to be completed in September.)

## Would you like to write something for our newsletter?

### Would you be interested in doing service by putting our newsletter together?

Contact myself or Jean B. through the MBI Office (Info on page 6) or attend an MBI meeting on August 11 or September 8.

In grateful service, Mary P (Quincy)

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**OA Tradition 8**  
***"Overeaters Anonymous  
 should remain forever  
 nonprofessional, but our  
 service centers may employ  
 special workers."***

**MBI NEWS !**

**MBI TREASURER REPORT - June**

Income	1917.00
Expenses	1202.90
Checking bal. 7/2/18	3599.84
Savings bal. 7/2/18	4005.51
Income over expenses	714.10

June was good for income. We had 1197.00 in group donations; thank you to the 6 groups who donated (see list at the end of this report). We had 525.00 in retreat entries (3 people). We took in 15.00 in literature sales, 20.00 for an anonymous donation, 40.00 for the MBI 7<sup>th</sup> tradition collection, 20.00 from a Coming back workshop, and 100.00 donation for a supply of medical packets.

On the expense side, mostly routine stuff like office rent, donation to the hospital for MBI meeting and workshop, webmaster, office work, and Verizon. Website was 57.38; 11.69 to Staples for office supplies, 112.00 for our annual PO box rental, 11.95 for postage, and 46.43 reimbursement to myself for printer ink (I've been printing a lot of flyers along with various reports).

Upcoming in July will be our quarterly donations to R6 and World Service and sometime this summer I expect a bill from our accountants. September should be quiet, but October is another quarterly donation month, plus our retreat. Our intergroup is only as strong as our member groups. Please remember to support MBI! Send donations to MBI at PO Box 74, Arlington MA 02476-0001

Respectfully submitted,  
 Jean B., MBI treasurer

**Group Donations June**

396.00	Newton Wellesley Sat. AM
200.00	Reading Sat. AM

200.00	Readville/Hyde Park Wed. PM
86.00	Weymouth Thurs. AM
135.00	Reading Tues. AM BBSS
180.00	Medford Sun. 8AM
<b>1197.00</b>	<b>Total</b>

THANK YOU!

**MBI OFFICE REPORT – June**

The office is running well. Marina and I started an inventory of the pamphlets and other literature that we have in the office including what is in the 2 suitcases, so that we can determine what we need to order from the OA bookstore that we use in the medical packets and newcomer packets. Due to shipping charges and possible volume discounts, it makes sense to order multiple titles rather than just one or two packages at a time (for example packs of 10 or 100 for some items). We found some old newcomer packets in one of the suitcases and will update the contents. We also found a box of old and/or discontinued literature; if any group would like some, please contact the office for details of what titles are available, and how to pick up or arrange mailing.

Respectfully submitted,  
 Jean B., office committee chair

**MBI OFFICE ACTIVITY REPORT- JULY**

Phone Calls received	11
Emails received	48
Emails sent	26
Checks Received	19
Goldenrod Flyer mailed	20
New meeting free starter kit mailed	1
MBI Meeting Directories mailed	25
June 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!***

**Professional Outreach and Public Information Committee Report -August**

The Stoneham Sunday morning OA meeting is sponsoring a **Public Information Meeting** on Sunday, 9/16 from 8:30 to 9:45 am at the Stoneham Senior Center, 136 Elm Street, Stoneham. This meeting is open to the public. All are welcome. Spread the word!

Respectfully submitted, Cathy B (Lowell)

**WEBMASTER REPORT - August 2018**

On Wednesday July 18, 2018, 246 newsletters were emailed to our subscribers. In July 2018, we had one un-subscriber. During the month, the website was updated with the most recent newsletter, the highlights, the updated 90 day MBI meeting list, the updated retreat menu, and the upcoming events with flyers as usual. In addition, there is a banner announcing the retreat and an updated MBI informational brochure.

Jeanne K., OAMBI Webmaster

**MBI BYLAWS Committee Report – July**

We received an email, "Notice to all Overeaters Anonymous Service Bodies", from World Service stating that the 2018 WSBC approved a motion revising the OA Bylaws Subpart B, Article VI -Intergroups, Section 2. This is the wording of the change:

- a) Two or more groups may form an intergroup for the purpose of servicing and representing groups of which they are composed and acting as the guardian of the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA Service.
  - 1) A land-based intergroup is composed primarily of groups within its region, or groups within its geographical proximity.
  - 2) A virtual intergroup is composed primarily of virtual groups.
- b) With permission, a land-based group may affiliate with a virtual intergroup and a virtual group may affiliate with a land-based intergroup.

Note: the underlined words above are what they added or changed from the original wording.

We need to review our intergroup bylaws, and update them to include the above language. I recommend adding the language beginning at "a) 1)" through the end of "b)". I recommend it be added to Membership of MBI (p.4) of our bylaws, after the introductory section but before the listing of requirements for groups.

**MBI's plan is to vote on these changes at our September meeting.** After we have made the bylaws changes, we will send the changed bylaws to the R6 Trustee for review. We will continue reviewing officer duties next month.

Respectfully submitted,  
Jean B., Bylaws Chair

**12 STEP REPORT – August**

It seems to me that abstinence brings forth presence in the moment, and then the ability to notice spiritual experiences which, I am guessing, have been happening all along. In my food fog, I just missed them.

I am being guided, more and more strongly and clearly, to be the person I was made to be, and to serve in the way that I was meant to serve.

The Step 5 workshop went very well; there were four attendees and two speakers. Good listening and sharing was had by all. The next workshop, on Steps 6 & 7, is slated for September 15.

Enjoy the last days of summer and the hopeful onset of fall!

In humble service, Dave D (Arlington)

**MBI MEETINGS DATES – 2018**

- August 11**
- September 8**
- October 13
- November 17
- December 8

**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 8 "Made a list of all persons we had harmed and became willing to make amends to them all."** Continuing the series, "The Importance of working all Twelve Steps," the leaders share their personal experiences as sponsor and sponsee in dealing with Step Eight. Emphasis is placed on the concept of making amends—changes—and not just saying I'm sorry. Also stressed is the importance of working with a sponsor, in order to determine if amends are needed, and if so what should be said or done. While Step Eight encourages forgiveness, it also requires the individual to focus on what his or her part was in the situation . . . to clear off their side of the street, regardless of how the amends are received. Both speakers stress the freedom and relief felt in making the list and becoming willing, without any thought or concern about the future steps. Individual sharing is excellent as members relate their own positive experiences, including the need to add one's own name to the list and then become willing to making amends to oneself.

[Listen Now - Step Eight | http://www.oa.org/wp-content/podcasts/step-eight-aug-9-2015.mp3](http://www.oa.org/wp-content/podcasts/step-eight-aug-9-2015.mp3)

**Overeaters Anonymous, Third Edition** Large print edition is also now available.

**Overeaters Anonymous, Third Edition Forewords and Appendices now available for download**

Enrich your understanding of OA's Twelve Step recovery program. Read and share the [Forewords and Appendices](#) from our beloved Brown Book, written by mental, physical, and spiritual health professionals familiar with OA's benefits. Understand more deeply why compulsive eaters around the world have found a path of recovery by working the Twelve Steps of Overeaters Anonymous; then, use these pages to carry the message to referring professionals, interested newcomers, and others.

**NEW 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 [What If I Don't Believe in God?](#) and carry it to your meetings to support the unity and diversity of our Fellowship.

**NEW Survey Report**

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.



**WSO NEWSLETTER**

The third Quarter 2018 issue of **A Step Ahead** is now available for download in an interactive color edition [oa.org/files/pdf/asa-q3-2018.pdf](http://oa.org/files/pdf/asa-q3-2018.pdf) or in printer friendly black and white at [oa.org/files/pdf/asa-q3-2018-bw.pdf](http://oa.org/files/pdf/asa-q3-2018-bw.pdf)



**Anyone can write an article for Lifeline! January 2019 (Deadline: 9/15/18) [Click for More Info](#)**

- How OA Changed My Life Describe your life before and after being in OA, including your physical state.
- How is life better in recovery?

**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**

**Public Information Meeting** – Sunday, 9/16, 8:30 to 9:45am at Stoneham Senior Center, 136 Elm St., Stoneham. All are welcome; great info for OA newcomers.

**Step 6 & 7 Workshop** – Saturday, 9/15, 10:30 to Noon, Lawrence Memorial Hospital, Medford. OA 12 & 12 will be used, followed by 2 speakers and open sharing.

**OA MBI Third Annual Fall into Recovery: Practicing these Principles in All Our Affairs.** Espousal Retreat House and Conference Center in Waltham. October 5-7, 2018. Check in Friday, Oct. 5 at 3 pm. All abstinent food / meals included in the Retreat cost (\$175). Check out on Sunday, October 7 at noon. **Register now. You are invited!**

[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**

**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 Hospital, 1575 Cambridge Street, Cambridge, MA 02138. Suggested donation: \$5.00.

**NH IG Sponsorship Workshop**, 8/18, Reg. 8:30 am; 9-12 am at Church of St. John the Evangelist, 270 Stark Hwy, Dunbarton NH. Email for more info: [nhiworkshops@oanewhampshire.org](mailto:nhiworkshops@oanewhampshire.org).

**North Shore IG Sponsorship Workshop**, 8/19 1-2:30pm at 1<sup>st</sup> Congregational Church, 25 Woburn At., Reading. Donation: \$3.00.

**Metro West Abstinence Workshop** – Saturday, 9/8, 1 – 3:30pm, Spaulding Hospital, 1575 Cambridge St., Cambridge.

**South Coastal Workshop** – Saturday, 9/22. 1-4pm, Beth Israel Hospital, Plymouth. "Tools to Aid Your Journey – Building Successful Recovery." 275 Sandwich Rd., Plymouth.

**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, 205 Wolf Road, Albany, NY 12205. (The former Radisson Hotel)

**Register now for Convention 2018. Early Bird rate is US \$50 until 8/15/18, then \$60.**



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

**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. **Next: Sunday, August 12.**

**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, August 11, 2018**

**Saturday, September 8, 2018**

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

**BOARD & COMMITTEE CHAIRS \***

**MBI CHAIR**  
 Mary P. (Quincy)

**VICE-CHAIR**  
 open

**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:**  
 Open

**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: 605-475-5910, 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: 712-451-0673, Access Code: 419032#

**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