



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

September 2018

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MBI CHAIR REPORT – September

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Spiritual principle: Love.

Like many others, I felt reluctant to move into this step. However, I had done Steps 1 through 8 with my sponsor, and with the help and guidance of my HP, my ability to trust this process of working the 12 Steps was growing.

The OA 12 & 12 advises “checking out our words and actions ahead of time with someone more experienced than we are, someone who is detached from the situation.” (p. 76 of the first edition) In this way we can be more confident that we will not “injure them or others” by what we say or do. My sponsor guided me to write out my amends and review them with her. Sometimes, I would continue to pray for guidance and write again until my sponsor felt I was ready to make the amends. Some amends were only in writing for those I did not know how to reach or for those no longer living.

My love for others has grown through this process, and continues to grow as I continue to work the Steps. The Promises that we read in our OA meetings are at the end of the pages on Step 9 in the Big Book. That section concludes “They (the Promises) will always materialize if we work for them.” (Alcoholics Anonymous, p. 84)

What does MBI provide for our member groups? (Conclusion, cont’d from August)

MBI strives to serve our member meetings and to reach out to those still suffering.

Intergroups are a part of the OA service structure, providing a link between World Service, Region, and the individual meeting groups and OA members. Every meeting in MBI is entitled to send a representative to the monthly Intergroup meeting. MBI requests that Intergroup Reps have 90 days of abstinence to vote. Having a representative from your meeting at the MBI meetings is a way to have your meeting’s concerns heard by MBI and one way of getting information back to your meeting. MBI also sends the monthly Highlights to Designated Downloaders, volunteers who make announcements in their meetings.

In 2017, MBI completed an Intergroup Inventory. The results are posted on the MBI website (see drop down menu under ABOUT MBI in the upper right corner of the OA MBI website home page). An MBI committee has created a survey which is close to being completed. Our survey will be a way for members to give their input to MBI.

Thanks to our webmaster Jeanne K, for helping with the newsletter!

Would you like to write something for our newsletter? Would you like to write a brief message about what you like about your OA meeting? If so, submit your comments by email to info@oambi.org or by mail to the MBI office (address at the bottom of page 6).

In grateful service, Mary P (Quincy)

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OA Tradition 9

"Overeaters Anonymous, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."

MBI NEWS !

MBI TREASURER REPORT - July 2018

Income	\$2584.36
Ck.bal . 8/2/18	\$4426.34
Expenses	\$1841.58
Sav. bal .8/2/18	\$4005.54
Income over Expenses	\$ 742.78

Income for July was \$2584.36, of which \$1944.25 was in the form of group donations. Thank you to all the groups who donated, a list appears at the end of this report.

We received 3 more retreat entries, total \$525 for the month. For those who are keeping track, we have a total of 10 retreat entries as of the end of July, or \$1750.00 out of our \$4300 checking account balance. Other income sources were \$ 42.50 in personal literature sales (offset from literature purchase), and \$30.00 from the MBI 7th tradition collection.

Expenses for July were mostly routine: office rent \$445.00, webmaster \$50.00, Verizon \$155.95, postage \$26.15, donation to hospital for MBI meeting and July workshop \$50.00, website \$76.70, office work (Marina) \$337.50, OA literature \$175.28 (of which \$42.50 was reimbursed), \$25.00 for Region 6 as deposit for IGOR training (we will get it back when people go to the training in September before the R6 Assembly). We also made our quarterly donations to Region 6 and WSO of \$250 each.

I have gotten some questions about our donations. Our quarterly donations are listed in our bylaws under the duties of the treasurer (p.8 in the bylaws manual). We give the same amount every quarter (\$250 each, or a total of \$1000 annually to R6 and \$1000 to WSO) regardless of what we receive in donations from groups or any other income we get from events or sales. We don't follow the 60/30/10 system because our expenses are higher than those of a meeting group, and some months our expenses exceed our income.

You can be sure that MBI is carefully safeguarding your group donations and using them in accordance with our purpose, to further the OA program and work for OA as a whole within the Intergroup, to maintain a communication center, to work for unity, and to choose Region Representatives to R6 and Delegates to World Service. MBI is trying to see how we can be of service to our member groups, please direct any questions to the MBI office, 781-641-2303 or info@oambi.org.

Respectfully submitted,
Jean B., MBI Treasurer

Group Donations July 2018

\$200.00	Reading Sat. AM
\$ 75.00	Milton Wed. PM
\$ 70.00	Anonymous
\$100.00	Reading Tues. AM BBSS
\$585.60	Newton-Wellesley Sat. AM
\$200.00	Lynn Sat. AM
\$109.65	Cambridge Sat. AM HOW
\$ 26.00	Chelsea Sat. AM Men's mtg
\$302.00	Newtonville Sun. PM
\$101.00	Medford Fri. PM
\$ 25.00	Chelmsford Sat. PM
\$150.00	Medford Sun. 10 AM
\$1944.25	Total

THANK YOU!

MBI OFFICE REPORT – July 2018

Things are getting arranged/rearranged at the office. The literature was inventoried, and some items were ordered from World Service and have been received. I have filled in for Marina a few times, picking up mail, answering emails, and checking the voicemail. Marina can access the office email remotely thanks to some assistance. We discovered that Aaron from Saintly Solutions, our webhosting company, had the necessary access to provide the password. I also have the password now in case I need to set up remote access.

Respectfully submitted,
Jean B., office committee chair

MBI OFFICE ACTIVITY REPORT- August

Phone Calls received	6
Emails received	53
Emails sent	28
Checks Received	14

Marina, OA MBI Office Secretary

Professional Outreach and Public Information Committee Report - September

Service is Spiritual!

Participate, don't Isolate!! You are cordially invited to help Carry the Message of Recovery to Doctors, Nurses, Therapists, Clergy, etc. We meet in person, 1x/month as part of the Mass Bay Intergroup meeting at the Lawrence Memorial hospital in Medford, MA.

We also reach out to Hospitals, Medical schools, Nurse education programs, and individual Bariatric hospital units, surgeons, Employee Assistance Program directors, Nutritionists and others!

If you would like a packet of information sent to a Professional, anonymously or not, Call the MBI Office, tell the MBI Rep for any meeting you attend, or bring a list to the monthly in person MBI meeting. There is 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 this deadly disease.

Respectfully submitted, Cathy B (Lowell)

WEBMASTER REPORT - September 2018

On Tuesday August 14, 2018, 244 newsletters were emailed to our subscribers. There was one un-subscriber who listed the reason as no longer interested. During 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.

Jeanne K., OAMBI Webmaster

MBI BYLAWS Committee Report – July

As reported in the newsletter, we received a notice from World Service that they made a change in the definition and classification of intergroups and what groups can join them, and our bylaws need to be updated to add the correct language. **Based on our bylaw amendment requirements, we will vote on the change at the September meeting and I will then send the amendment to the Region 6 Trustee for approval.**

I will continue to review the officer descriptions in the bylaws and suggest changes in the coming months because what we have in the bylaws does not always match what we do now. After that, I will look at the committee section. The committee information predates the move to the hospital and changes to the MBI meeting structure. We had an hour of committee meetings followed by the MBI meeting under the old setup, but we don't have the space for that now and the committees meet on their own time. That is not reflected in our bylaws.

Respectfully submitted,
Jean B., Bylaws committee chair

12 STEP REPORT – August

Last month I talked about how I am being guided more and more strongly and clearly to be who I was made to be and to serve in the way that I was meant to serve. This holds, and as I move through the steps over and over, the fact is I am also transformed in ways that allow me to better be of service, one day at a time.

The Step 6 and 7 workshop is slated for 9/15/18, 10:30-12 at Lawrence Memorial Hospital in the Johnson room. After round robin reading from the relevant chapters of the OA 12 and 12, two speakers will share on the two steps, and attendees will have the opportunity to share after each speaker.

In service,
Dave D, Arlington
12 step chair

MBI MEETINGS DATES – 2018

September 8
October 13
November 17
December 8

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

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 9 "Made direct amends to such people wherever possible, except when to do so would injure them or others." The series continues with discussion of Step Nine. Both speakers describe their own personal experience with doing Step Nine, giving specific examples of amends they have made. In addition, they emphasize the need to make amends in order to refrain from returning to compulsive eating, and to be released of the negative feelings or turmoil created by holding on to the amends. Also discussed is reviewing the list and practicing amends with a sponsor, remembering the principles of forgiveness and love for others, and that the focus of the amends should be on one's own role and behavior, being specific and actually making amends and changes. Suggestions are also provided for making amends to people who have died or are no longer in one's life. The second part of Step Nine is also stressed, ensuring that no further injury or insult occur due to inappropriate amends.

Listen Now - Step Nine | Download

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.

"Been Slipping and Sliding" Updated OA's helpful relapse-prevention document "Been Slipping and Sliding? A Reading and Writing Tool" is now updated with page references for the OA Twelve and Twelve, Second Edition. Download and support your

abstinence with these thirty prompts to help you work your program.

New Courier Newsletter—Carry the Message to Referring Professionals

A new issue of the Professional Community Courier is now available for download on www.oa.org.

The Courier is our newsletter to professionals in health care, nutrition, counseling, and similar areas who may refer patients and clients to OA. Help the still-suffering

compulsive eater find us by raising awareness among referring professionals in your community. Download the Courier and share it today!



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 or in printer friendly black and white at oa.org/files/pdf/asa-q3-2018-bw.pdf

Anyone can write an article for Lifeline!

February (Deadline: 10/15/18) Click for More Info

- Unity Day
• Why I belong in OA
• Finding and Keeping Abstinence

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

Step 6 & 7 Workshop – 9/15, 10:30 to Noon, Lawrence Memorial Hospital, Medford. OA 12 & 12 will be used, followed by 2 speakers and open sharing.
<http://www.oambi.org/wp-content/uploads/2018/08/MBI-Flyer-Steps-67-9-15-18.pdf>

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.
<http://www.oambi.org/wp-content/uploads/2018/07/PI-Flyer-OA-9.16.18.pdf>

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. **Registration closes on 9/27/18.**
www.oambi.org/wp-content/uploads/2018/01/Flyer-MBI-Retreat-Fall-Into-Recovery-2018-Updated.pdf

<http://www.oambi.org/wp-content/uploads/2018/01/Retreat-2018-menu-flyer8546.pdf>

MA / NH STATE INTERGROUP NEWS

Central Mass Intergroup workshop, "A Stairway to Recovery: Together We Get Better". Saturday, 9/22 from 8:30am-3pm at the Unitarian Universalist Church of Worcester, Worcester, MA
<http://www.centmassint.org/docs/2018/OAFlyer2.pdf>

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

South Coastal Intergroup - The Wednesday morning Braintree meeting at St. Clare Church has a new time, 11am-12pm, starting on September 12, 2018.

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)

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

Register now for Convention 2018.
Registration is US \$60



PORTLAND, MAINE 2018
 WE LIGHT THE WAY
 REGION 6 CONVENTION

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

OA WORLD SERVICE NEWS & EVENTS:

Wednesday, September 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. **Next: Friday, October 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 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 September 8, 2018

Saturday, October 13, 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
 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 8-9pm (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