



OVEREATERS ANONYMOUS®

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MASS BAY INTERGROUP

MBI Newsletter

December 2018

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MBI CHAIR REPORT – December

Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

The first part of this step is about the spiritual awakening that is THE result of working the 12 steps as an integral part of our lives.

“Integral” refers to wholeness. I think that perhaps God gave me that word to use here. It is my experience that I need the 12 steps to live my life as a whole or sane human being. That doesn’t mean that I will ever reach a state of being finished with this learning. I think I will keep learning what the 12 steps teach for as long as I live. I am not perfect. I have learned through doing these steps that it is not realistic for me to expect to become perfect in this life. God, or the God of my understanding, is the spirit of perfection, if there is such a state as perfection. I am a human being and the best I can hope for is to keep making progress, one day at a time. As humans, we make mistakes, fall down, admit our mistakes, get up and ask for guidance to keep going, to try again and to do our best. One day at a time. I am grateful that my problems with food led me to OA where I have found a fellowship of others who are also working to live this 12 step way of life, and gradually, slowly but surely, experiencing this spiritual awakening.

The principle of step 12 is service. Trying to carry this message to other compulsive overeaters, or other compulsive eaters, helps us recover—at least, it helps me recover. “Perhaps it is fortunate for us, and for the millions of compulsive overeaters who still suffer, that most of us who’ve worked this program will be unable to keep the recovery

we have unless we share our experience, strength, and hope with others.” (OA 12 and 12, 1st edition, p. 101) There are two key things I have learned from studying step 12. First, I need to depend on the guidance of my Higher Power, both in sponsoring and in speaking at OA meetings. The second is that all I really have to offer another compulsive eater, or an OA meeting, is my own experience. Part of my bondage of self is a habit of thinking that I don’t have anything worthwhile to say, and that thought can stop me in my tracks. When I sincerely ask my HP to speak through me, those thoughts often disappear.

Practicing these principles in all of our affairs—for me, this reminds me of the principles that go with each of the 12 steps. The chapter on step 12 in the OA 12 and 12 has a lovely section going through all of the steps and principles. The last paragraph is a wonderful promise that starts: “Those of us who live this program don’t simply carry the message; we *are the message*. Each day that we live well, we *are well*, and we embody the joy of recovery which attracts others who want what we’ve found in OA.” (OA 12 and 12, 1st edition, p. 106)

This is my final Chair Report for the MBI Newsletter. I am grateful for the experience I have had as MBI Chair. Being the MBI Chair has taught me what my HP can do if I am willing to ask for help with tasks that seem to me to be beyond my capacity.

Thank you all for your support of MBI.

Together we recover, Mary P (Quincy)

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OA Tradition 12
"Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles above personalities."

MBI NEWS !

MBI Treasurer's Report October 2018

\$2448.85 Inc. ck. Bal. 11/9/18 \$4675.78
 \$7580.45 Exp. sav.bal. 11/9/18 \$4005.64
 \$5131.60 Expenses exceed income (due to retreat)

October had \$2448.85 in income, of which \$935.85 was from group donations (thanks to the 7 groups who donated), \$1450.00 in retreat entries (the \$50.00 was a donation from a person who came as an emergency replacement for part of Saturday), \$28.00 from a workshop, and \$35.00 from the MBI 7th tradition.

The high figure for expenses is due to the retreat; we paid \$5290.00 to the Espousal Retreat Center for 37 people (37 x \$170 per person=\$6290, we paid \$1000.00 deposit when we signed the contract) but the money came in over the summer and fall rather than in one month. We were able to pay full refunds to 3 people (3x\$175 = \$525) who had to cancel but for whom we found replacements from the waiting list, a fourth person received a partial refund from a donation (see note above) for \$50.00. Other expenses were more routine in nature: \$18.85 for website, \$50.00 for webmaster, \$157.50 for office work, \$445.00 for office rent, \$50.00 donation to the hospital for MBI meeting room and a workshop, \$155.75 to Verizon, \$323.35 for Region 6 travel expenses, \$250.00 each for quarterly donations to R6 and WSO, and \$15.00 filing fee to the state for our non-profit registration.

Upcoming expenses before the end of the year will be the bill from our accountants (last year was \$911.00) and the bill from our liability insurance (I think will be the same \$690.00). We are in good fiscal shape for the year end, but donations to MBI from members and groups are always welcome. If you need a donation envelope to make a holiday gift (a great way to honor your sponsor or program friends), email the MBI office at info@oambi.org or Jean at jean.oama@yahoo.com or call the office at 781-641-2303. Our mailing address is MBI, PO Box 74, Arlington MA 02476-0001.

Respectfully submitted,
 Jean B., MBI Treasurer

Group Donations October 2018

\$120.00	Carney, Sat. AM
\$18.00	Medford Fri. PM
\$200.00	Medford Sat. AM
\$222.60	Newton Wellesley Sat. AM
\$25.00	Chelmsford Sat. PM
\$18.00	Medford Fri. PM
\$332.25	Lynn Sat. AM
\$935.85	Total

MBI Office Report October 2018

The office continues to run well with Jean filling in a few times while Marina was out of town. Please contact the MBI office if we can help you by mailing meeting lists, goldenrod flyers, professional packets, or other information. We are here to serve but please be patient as the office is typically open only a few hours a week. Call: 781-641-2303, email: info@oambi.org, mailing address: PO Box 74 Arlington MA 02476.

Thank you for your support of the MBI office!
 Respectfully submitted,
 Jean B., MBI office committee chair

MBI OFFICE ACTIVITY REPORT-November

Phone Calls received	12
Emails received	49
Emails sent	23
Checks Received	12
Goldenrod flyers	65
Newsletters mailed	4
Meeting directories mailed	3
Professional packets	5

Yours in fellowship, Marina

Professional Outreach and Public Information Committee Report - November

Know someone with questions about OA, Food Addiction, Compulsive Eating, Compulsive Overeating, night eating? Sponsor an OA Public Information meeting and offer Experience, Strength and Hope!! "There is a Solution" for us !

Service Saves Lives!!! Call Marina at the MBI office, 781-641-2303 or email Marina at 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 **December 8** MBI meeting to help in this noble service.

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 and laundromat bulletin Boards, any public place!!

Call Marina at the MBI office to have free copies mailed to you! Also call for Newcomer packets, pamphlets, meeting directories and Phone meeting directories.
Post as you think of it and maybe save a life! Service is Spiritual & Appreciated!!

Respectfully submitted, Cathy B (Lowell)

**MBI Bylaws Committee Report
 October/November 2018**

A suggested list of bylaw changes were discussed at the October 2018 meeting and printed in the newsletter for consideration to be voted on at the November 17,2018 meeting. One exception is the change regarding the printed attendance list for MBI meetings which will be voted on in December because the language will be changed from the printed version. When completed, this will update the bylaws to match what we are doing.

Thank you for allowing me to be of service!
 Jean B., chair bylaws committee

12 STEP REPORT – November

This month it became clearer to me that by working my programs and surrendering to higher power, I paradoxically become more myself than I was when I was trying to run things on my own. The Steps 10 and 11 workshop went extremely well, with interesting and useful discussion about HP. Next year we will divide that workshop into two separate ones. The Thank-a-thon as always was well attended and very useful to help us stay aware through a holiday focused as it is on food. The Step 12 workshop is slated for December 15, and in the new (!!)

year we start with a Step one workshop on January 26. Both workshops will be in the Johnson room at Lawrence Memorial Hospital from 10:30 in the morning until noon.

In grateful service,
 Dave D, Arlington, 12 step chair

December 2018 Webmaster Report

241 Newsletters were sent Nov. 21, 2018.
 Updates: the preamble on the home page

oambi.org, as well as the Goldenrod Flyer, and normal monthly updates. 137 emails were opened, and 2 people unsubscribed - no longer interested.

Respectfully submitted,
 Jeanne K.

MBI MEETINGS DATES – 2018/2019

**December 8
 January 19, 2019**

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

***The Twelve Steps to a Better Holiday Season (from Nov. 2007 Lifeline)(Suggested by Jean B.)**

1. We admitted the holiday season has a deeper meaning than devouring food.
2. We came to believe that a Power greater than ourselves could help us see and celebrate the true meaning of the season.
3. We came to believe our Higher Power could help us appreciate the joyfulness of the season as we understand it.
4. We made a searching and thorough examination of our relationship with food during the holidays and other things we enjoy about the season.
5. We admitted to our Higher Power the exact nature of our food habits during holiday seasons past.
6. We became entirely ready to allow our Higher Power to remove our attachment to food as a necessity of the holidays.
7. We humbly asked Him to remove our desire to partake of holiday treats.
8. We made a list of all persons whose presence makes the holiday season joyful for us and with whom we would like to share our joy.
9. We made plans to spend time with those people whenever possible, except when to do so would remove us from our primary purpose of abstinence.
10. We continued to enjoy the company of friends and family and other nonfood aspects of the season.
11. We sought through prayer and meditation to improve our appreciation of the season, praying for knowledge of its meaning and the joy we feel at this time.
12. Having realized that sharing the joy of this season with others far outlasts the fleeting pleasure of food, we gave ourselves the gift of abstinence throughout the holidays and gave others the gift of our full attention and appreciation.

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.

Step 12: "Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs." The principle of Step Twelve is Service.

The Step 12 workshop speakers share their individual stories of recovery and how giving service in all its forms has enriched their lives. The literature referenced was the *Alcoholics Anonymous Big Book*, and *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*.

[Click to Listen Step 12 or Download at http://oa.org/files/mp3/Edited-Step-Twelve-Dec-13-2015.mp3](http://oa.org/files/mp3/Edited-Step-Twelve-Dec-13-2015.mp3)

VIDEOS AVAILABLE ON OA WEBSITE:

Tradition 12 [Click here for Tradition 12 Video at https://vimeo.com/261372040](https://vimeo.com/261372040)

New Guidelines! Help and Hope for Small Meetings

All OA meetings are a source of experience, strength, and hope, but small meetings may face challenges unique to their size or location. OA's new pdf offers inspiration, practical suggestions, and resources to support members in building fellowship and strong groups—at any size.

https://oa.org/files/pdf/Small_Meetings_Guide_lines.pdf

Work the Twelfth Step with OA's new PI Resource List

Created by the PI/PO Committee, this comprehensive directory lists the many, many, many resources available to members, groups, and service bodies carrying "this message to compulsive overeaters." Free and downloadable, the *PI Resource List* at <https://oa.org/files/pdf/PI-Resource-List-2018.pdf>. Save, share, and reach out!

OA Approved Literature List 2018

To maintain unity and honor our Traditions, it is suggested that OA groups use, sell, and display only OA-approved books and pamphlets. Use the revised [OA-Approved Literature List](#) to help your group keep its literature table up to date.

"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.

Step Ahead, Fourth Quarter 2018 Issue

Get the Fourth Quarter 2018 issue of *A Step Ahead* and get the latest news about OA world services. Download *A Step Ahead* today in [color](#) or printer friendly [black and white](#) and share it with your group.



April Lifeline (Deadline: 12/15/18) Click for More Info

Deadlines for monthly featured topics are three and a half months prior to the first day of the month of publication. Please indicate the topic and month for which you are submitting the article based on the deadlines in parentheses. Typed letters by email, mail, or fax are preferred. Letters must contain the author's name and address, even if the author wishes to remain anonymous in print. Lifeline promotes "unity with diversity" regarding the race, nationality, gender, age, physical challenges, and sexuality of its writers.

This issue write about:

- The Twelve Steps of OA
- Overcoming Isolation; Reaching Out for
- Help and Hope

May/June (Deadline: 1/15/19) Click for More Info

- Our Primary Purpose
- The Seventh Tradition Cycle

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

MBI Step 12 workshop, Saturday, 12/15 from 10:30 to noon in the Johnson Room at Lawrence Memorial Hospital, Medford. OA 12 & 12 will be used, followed by two speakers and open sharing.

MBI Step 1 workshop, Saturday, 1/26/19 from 10:30 to noon in the Johnson Room at Lawrence Memorial Hospital, Medford. OA 12 & 12 will be used, followed by two speakers and open sharing.

MA / NH STATE INTERGROUP NEWS

NEW Meeting: North Shore Intergroup. Focus: Study of OA steps & traditions using second edition of OA 12 & 12, Thursdays 7-8pm at Lawrence Memorial Hospital, Gallagher Room. Q's or more info: Bea (708)-745-4849

North Shore Intergroup, "Welcome Back" workshop, Sunday, 1/13/19, at the First Congregational Church, Sanborn St., Reading. Further details will be available on their website. <http://www.oanorthshoreintergroup.org/>

New Hampshire Intergroup weekend retreat, 2/8/19-2/10/19 at the Barbara C. Harris Camp & Conference Center 400 Sawmill Rd, Greenfield, NH 03047. NHI website: <https://oanewhampshire.org/2019-nhi-retreat>, flyer: <https://oanewhampshire.org/events-info/2019-nhi-retreat.pdf>

Unity Day will be hosted by the Ocean & Bay Intergroup, Sunday, 2/24/19 from 1pm - 4pm at the George C. Arnold Jr., Conference Center, Eleanor Slater Hospital, Regan Bldg, 3 Regan Court, Cranston, RI. <http://oceanandbay.org/>

REGION 6 NEWS & EVENTS

NEW ADDRESS FOR REGION 6 DONATIONS:

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

2019 Region 6 Assemblies:

April 12-13: Red Lion Inn, Wolf Road, Albany, NY – formerly the Radisson On Wolf Road.

September 20-21: Hilton Garden Inn Albany Medical Center, New Scotland Rd., Albany, NY

Western Mass Intergroup Marathon, "Living the Steps" Saturday, 1/12/19, 8:30 to 3:00 pm (Snow Date 1/19/18), St. David's Episcopal Church, 699 Springfield Street Feeding Hills, MA 01030. <http://www.oawmass.org/wp-content/uploads/2018/10/marathon-2019-flyer.pdf>

Greater New York Metro Intergroup Retreat, "Powerless, Not Hopeless", 1/18/19-1/20/19, The Guest House, Chester, CT 06412. Details on their website: oanyc.org



Region 6 Convention 10/18/19-10/20/19 in White Plains, NY. Super Early Bird Registration is \$35 until 11/25/18. More details available at oaregion6.org.

Click the image to open the Convention website in a new tab.

Flyer: <http://oawestchnry.org/wp-content/uploads/2018/10/2019-Convention-Super-Early-Bird-FINAL.pdf>

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)

OA WORLD SERVICE NEWS & EVENTS:

Wed., December 12.- 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:** Saturday, 1/12/19.

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.

IMPORTANT ! NEW PO BOX FOR WSO

World Service Office
PO Box 44727
Rio Rancho, NM 87174-4727
USA

The next MBI Meeting Dates – Save the Dates!
Saturday December 8, 2018
Saturday, January 19, 2019
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