



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

March 2019

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## MBI CHAIR REPORT – March 2019

### Concept Three of the 12 Concepts of OA

**Service:** "the right of decision, based on trust, makes effective leadership possible."

Decisions, decisions. I could not handle decisions before OA. I would defer, maybe demand things sometimes, pretend I did not need to decide, deny that a decision was necessary, or important. When I made a decision, I could not follow through on it. I could not trust myself to make "the right" or "the best" or a "good" decision. I could not decide without stress, guilt, hesitation and utter fear that someone might disagree with or dislike my decision.

I grew up with compulsive disease crippling our family's functioning and I got that implied or outright message so common in families affected by compulsive disease, "don't talk, don't trust, don't feel." I did not have words or information to talk about myself or family members with compassion. I did not know how to separate the person from the behavior that bothered me. I did not know that we were suffering from a deadly disease that affected us mentally, physically and spiritually. I was next to the youngest in a family of 10 but I decided early on that none of the adults or siblings were good enough to be trusted. As a teen and young adult "child", I began to see that could not trust myself either. I wanted to only eat a certain amount and no more, but with some foods, I ate the entire bag or box and felt wretched. Ashamed, depressed and resentful-that I ate so much, that there wasn't any left to eat. Without more eating to do, I would have to face people. I could not trust myself to do anything I said that I would. I could not trust my own thoughts. My thoughts were disproportionately negative, they were based on limited and usually, incorrect information. When I did not

keep a commitment, I considered that the other person's problem. The other person was "uptight" and I thought of myself as mellow and easy going. Commitments were not a big deal to me. I convinced myself that the lies were the truth and so I became even more untrustworthy. I also got more fearful, skeptical of others, and highly doubtful of any higher power working in the universe. I thought I had hidden my weight in my oversized clothing and I lived in fear others would reveal me as a liar. I did not trust others to be helpful or understanding nor did I feel worthy of anyone's trust myself. I went on like that, living mostly "in my head" as we say, not daring to say what I believed to be true because I was sure I could not trust another to have the correct, "best" information.

OA has given back to me so much, including the ability to trust and be trust-worthy. OA's tools give me a way to be accountable so that my chronic disease of mind and body can be treated most effectively, in the light of truth. When I keep a commitment, to my plan of eating, to call my Sponsor at the specified time, to attend the same meetings weekly, it increases my sense of trust worthiness. I can do what I said I would, one action, one meal, one day at a time and find that living in truth, sets my spirit free. I am a sick person getting healthy in mind, body and spirit. I can ask for help with any situation. It means so much that I can be a "trusted servant" who has a clearer head when asked to be of service. In group meetings, Intergroup, Region 6 and World service business meetings I can decide to trust my higher power and OA, one day at a time, so that my decisions can be informed and based in truth and facts. Thank you OA!  
In grateful service, Cathie B.

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**Step 3:** Made a decision to turn our will and our lives over to the care of God as we understood Him.

**Spiritual Principle:** Faith

**OA Tradition 3**

***"The only requirement for OA membership is a desire to stop eating compulsively"***

**MBI NEWS !**

**MBI Treasurer's Report January 2019**

\$2474.47 Inc. chkg. bal. 1/31/19 \$4244.15  
 \$1593.89 Exp. savg. Bal. 1/31/19 \$4005.74  
 \$880.58 Income exceeds expenses

This is my first report as your treasurer. Thank you Jean B. for all of your help!

Our income was all from donations in January. \$2447.47 was from groups and \$27 was from our MBI 7<sup>th</sup> Tradition collection. The list of groups who donated in January is at the end of this report. **Thanks to all of you who are supporting MBI.**

Our January expenses included: \$716 for annual renewal of our Office Insurance Policy. This insurance covers the contents of the MBI Office (furniture, computer, printer, literature) against losses from fire, theft and such. Other Expenses: \$26.65 for website hosting, \$9.98 for 1099 E-filing for Marina and Pat's 1099s, \$112.50 to Marina for her work in our office, \$50 to Lawrence Memorial Hospital for the rooms for our MBI meeting and the Step 1 Workshop, \$445 for our office rent, \$50 to Jeanne K for keeping our MBI website up-to-date, \$10.20 for postage, \$17 for literature (new Newcomer Pamphlets) from World Service and \$156.56 for Verizon. I did make our quarterly donations to Region 6 and World Service but I made them on 1/31 and they will be on the February report.

If you have any questions about anything related to donations or how our money is being spent, you can contact me through the office email ([info@oambi.org](mailto:info@oambi.org)) or phone (781-641-2303) and leave a message for me. Marina will forward your questions to me and I will get back to you.

Respectfully submitted,  
 Mary P, MBI Treasurer

**Group Donations January 2019**

\$283.36	Newtonville Sunday 5PM
\$60.00	Chelsea Sat. Men's
\$701.56	Newton Sat. AM
\$276.00	Medford Sun. 8AM
\$300.00	Reading Sat. 7:30AM
\$80.00	Weymouth Thurs. 10AM
\$118.20	Medford Fri. 7PM
\$208.35	Wellesley Wed. 12N
\$120.00	Carney Hosp. Sat. AM
\$300.00	Andover Sunday
<b>\$2447.47</b>	<b>Total</b>

**MBI Office Committee Report January 2019**

The office is running well. Marina is preparing materials for the Addiction Conference in early March and going through what should be packed in the suitcases. MBI will want to review the new OA booklet for beginners, and MBI should decide if this is something we want to include in our beginner packets or stick with what we have been doing as it appears that the new OA booklet includes some of the pamphlets we already use.

Respectfully submitted,  
 Jean B., office committee

**MBI OFFICE ACTIVITY REPORT- Feb. 2019**

Phone Calls received	10
Emails received	71
Emails sent	25
Checks Received	7
Meeting directories mailed	2
Newcomer Packets	0
Goldenrod Flyer	60

Yours in Fellowship, Marina

**12 Step Report Feb. 2019**

As we move into March, the Step Three notion of turning our lives and our will over to the care of a Power greater than ourselves comes to the fore as snowstorms suddenly change the course of a given day. I still stand amazed as I step back to the next right thing, not as a would-be director, but as an open and willing participant.

The Step Two workshop went very well. It was attended by 16 participants who got a lot out of the workshop and are excited about the next one, Step 3, which comes on March 9,

from 10:30 to Noon in the Johnson room at Lawrence Memorial Hospital. One day at a time, Dave D (Arlington), 12 Step chair

**Professional Outreach Committee Report - February**

March came in like a lion with a snowstorm March 2, but that didn't deter MBI volunteers from connecting with healthcare professionals at the Harvard Medical School Treating the Addictions conference that weekend. Volunteers staffed an information table in two-hour shifts and handed out literature, answered questions and took requests for further information from dozens of conference attendees.

If you're interested in carrying the message to doctors, nurses, nurse education programs, medical schools, therapists, employee assistance program staff, spiritual advisors, clergy and more, call Marina at the MBI office (781-641-2303) or email [info@oambi.org](mailto:info@oambi.org) for a FREE packet. You can contact the committee chair, Beth P, by leaving a message with Marina, or come to the next Mass Bay Intergroup meeting March 16. In service, Beth P

**MBI Bylaws Committee Report Feb. 2019**

Nothing much to report this month; Jeanne K. worked on the update and had a few questions. We will go over those at the 2/16 MBI meeting [we did]. The previously approved change to incorporate the material about virtual meetings needs to be added as well. Respectfully submitted, Jean B., bylaws committee

**MBI MEETINGS DATES -2019**

- January 19, 2019**
- February 16, 2019**
- March 16, 2019**
- April 6, 2019**
- May 18, 2019**
- June 15, 2019**
- July 20, 2019**
- August 17, 2019**
- September 14, 2019**
- October 12, 2019**
- November 16, 2019**
- December 14, 2019**

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

**March 2019 Webmaster Report**

242 newsletters were delivered successfully on Fri, Feb 22, 2019 at 10:46 am. Now that the sign up is working we had 8 new subscribers this year bringing the total to 242. There were 11 responses to the survey. Jeanne K., Webmaster

**"Been Slipping and Sliding?"**

**A Reading and Writing Tool**

The following are the first two (of thirty) questions for use in daily writing and/or discussion with a sponsor by members who want to stop "slipping and sliding." The questions are also recommended for those in relapse who want to recommit to their OA program.

Read the suggested material(s); then reflect and write on the accompanying idea or question.

- 1) Read the story "Freedom Isn't Free" in *Overeaters Anonymous* (pp. 113- 117) and pages 17 to 20 of Step Three in the *OA Twelve and Twelve*, ending with "living of our lives." What does "abstinence" mean to me physically, emotionally, and spiritually?
- 2) Read Step Two in the *OA Twelve and Twelve* (pp. 9-15). Reread pages 9 to 11. How did I know that my eating was out of control?
- 3) Do I have a devastating disease that leads me to return to food for comfort? If so, how much pain does this cause me? How could my disease kill me? Some readings in our OA literature that may help on this question are:
  - *OA Twelve and Twelve*, pages 10 to 12, especially the paragraph at the top of page 11 beginning with "Most of us got plenty of advice ... " through "Some of us tried it."
  - "Surrender Brings Freedom" in *Overeaters Anonymous* (pp. 131-134).
  - "The Tiny Acorn Grows Into a Mighty Oak" in *Overeaters Anonymous* (pp. 163-166).
  - "A Bad Case of Denial" in *Overeaters Anonymous* (pp. 179-182). 4

(Excerpt is from OA's updated ***Slipping and Sliding.pdf***)

**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.

**Step 3: "Made a decision to turn our will and our lives over to the care of God as we understood Him."** This week's workshop leaders discuss the critical importance of Step Three to their recovery. The OA program tells us emphatically that "Once we compulsive overeaters truly take the Third Step we cannot fail to recover" (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 27). Step Three allows us to accept help from a higher power, and in Step Three we decide to "follow spiritual guidance in making every decision" (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 19). References include the *Twelve Steps and Twelve Traditions of Overeaters Anonymous* (Step Three), the Doctor's Opinion and the Third Step prayer ( p.63) in the book AA, and AA's *Twelve Steps and Twelve Traditions* (Step Three).

[Listen Now - Step Three](#) | [Download](#)

**VIDEOS AVAILABLE ON OA WEBSITE:**

**Tradition 3:** The only requirement for OA membership is a desire to stop eating compulsively. [Click here for Tradition 3 podcast: https://vimeo.com/226014582](#) or here to see all available on the traditions: [Overeaters Anonymous](#)

**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. Free and downloadable, the [PI Resource List](https://oa.org/files/pdf/PI-Resource-List-2018.pdf) at <https://oa.org/files/pdf/PI-Resource-List-2018.pdf>. Save, share, and reach out!

**"Been Slipping and Sliding?" Updated**

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**

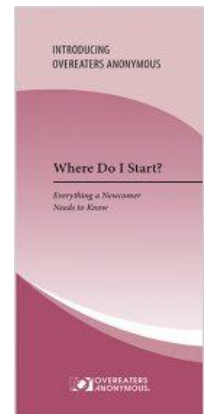
Get the Fourth Quarter 2018 issue of *A Step Ahead* and get the latest news about OA world services. In this issue, you'll find important and useful information about:

- World Service Business Conference 2019
- The result of OA's first-ever Annual Appeal (hint: it's terrific)
- Meeting strengthening ideas that work
- New and updated recovery resources from the World Service Office and more!

**Now available for \$1.00: Where Do I Start? Everything a Newcomer Needs to Know (#705) is OA's new pamphlet for newcomers.**

Composed from the five pamphlets in OA's Newcomer Packet, *Where Do I Start?* eliminates repetition, packing key information about OA's Twelve Step program of recovery into a single 32-page pamphlet. Includes: the Fifteen Questions, Tools (abridged), Plans of Eating, OA Promise, AA Third and Seventh Step Prayers, "Welcome Home," and so much more.

Groups, service bodies, fellows: Welcome newcomers and help them get started in OA with our new, comprehensive pamphlet. Order *Where Do I Start? Everything a Newcomer Needs to Know* at [bookstore.oa.org](http://bookstore.oa.org).



**August (Deadline: 4/15/19) Click for More Info**

**Topics:** Sponsorship Day, It's All in the Footwork

**Did You Enter OA at Age 18-30? Send Us Your Story! (Deadline 4/01/19)**

OA is looking for new stories to include in a revised [To the Teen](#). Members who entered between ages 18 to 30 are encouraged to submit stories that involve any form of the disease. Email your story to [info@oa.org](mailto:info@oa.org) with the subject "YP Story." Submitted stories must include a signed release form. Give service and hope: share your story and share the news about this opportunity—download the [flyer](#) to bring to your next group or service body.

**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**

**MBI Step 3 workshop**, Saturday, 3/9 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 workshop** "Coming Back to OA: A New Beginning – Part I", an April date will be announced. Lawrence Memorial Hospital, Medford.

**MBI 4<sup>th</sup> Annual Fall Retreat**, November 8-10, La Salette Retreat Center, Attleboro, MA. More details will be posted on the website as they become available.

**MA / NH STATE INTERGROUP NEWS**

**NHI workshop**, "Welcome Back, Welcome Home" Saturday, 3/31, from 1:30pm-3:30pm, Elliot Hospital Conference Center, 1 Elliot Way, Manchester, NH 03103 Use Fleming Entrance on the Ground Level - handicap accessible <https://www.oanewhampshire.org/events-info/2019-03-31-welcome-back-nhi.pdf>

**Central Mass Intergroup/Region 6 workshop** -- "Carry the Message" Saturday, 4/6/19, 9am-11:30am at the Unitarian Universalist Church, 90 Holden Street, Worcester, MA. <http://www.centmassint.org/events.html>

**Western Mass Intergroup 41<sup>st</sup> annual retreat**, "A Guided Journey Through the 12 Steps of OA", 5/31-6/2/19. The flyer can be found on their website: oawmass.org

**Metrowest Intergroup Retreat**, 6/7-6/9 at the Sacred Hearts Retreat Center in Wareham, MA. <https://metrowestoa.org/>

**Cape Cod Intergroup One Day Retreat**, "Spirituality of the 12 Steps", Sunday 4/28, from 8:30am-4:30pm at Carlton Hall, Dennis, MA. Registrations due by 4/13. Flyer: <http://capecodoa.org/wp-content/uploads/2019/02/One-Day-Retreat-flyer.2019.pdf>

**North Shore Intergroup One Day Retreat**, Saturday 6/22, from 9am-4pm in Ipswich at the Notre Dame Spirituality Center. Flyer will be available on website: <http://www.oanorthshoreintergroup.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

**Region 6 Convention** 10/18/19-10/20/19 in White Plains, NY.

See the **Region 6 website** for all the latest information. <http://oaregion6.org/2019/index.php/convention-info/> (Region 6 trustee contact: [Region6trustee@gmail.com](mailto:Region6trustee@gmail.com))

**OA WORLD SERVICE NEWS & EVENTS:**

**Sat., Tuesday, 3/12/19 – Twelfth Step Within Day** A day to focus on carrying the 12<sup>th</sup> Step message and reach out to OA members in relapse or still suffering. **Next:** Friday 4/12/19.

**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](http://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**

Respectfully submitted, Cathryn C.

**The next MBI Meeting Dates – Save the Dates!**  
**Saturday March 16, 2019**  
**Saturday April 6, 2019**  
**10:30 A.M. – 12 P.M. - Lawrence Memorial Hospital**  
**Gallagher Conference Room**

**BOARD & COMMITTEE CHAIRS \***

**MBI CHAIR**  
Cathie B. (Lowell)

**VICE-CHAIR**  
Paulina S. (Lexington)

**CORRESPONDING SECRETARY**  
Cathryn C. (Georgetown)

**RECORDING SECRETARY**  
Beth P. (Newton)

**TREASURER**  
Mary P. (Quincy)

**COMMITTEE CHAIRS**

**OFFICE**  
Jean B. (Revere)

**PROFESSIONAL OUTREACH  
& PUBLIC INFORMATION**  
Beth P.

**COMMUNICATIONS**

**Newsletter:**  
Jeanne K. (Chelmsford)

**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 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