



OVEREATERS ANONYMOUS®

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MASS BAY INTERGROUP

MBI Newsletter

April 2019

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MBI CHAIR REPORT – April

Concept Four of the Twelve Concepts of

OA Service: “the right of participation ensures equality of opportunity for all in the decision making process.”

Principle: Equality

Don’t Isolate, Participate!!” proclaims a t-shirt I bought from an MBI sponsored event years ago. How do I do that? The disease tells me, “They don’t need me, my voice or my vote.” The disease wants me to stay away, to compare, judge myself and others and single out other members to put on a pedestal. The disease tells me there must be someone to “run the show.”

Recovery tells me “I am one of”, I am a part of this worldwide fellowship and that I belong. The only requirement for membership is the desire to stop eating compulsively. The only one not on equal footing with each member is each member’s respective Higher Power, as each understands his/her Higher Power. We are each compulsive eaters/compulsive overeaters who unite as equals and each of us has a “right and responsibility to participate in the decision making process (group conscience) at business meetings.”

The right of attendance to, presence at and participation in business meetings at the group or “local” level, is equal and open to all. The extent of the participation is typically part of the group meeting’s format for business meetings. Typically, members who regularly attend the meeting have a vote at that group’s business meetings. As we know there is no president or ruler of OA, each regularly attending member has one vote. The participation of as many eligible member voters as possible ensures a true “group conscience” will be revealed. The active

participation of as many eligible member voters as possible also provides the surest opportunity for significant consensus. As we know, the OA service structure is built on significant consensus, not on merely outnumbering members with alternative proposals, positions and/ or views.

In addition to having a right and responsibility to participate, it is a hugely meaningful service. The member is committed to their recovery, committed to attending at least one group meeting regularly, and voting on issues which affect the group. The member may then ask to provide service or nominate/vote for, a member able and willing to provide service as a Representative to the Mass Bay Intergroup “MBI” business meeting (see page 5 for next meeting information.) A member’s service as a Representative or Alternate Representative from a group meeting brings that group’s views and vote into Intergroup decisions. Mass Bay Intergroup supports 39 meetings, which means there are at least 39 different groups to hear from for significant consensus.

Participation at MBI provides the service opportunity for Representatives to bring their own decision and vote, to the business meetings of the 41 or so Intergroups associated with Region 6. Also, votes are needed from Delegates, OA members able and willing to attend the annual World Service business meeting in New Mexico. The OA service structure, built on 12 concepts of service and 12 spiritual principles, including equality, ensures that the voice of each individual OA member is heard and participating in, a true group conscience of OA as a whole.

All are welcome to visit MBI business meetings and to experience the strength and hope that

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are shared in a decision making process that incorporates the 12 concepts of OA service, and is best served by equality of representation and participation. Meeting Reps and Alternate Reps wanted for true Mass Bay Intergroup conscience.

In grateful service, Cathie B.

Step 4: Made a searching and fearless moral inventory of ourselves.

Spiritual Principle: Courage

OA Tradition 4

"Each group should be autonomous except in matters affecting other groups or OA as a whole"

MBI NEWS !

MBI Treasurer's Report February 2019

As of February 28, 2019 the totals were:

\$1404.10 Income
 \$1070.29 Expenses
 Checking Balance 2/28/19 \$4577.96
 Savings Balance 2/28/19 \$4005.77
 The income exceeded expenses by \$333.81.

In February, \$64 of our income was for Newcomer Pamphlets/Packets. \$26 was from the 7th Tradition collection at our MBI meeting. \$1314.10 was from group and one anonymous donation(s). The list of groups who donated in February is at the end of this report. **Thanks to all of you who are supporting MBI.**

Our February expenses included: Our quarterly donations to Region 6 (\$250) and to World Service (\$250) cleared the bank on 2/1. Beth P was reimbursed \$104.06 for MBI pens purchased for the Addiction Conference (PO). Sainly Solutions (web hosting) was \$57.20, Marina was paid \$202.50 for her work in our office, Jeanne K was paid \$50 for keeping our web site up to date, and our Verizon payment was \$156.53. Our check paid to Lawrence Memorial Hospital (\$50) for our MBI meeting and for the Step 2 Workshop was not cashed.

If you would like to ask questions about any of this, you can contact me through the office email (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. Thank you, Jean B, for your continued advice and support—your help is much appreciated.

Respectfully submitted, Mary P., MBI Treasurer

Group Donations February 2019

\$46.00	Anonymous
\$360.60	Newton-Wellesley Sat. 7:15am
\$312.00	Lynn, Sat. 8:30am
\$200.00	Lawrence Mem. Hosp. Sat. 9am
\$200.50	Reading, Tues. am BBSS
\$75.00	Weymouth, Thurs. 10am
<u>\$120.00</u>	Stoneham, Monday night
\$1314.10	Total

MBI Office Committee Report March 2019

The office is running well. Marina prepared the materials needed for the Addictions Conference in early March. Jean is filling in (mostly remotely) for the second half of March while Marina is on vacation, please be patient with any requests.

Respectfully submitted,
 Jean B., Office chair

MBI OFFICE ACTIVITY REPORT- March. 2019

Phone Calls received	12
Emails received	54
Emails sent	14
Checks Received	9
Newsletter mailed	4
Meeting directories mailed	0
Newcomer Packets	0
Goldenrod Flyer	0

Yours in Fellowship, Marina

12 Step Report March - 2019

Springing forward into change and turning our lives and will over to the care of a higher power of our choosing...the Step Three workshop was very well attended. Feedback was quite positive. The Step 4 workshop comes not in April but in May because of the various holidays. It will be on May 4 from 10:30 to noon in the Johnson room at Lawrence Memorial. On April 26 we are having a Coming Back to OA workshop which focuses on relapse recovery. All are invited and encouraged to attend. The workshop is at the Johnson room in Lawrence Memorial Hospital from 10:30-noon, 4/27/19
 Dave D, 12 Step Chair

Professional Outreach Committee Report - March

We are seeking volunteers to help with professional outreach. If you're interested in carrying the OA 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](tel:781-641-2303), or email info@oambi.org for a FREE packet. You can also come to the next Mass Bay Intergroup meeting in May.
In service, Beth P

MBI Bylaws Committee Report March 2019

In collaboration with Jeanne K., the bylaws on the website are being updated so that they can be posted. If you have looked at the booklet, however, you may realize that there are sections beyond the bylaws proper, namely the policy and procedure manual and the list of continuing effects motions, which are also badly in need of updating. I am planning to work on the policy and procedure manual next as it contains material relevant to our activities as an intergroup and our committees. I expect this process to take most of this year. Your cooperation and input are welcome.
Respectfully submitted,
Jean B., Bylaws chair

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

239 newsletters were delivered successfully on Sat, Mar 23, 2019. It seems that the new subscribers were all bogus, so we are back down to 239. During the March the usual updates were made including the meeting lists, workshop dates and flyers, links to the WSO newsletter, and the March newsletter and highlights.
Jeanne K., Webmaster

“Been Slipping and Sliding?”

A Reading and Writing Tool

The following are the items 4-6 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.

4) Read “Out of Darkness” in Overeaters Anonymous (pp. 143–146). What made the difference that brought the author to renewed abstinence? How would I describe my willingness to accept that this program may be more difficult once my previous abstinence has eluded me?

5) Read the story “Agony Aunt Saved My Life” in Overeaters Anonymous (pp. 139–142). The OA pamphlets A Plan of Eating and Dignity of Choice are possible resources for developing an appropriate food plan for continuing in Overeaters Anonymous. Both eating behaviors and specific quantities of each food group are worth considering. Ask: What was my food plan in earlier efforts to work the program? What is it now? What changes do I need to make?

6) Read Appendices A, B, C, and D in Overeaters Anonymous (pp. 191–208). “The men and women in OA, who are recovering from their own eating problems, reach out in love to help each other with suggestions, support, and strategies” (p. 192). How is OA a “we” program? How do we depend on each other? Reread pages 192, 195, 201, 205, and 206. Discuss the idea that love from others has helped me find love for myself.

(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. Check with your Intergroup Rep to get any WSO information if you don't use a computer.

PODCASTS AVAILABLE ON OA WEBSITE:

Step Four - Made a searching and fearless moral inventory of ourselves." In this fourth installment in the workshop series "The Importance of Working All Twelve Steps," leaders discuss how working the first three steps is preparation for the Fourth Step, how important the Fourth Step is and specifics about working the Fourth Step. Also referenced is the variety of OA literature available to help members take Step Four (*Fifteen Questions*, *Twelve Steps and Twelve Traditions of Overeaters Anonymous*, *Fourth Step Inventory Guide*, AA's *Twelve Steps and Twelve Traditions*, *Twelve Step Workbook of Overeaters Anonymous*, *Sponsoring through the Twelve Steps*, *Alcoholics Anonymous Big Book* and *Twelve-Stepping a Problem*). "Those of us who have completed Step Four have found that taking this searching and fearless moral inventory was one of the most loving things we ever did for ourselves." *The Twelve Steps and Twelve Traditions of Overeaters Anonymous* p.29 http://www.oa.org/wp-content/podcasts/Step4_April122015.mp3

VIDEOS AVAILABLE ON OA WEBSITE:

Tradition 4: Each group should be autonomous except in matters affecting other groups or OA as a whole.

Spiritual Principle: Autonomy

[Click here for Tradition Four 3 min podcast: https://vimeo.com/230028662](https://vimeo.com/230028662)

New Download: Twelve Traditions of OA
OA has discontinued sales of *Twelve Traditions of OA* which is now posted to the OA website for free download. This pamphlet still carries the Conference Seal of Approval and can provide an introduction to the Twelve Traditions for members and newcomers. It can be found at oa.org/documents under "Discontinued Literature."

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!

A Step Ahead, First Quarter 2019 Issue – now translatable

Get the First Quarter 2019 issue of *A Step Ahead* and get the latest news about OA world services. *A Step Ahead* is now published as a web page and can be translated into thirty-four additional languages by clicking the "Select Language" button at the top of the page. In this issue, you'll find important and useful information about:

- The temporary suspension on developing new Conference-approved literature
- Strengthening OA's virtual meetings through registration
- New and updated recovery resources from the World Service Office
- and more!

Read *A Step Ahead* online or [download](#) the newsletter today in printer friendly black and white and share it with your group!

New Courier Newsletter—Carry the Message to Referring Professionals

A new issue of the *Professional Community Courier* is now available for download on 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. *Courier* articles are written by doctors, nurses, counselors, and other providers so that referring professionals can learn from peers in their field about the solution we have found by working the Twelve Steps of Overeaters Anonymous. Help the still-suffering compulsive eater find us by raising awareness among referring professionals in your community

September (Deadline: 5/15/19) Click for More Info

- Maintaining Abstinence Through Illness
- Saving Grace: Help from a Higher Power

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 4 workshop, Saturday, May 4, 2019 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", April 27, 2019, 10:30 am - noon. Lawrence Memorial Hospital, Medford.

MBI 4th Annual Fall Into Recovery Retreat, November 8-10, La Salette Retreat Center, 947 Park St, Attleboro, MA.

[Flyer - MBI Retreat - Fall Into Recovery 2019](#)

MA / NH STATE INTERGROUP NEWS

Western Mass Intergroup 41st annual retreat, "A Guided Journey Through the 12 Steps of OA", 5/31-6/2/19. Flyer: <http://www.oawmass.org/wp-content/uploads/2018/10/WMI-Genesis-Retreat-Flyer-2019-final.pdf>

Metrowest Intergroup Retreat, 6/7-6/9 at the Sacred Hearts Retreat Center in Wareham, MA.

<https://metrowestoa.org/>

Flyer: <https://metrowestoa.org/wp-content/uploads/2019/03/Metrowest-OA-Retreat-2019.pdf>

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)

OA WORLD SERVICE NEWS & EVENTS:

Sat., Tuesday, 3/12/19 – Twelfth Step Within Day A day to focus on carrying the 12th 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 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 May 18, 2019

Saturday June 15, 2019

**10:30 A.M. – 12:00 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
 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