



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

July 2019

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MBI CHAIR REPORT - July

Concept Seven: The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by tradition and by OA Bylaws, Subpart B.

Spiritual Principle: Balance

The Bylaws of Overeaters Anonymous, Incorporated are "its self-adopted rules for the regulation of OA Inc's business affairs." The OA, Inc, Bylaws are separated into 2 parts, known as Subpart A and Subpart B.

Subpart A outlines the governing process for the legal, administrative, organizational and corporate duties of the Board of Trustees. The Board is comprised of OA members, and one Trustee is elected from within the Board of Trustees, to chair the Board and the annual World Service Business Conference "WSBC". Any changes to Subpart A, are made by the [currently] 17 members of the Board of Trustees.

Subpart B of the OA Bylaws "defines OA membership, the basic structure of OA service bodies and specific procedures relating to the functioning of the Fellowship." Subpart B includes a definition of abstinence in OA, a definition of "group meeting", the option for virtual meetings to affiliate to a "land based Region" or the virtual Region.

"In practice, all the Bylaws ensure that the 12 Traditions are not violated by any action of the Board or WSBC; that Intergroups are fairly represented at the WSBC (hence the recent election of a Virtual Region Trustee and Virtual Region Chair and the forming of a Virtual 90 day meetings Intergroup); and that members

of the Board of Trustees meet certain requirements." At WSBC 2019, a motion to reduce the number of times a candidate for election as a Trustee had to have served as a Delegate to the WSBC prior to application for candidacy, was defeated. The group conscience of the WSBC was that one's service as a Trustee must include number of years' service as a WSBC Delegate. The Bylaws in Subpart B may only be changed through the Group conscience process at the WSBC.

"OA is committed to the group conscience process" thus "the Board of Trustees willingly accepts the responsibility to carry out the decisions made by the WSBC, and the Delegates of the WSBC willingly place their trust in the Board of Trustees to do so. "

Balance is an amazing spiritual part of Concept Seven of service. In the food, I was always "off balance", too much, too little, too tired, too active. I worked, spent, smoked cigarettes, drank water, drank other beverages and criticized compulsively. I then crashed and slept, analyzed and chastised myself excessively. I withdrew or socialized to excess. I drove in excess of the federal speed limits and was always still behind. I gave time and money and gifts in excess and then stopped interacting with some of those I gave to, believing the relationship to be out of balance and based on my giving and not "getting" anything in return.

Abstinence allows balance with the food. My sponsor and the plan of eating given to me allow me to know, just like the OA "program" bylaws, what, how much, how often and pretty much when I will eat. No more need for excess then restriction or guessing or acquiescing. It is balanced and enough. The fellowship at meetings, the reminders and

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lessons in the literature balance my "stinking thinking" and that "peculiar mental twist." This Concept also balances my service. If I am a trusted servant and WSBC Delegate, I need not take on the Board of Trustees' or any Trustee's duties. I do my part, no more, no less, and feel that balance. Thank you OA.

In grateful service, Cathie B.

Step 7: Humbly asked Him to remove our shortcomings.

Spiritual principle: Humility.

OA Tradition 7
"Every OA group ought to be fully self-supporting, declining outside contributions"

Principle: Responsibility

MBI NEWS !

MBI Treasurer's Report May 2019

| | |
|------------------------------------|--------------------|
| \$4087.80 Income | \$2197.39 Expenses |
| \$1890.41 Income exceeded expenses | |
| Checking bal. 5/31/19 | \$6229.54 |
| Savings bal. 5/31/19 | \$4005.87 |

In May, \$27 of our income was from the 7th Tradition collection at our MBI meeting. \$15 was from the Step 5 Workshop 7th Tradition and \$11 from the sale of an OA 12 & 12 book at the workshop. \$1675 was from MBI Fall Retreat registrations, including \$30 contributed for scholarship funds. \$2359.80 was from group donation(s). The list of groups who donated in March is at the end of this report. **Thanks to all of you who are supporting MBI.**

Our May expenses included: Sainly Solutions was paid \$44.20 for web site hosting. Jeanne Kendall was reimbursed \$329.44 for her expenses participating in the Region 6 Spring Assembly. Marina was paid \$165 for her work between 4/18 and 5/13. We paid Lawrence Memorial Hospital \$25 for hosting our 5/18 MBI meeting, and \$50 for the Step 4 Workshop on 5/4 and the Step 5 Workshop on 5/25. Our Verizon cost was \$156.29. I paid the office rent of \$455 for May. I reimbursed

Cathie B. \$963.36 for the room she and Paulina shared for the World Service Business Conference. We paid the Post Office \$9.10 for postage (3 professional packets to Vineyard Haven and mail to MBI treasurer).

Our Checking balance includes \$2851 of retreat registrations and a contribution for scholarships.

If you would like to ask questions about any of this, contact me through the office email (info@oambi.org) or phone (781-641-2303). Marina will forward your questions to me and I will get back to you.

Respectfully submitted, Mary P., MBI Treasurer

Group Donations May 2019

| | |
|------------------|---------------------------|
| \$360.00 | Swampscott, Sat. 8:30am |
| \$120.00 | Carney Hosp., Sat. 9am |
| \$120.00 | Reading, Wed. 9:30am |
| \$122.00 | Milton BI Hosp., Wed. 7pm |
| \$166.80 | Medford, Sun. 8am |
| \$200.00 | Lynn, Sat. 8:30am |
| \$225.00 | Reading, Tues. 9:30am |
| \$250.00 | Medford, Sat. 9am |
| \$90.00 | Reading, Wed. 6pm |
| \$50.00 | Wellesley, Mon. 9:30am |
| \$240.00 | Lowell, Mon. 7pm |
| \$100.00 | Weymouth, Thurs. 10am |
| \$316.00 | Newtonville, Sun. 5pm |
| \$2359.80 | TOTAL |

MBI Office Committee Report May 2019

The office was running on a reduced schedule during May as Marina was away for two weeks and came home sick. I filled in one Saturday to pick up the mail and check phone messages and emails.

WSO just announced in June publication of a new pamphlet for professionals When Should I Refer Someone to OA? It replaces the Introducing OA to Health Professionals and Introducing to the Clergy and sounds like something we should include in our packets as it could be used in all of them. Price is 60 cents per copy, maybe order a couple for review at the next MBI?

Respectfully submitted, Jean B., Office chair

MBI OFFICE ACTIVITY REPORT- June 2019

| | |
|-----------------------|----|
| Phone Calls received | 4 |
| Emails received | 51 |
| Emails sent | 19 |
| Checks Received | 12 |
| Newsletters sent | 9 |
| Meeting lists sent | 1 |
| Newcomer packets sent | 10 |

Yours in Fellowship, Marina

12 Step Report June - 2019

Step 7 for July, Page 76 in the big book says it all:

“My creator, I am now willing you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen”

The step six and seven workshop in June went very well! Next, we are doing a workshop on steps eight and nine, Saturday, July 27 from 10:30 am to noon in the Johnson Room of Lawrence Memorial Hospital.

Dave D
12 Step chair

Professional Outreach Committee Report - June

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 July.
In service, Beth P

Bylaws Committee Report – May 2019

Nothing new to report, will be looking at WSBC material to see if there is anything that we need to update.

Respectfully submitted,
Jean B., Bylaws committee

MBI MEETINGS DATES –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!

June 2019 Webmaster Report

On Thu, Jun 20, 2019 1:00 pm 248 emails were successfully delivered. During the month the usual updates were made including the meeting lists, workshop dates and flyers, links to the WSO newsletter, and the June newsletter and highlights.

Most popular links:

http://www.oambi.org/wp-content/uploads/2019/06/MBI-Newsletter-June-2019-6_20.pdf

<http://www.oambi.org/wp-content/uploads/2019/06/June-2019-Highlights.pdf>

www.oanorthshoreintergroup.org

<https://www.oambi.org/wp-content/uploads/2019/03/Flyer-MBI-Retreat-Fall-Into-Recovery-2019.pdf>

docs.google.com/forms/d/e/1FAIpQLSe06mZeYB7osts1PUk-N8IkjCW35LcGstPUIRqH93HGOb56mQ/viewform

Respectfully submitted,
Jeanne K., Webmaster

“Been Slipping and Sliding?” A Reading and Writing Tool

The following is the 7th question 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.

7) May 26 in For Today (p. 147) refers to “distorted ideas.” What were my thoughts before I indulged in that first compulsive bite?

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

PODCASTS AVAILABLE ON OA WEBSITE:
Step Seven: Humbly asked Him to remove our shortcomings. The seventh in the series of "The Importance of Working All Twelve Steps" workshops discusses what to do with the defects of character discovered in Step Six. Two members tell their stories and talk about how OA-approved literature (*Alcoholics Anonymous (Big Book)*, *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, and *Sponsoring through the Twelve Steps*) helped them take the Seventh Step. Memorable quotes from *The Twelve Step and Twelve Traditions of Overeaters Anonymous* were: "Real humility about our character defects carries with it acceptance" (p.61), and "Our simple prayers, humbly spoken, are answered in wonderful ways as we open our lives to God's transforming power, and we find that God does for us what we could never do for ourselves" (p.65). Questions from the pamphlet *Sponsoring through the Twelve Steps* were provided to help members who might be stuck in Step Seven. <https://www.aa.org/wp-content/podcasts/step-seven-july-12-2015.mp3> | [Download](#)

VIDEOS AVAILABLE ON OA WEBSITE:
[Three Minute Tradition Seven](#)
Principle: Responsibility
 Responsibility means reliability, dependability or accountability.

NEW! OA Abstinence and Recovery Definitions
 Updated definitions of "abstinence" and "recovery" in Overeaters Anonymous were adopted at the 2019 World Service Business Conference. The revised policy states: The WSBC 2019 accepts the following definitions: Abstinence: The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Recovery: Removal of the need to engage in compulsive eating behaviors. Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve

Step program. (Business Conference Policy Manual, 1988b [amended 2019])

[We Need Your Ideas for OA's New Book Cover](#)
 The OA Board of Trustees is asking for help. They need ideas for the cover of OA's forthcoming book, *Body Image, Relationships, and Sexuality: Personal Journeys to Recovery in Overeaters Anonymous*. It's important to note this is not a contest but a search for creative ideas that will interpret and inspire an attractive book cover. To learn more and send your ideas, [download the flyer and release form](#). The deadline for submissions is July 31, 2019.

[See OA's Updated Meeting Formats. Plus: NEW Suggested Reading Writing Meeting Format](#)
 We have found that meetings that use a consistent format are stronger. Use one of OA's meeting formats, newly updated, at your meeting to reinforce our OA program and encourage unity. Updates include OA's new \$5.00 (or more) suggested contribution, inclusive language encouraging members to find support in face-to-face and virtual meetings. Find OA's meeting formats at oa.org: *Suggested Meeting Format*, *Suggested Telephone Format*, *Suggested Young Persons' Format*, *Suggested Step-Study Format*, *Suggested Recovery-from-Relapse Format*, *Guidelines for a Group Conscience Meeting/Suggest Format*, and *Newcomer Meeting Guidelines and Format*. PLUS: Try the **NEW Suggested Reading Writing Meeting Format** at your meeting.

Lifeline News

The OA Board of Trustees, at its May meeting, agreed that changes with *Lifeline* magazine are needed. The Board has decided it is time for: 1. OA to create new ways for members to share their stories online. 2. *Lifeline* magazine, both print and online, **to stop publication**. *Lifeline* subscribers will continue to receive the same great collection of member stories in print and online through December 31, 2020. One-year subscriptions and renewals are available through the end of this year, **December 2019. No new subscriptions or renewals will be processed starting January 1, 2020. All subscriptions will end on December 31, 2020.**

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 Steps 8 & 9 workshop, July 27 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 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

Carry the Message workshop North Shore IG

August 18, 2019, 1PM-3PM at Church of the Good Shepherd 95 Woburn Street, Reading MA 01867

NH Intergroup one day workshop/retreat on Step 11 "Expanding Conscious Contact" Saturday, Sept. 7th 10am-2pm at Camp Allen in Bedford, NH, with speakers and breakout experiential sessions. They'll be using the Big Book and OA 12&12, etc.

Flyer link:
<https://oanewhampshire.org/events-info/2019-09-nhi-step-11.pdf>

Service, Traditions & Concepts workshop North Shore IG 9/28/2019, 1PM-4PM, Church of the good shepherd, 95 Woburn Street, Reading, Ma 01867.

Southern Maine Intergroup Retreat
The 3 Legs of Recovery - **16th Annual Biddeford Retreat**, October 11-13, Marie Joseph Spiritual Center Biddeford Pool, Maine.

<http://mariejosephspiritual.org>
Flyer: <http://www.oambi.org/wp-content/uploads/2019/06/OABR-Brochure-2019.pdf>

REGION 6 NEWS & EVENTS

NEW ADDRESS FOR REGION 6 DONATIONS:

Region 6 Treasurer

P.O. Box 644, Peabody, Mass 01960

2019 Region 6 Assembly

Next: 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:

New! Follow OA on Instagram



Overeaters Anonymous has expanded its social media presence. Get a bit of OA inspiration or program wisdom-follow us:

<https://www.instagram.com/overeatersanonymousofficial/>.

Wednesday 7/12/19– 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:** Monday 8/12/19.

NEW!! Virtual Region workshops:

<https://oavirtualregion.org> The schedule is:
7/14 Steps 1-6, 8/11 Steps 7-12, 9/8 Hybrid meetings, 10/13 On-line and non-real time meetings, 11/10 Recovery through the holidays, 12/8 Hot topics

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 July 20, 2019

Saturday August 17, 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.

RECORDING SECRETARY
 Beth P. (Newton)

TREASURER
 Mary P. (Quincy)

COMMITTEE CHAIRS

OFFICE
 Jean B. (Revere)

PROFESSIONAL OUTREACH
 Beth P.

PUBLIC INFORMATION
 Diane C.

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: 605-313-5146 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: 605-313-447, Access Code: 423295#

Sunday 8-9pm (Spkr/Disc)
 Dial-In: 515-604-9742, Access Code: 152802#

Monday 10-11 am (For Today/ Disc)
 Dial-In: 515-606-5628, Access Code: 361336#

Monday 6-7pm (Spkr/Disc)
 Dial-In: 515-606-5432, Access Code: 342177#

Monday 8-9pm (BB/ Discussion)
 Dial-In: 605-313-4488, Access Code: 235224#

Tuesday 9:30-10:30am (Women's meeting)
 Dial-In: 605-313-5149, Access Code: 964221#

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: 605-313-5152, Access Code: 171863#

Wednesday 10-11am (Spkr/Disc)
 Dial-In: (712) 451-1095, Access code: 106702#

Wednesday 1-2pm (Spkr/Disc)
 Dial-In 641-715-0864, Access Code: 494591#

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: 605-313-514, Access Code: 713226#

Saturday 8-9am (For Today/ Disc)
 Dial-In: 605-313-5149, 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