



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

November 2019

Page 1

## MBI CHAIR REPORT - November

Greetings! It is November, a month with a whole day dedicated to gratitude. I admit to loving the spirit of this holiday. I no longer look for certain foods or excess of amounts of food to "fill" me on the day. With all gratitude to my Higher Power which allows me access to abstinence and recovery, our OA program and Fellowship, every day in November and other months, is a Thank-Full day !

Here is a look at **Concept Eleven**: "Trustee administration of the World Service office should always be administered by the best standing committees, executives, staffs and consultants." The **spiritual principle** in this concept is **humility**.

Concept Eleven simply states that OA service work sometimes requires looking beyond our fellow members to applicants with specialized skills, training and talent for certain OA service work. For OA service work to be in the hands of "the best standing committees, executives, staffs and consultants", OA trusted servants/Trustees and Board members do hire and pay, some non-members for specific tasks. Clearly, the efficient, comprehensive and tax compliant management of the nearly ½ million dollar Worldwide OA budget, requires an accountant, tax or non-profit corporation management specialist. While there are surely OA members with some or all of these skills, the responsibility for the Worldwide OA finances is beyond our "sane and happy usefulness" in service to others. The time commitment alone might overwhelm the member.

There are also needs in specialized areas such as publishing, facilities management, and parliamentary procedure. Again, Concept Eleven reminds us that we need not do everything ourselves in order to be self-

supporting or a trusted servant. An honest, humble assessment of our personal needs, abilities and availability related to our abstinence and recovery, lends itself well to knowing there is a need for skilled assistance related to the best functioning of OA Worldwide.

This Concept also mentions the standing committees. There are committees that focus on service via Public information, Intergroup outreach, Professional outreach, Newsletters and media. There are also 12<sup>th</sup> step within, Bylaws, Finance and Ad hoc committees. An ad hoc committee is for a special issue, event or task. All of these committee members and chairpersons are OA members. Some members are able and willing to give service to these committees, in these ways. There are millions of ways to give service and all as spiritual and significant as the motivation and recovery they spring from.

So, I want to finish by saying "Thank you." Thank you for your service. Thank you fellow OA members. Thank you for attending meetings, for staying abstinent, for working the Steps, for your power of example and example of your Higher Power. Thank you Sponsors, MBI Reps, committee chairs, board members. Thank you Region 6 Reps and World Service delegates. Thank you OA members who arranged a Step 11 workshop, the 4<sup>th</sup> annual MBI retreat, and the Thankathon! Thank you everyone who attends and who carries this message of recovery to compulsive overeaters who still suffer.

I have heard it said that AA sometimes stands for Attitude Adjustment. OA for me sometimes stands for overall adjustment. In recovery my attitude toward service went from resentful to grateful (great-full). With ongoing abstinence and recovery and the example of each of you,

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my words and actions demonstrate a welcome adjustment to a life of service. Thank you.

Respectfully submitted,  
Cathie B., MBI Chair

**Step 11:** Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.

**Spiritual principle:** Spiritual Awareness.

**OA Tradition 11**

***"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication."***

**MBI NEWS !**

**MBI Treasurer's Report September 2019**

\$1724.57 Income	\$1366.43 Expenses
\$358.14 Income exceeded expenses	
Checking bal. 9/30/19	\$10,322.12
Savings bal. 9/30/19	\$4006.01

For September, \$31 of our income was from the 7<sup>th</sup> Tradition collection at our MBI meeting. \$1175 was from MBI Fall Retreat registrations. \$518.57 was from group donation(s). The list of groups who donated in September is at the end of this report. **Thanks to all of you who are supporting MBI.**

Our September expenses: We paid our \$500 deposit to La Salette for our Fall Retreat. Our monthly rent was \$455; our Verizon bill was \$157.38; Marina was paid \$112.50 for her work from 8/13 to 9/13/19; Jeanne Kendall was paid \$50 for her August website work; we paid Lawrence Memorial Hospital \$25 for hosting our 9/14 MBI meeting and \$25 for the Step 10 Workshop on 9/21/19; Sainly Solutions was paid \$30.55 for web site hosting; and we paid \$11 for literature purchased from OA.org.

Our Checking balance now includes \$5949 of retreat registrations including \$103 in contributions for scholarships. The deposit to La Salette was paid from these funds.

If you would like to ask questions about any of this, contact me through the office email ([info@oambi.org](mailto: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 September 2019**

\$293.57	Newton, Sat. 6:15am
\$125.00	Weymouth, Thurs. 10am
<u>\$100.00</u>	Medford, Sat. 9am
<b>\$518.57</b>	<b>TOTAL</b>

**MBI Office Activity Report - October 2019**

Phone Calls received	13
Emails received	19
Emails sent	33
Checks Received	22
Newsletters sent	4
Meeting lists sent	none
Professional packets sent	4
Marina, the OAMBI office worker	
781-641-2303	

**MBI Office Report September 2019**

The office serves MBI as a central point of contact. We have files, filing cabinets, literature for newcomer packets and for professionals, computer, printer, phone line, and some limited storage space. Messages come in, requests are answered, mail is logged in and redistributed, all possible because we have an office and someone (Marina) to work there part-time. I am grateful for the service work that MBI can do because we have an office and I thank those who came before me who saw the need for such a place.

If you need to reach MBI, call and leave a message or send an email or mail us a letter and we will get back to you. Are you a contact person for your meeting? We are trying to update our contact information with our member meetings. If you look up your meeting on [www.oa.org](http://www.oa.org), see who is listed as contact for your meeting and notify WSO if that has changed. If it says the MBI office as contact, you may want to have your meeting secretary update that listing to include someone from your meeting. Marina will be making some phone calls as part of this project.

Respectfully submitted,  
Jean B., Office committee

**12 Step Report October - 2019**

Our Thank-a-thon is coming on Thanksgiving day from 7 AM till 1 in the afternoon, and Step 12 is slated for Dec. 21.

Dave D, Arlington, 12 Step Chair

**Professional Outreach Committee**

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](mailto:info@oambi.org) for a FREE packet. You can also come to the next Mass Bay Intergroup meeting in October. In service, Beth P

**Public Information Committee Report**

We know that some meetings often have newcomers regularly in attendance. Why is that true of some meetings and not others? Do you have information in your local newspaper or Community website? Brochures in the Library? Posters around town? Please share your suggestions and success with us. [dconnor14@comcast.net](mailto:dconnor14@comcast.net)  
Diane C, PI Chair

**MBI Bylaws Report September 2019**

Writing this in September for the September 14, 2019 MBI meeting, there is a touch of fall in the air. Summer is over. Time to get back to working on the bylaws. We finished work on the bylaws section of the manual, next we look at the committee information section on p.14-25 (the policy & procedure manual) and we can see that there are some things that need to be updated. I would request that people review this section and come to the October MBI meeting with ideas for what they would like to see changed. For example, we don't have a Highlights Committee but we still produce Highlights. The 12 Step Committee doesn't have a travel fund and doesn't run the retreats. Most of our newsletters go out by email rather than by postal mail. So, we need to update this section to reflect what we actually do or change what we do to match the procedures. We have a Retreat Committee that is not in the manual, that should be added.  
Respectfully submitted,  
Jean B., Bylaws chair

**October 2019 Webmaster Report**

On Mon, Oct 14, 2019 5:17 pm 248 newsletters were sent out. The monthly updates to the website were completed as usual.

**Most Popular links:**

- <https://www.oambi.org/wp-content/uploads/2019/10/MBI-Newsletter-October-2019.pdf>
- <http://www.oambi.org/wp-content/uploads/2019/03/OA-RETREAT-MENU-2019.pdf>
- <https://www.oambi.org/wp-content/uploads/2019/10/October-2019-Highlightsa.pdf>
- <https://forms.gle/qfNrRQdNi1RG68jb8> (Survey)
- <https://www.oambi.org/wp-content/uploads/2019/03/Flyer-MBI-Retreat-Fall-Into-Recovery-2019.pdf>

Respectfully submitted,  
Jeanne K., Webmaster

**MBI MEETINGS DATES -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!***

**We are doing an anonymous survey of OA members attending Mass Bay Intergroup meetings.**

Go to our website at [OAMBI.ORG](http://OAMBI.ORG) on your computer or phone. At the top of the MBI home page, right under the banner, it says "Click to take survey." We need your input to decide which of the many possible activities and supports we should pursue first. Or click here: <https://forms.gle/qfNrRQdNi1RG68jb8> Here is your chance to let us know what you would like from us. Some updated survey responses are on pages 7-8. We have received 64 responses so far.

**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.

**PODCASTS AVAILABLE ON OA WEBSITE:**  
**[Step Eleven](#)** "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of His will for us and the power to carry that out."

Step Eleven workshop speakers share their individual stories of recovery, how they work Step Eleven, and how they use their spiritual relationship with a Higher Power in everyday life situations. "God can, I can't, I think I'll let Him." The literature referenced was the *Alcoholics Anonymous (Big Book)*, *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, and the *Twelve-Step Workbook of Overeaters Anonymous*—the questions asked come from the workbook. <http://www.oa.org/wp-content/podcasts/step-11-Nove-8-2015.mp3>

**VIDEOS AVAILABLE ON OA WEBSITE:**  
 Tradition Eleven: [Click here for Tradition 11 Video at https://vimeo.com/261372040](#)

**OA Group Inventory and Strong Meeting Checklist Updated** [OA Group Inventory](#) and [Strong Meeting Checklist](#), both available for download on [oa.org](http://oa.org), have been recently refreshed—see how they can help you check in, both with yourself and your fellow members, at your upcoming meetings. These checklists are intended help foster a focused and supportive group environment to help carry the message to all attendees as we work our program together.

**NEW! OA Abstinence and Recovery Definitions** 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])

**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 \(https://oa.org/files/pdf/PI-Resource-List-2018.pdf\)](https://oa.org/files/pdf/PI-Resource-List-2018.pdf) has link information for multiple resource categories, including guidelines, PI posters, podcasts, OA's Facebook pages, and more. Save, share, and reach out!

**[New! Welcome Back Pamphlet Revised and Expanded](#)**

Stop a relapse or reach out to a "missing face" with OA's newest pamphlet, *Welcome Back: Suggestions for Members in Relapse and for Those Who Care*. Combined from two OA pamphlets (*Welcome Back* and *Members in Relapse*), this new, Conference-approved twelve-page pamphlet is more comprehensive and includes "Suggestions for Members in Relapse," "Suggestions for Those Who Care," "What Helped—In Their Own Voices," space for phone numbers, and more. Look for *Welcome Back: Suggestions for Members in Relapse and for Those Who Care* (#185), with the bright yellow cover, in the OA bookstore.

**New! Follow OA on Instagram**

OA has expanded its social media presence. Get a bit of OA inspiration or program wisdom—follow us at: [https://www.instagram.com/overeatersanonymous\\_official/](https://www.instagram.com/overeatersanonymous_official/).

**New Lifeline topics are now online!** Give service to thousands of OA members and strengthen your own recovery with the Tool of writing. *Lifeline* will also feature a new department, "Focus on the Footwork," through which members can share the details of how they work their program. [Download the 2020 topics flyer \( https://oa.org/files/pdf/2020-topics-flyer.pdf\)](https://oa.org/files/pdf/2020-topics-flyer.pdf) to print and share or review the topics on the [Share Your Story page at oa.org](#)

**Upcoming Events and Information**  
**(CORRESPONDING SECRETARY'S REPORT)**

Please make flyers available for your meetings

**MASS BAY INTERGROUP NEWS & EVENTS**

**Our Thank-a-thon will be on Thanksgiving day** from 7 AM to 1 in the afternoon, in the Johnson Room at Lawrence Memorial Hospital, Medford. There will be a meeting every hour on the hour. The last meeting starts at 12.

**MBI Step 12 workshop December 21**, 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**

**North Shore Intergroup** is holding a special focus meeting to celebrate IDEA Day (International Day of Experiencing Abstinence). November 16, 2019 from 10:00 am - 12:00 pm, First Congregational Church, 25 Woburn St, Reading, MA <http://www.oanorthshoreintergroup.org/wp-content/uploads/2019/10/IDEA-Day-2019.pdf>

**NHI is having their winter retreat** at the end of Feb. <https://oanewhampshire.org/events-info/2020-nhi-retreat.pdf>

**REGION 6 NEWS & EVENTS**

**ADDRESS FOR REGION 6 DONATIONS:**  
**Region 6 Treasurer**  
**P.O. Box 644, Peabody, Mass 01960**

**2020 Region 6 Assemblies:**  
 Spring April 17-18, 2020  
 Fall October 2-3, 2020  
 Both at Red Lion Inn, Wolf Road, Albany, NY

**2020 Region 6 Convention "Focus on Recovery"**  
 Oct. 23-25 in Burlington, MA. Super early bird registration of \$35 until Nov. 20, 2019.

<https://oanewhampshire.org/events-info/other-intergroups/2020-region-6-early-bird-flyer.pdf>

(Region 6 trustee contact: [Region6trustee@gmail.com](mailto:Region6trustee@gmail.com))

**OA WORLD SERVICE NEWS & EVENTS:**

**2020 World Service Convention:** August 20-22 in Orlando, FL at the Renaissance Orlando at Sea World. Theme: Sunshine of the Spirit: 60 Years Around the Sun!

**New! Follow OA on Instagram**

OA has expanded its social media presence. Get a bit of OA inspiration or program wisdom—follow us at: <https://www.instagram.com/overeatersanonymousofficial/>.

**Thursday 12/12/19– 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: Sunday 1/12/2020**

**NEW!! Virtual Region workshops:**  
<https://oavirtualregion.org> The schedule is:  
 12/8 Hot topics

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**

**For news, events, announcements & info, see the websites:**  
[www.oambi.org](http://www.oambi.org); [www.oaregion6.org](http://www.oaregion6.org); [www.oa.org](http://www.oa.org)

**The next MBI Meeting Dates – Save the Dates!**  
**Saturday November 16, 2019**  
**Saturday December 14, 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. (Arlington)

**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: 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: 605-313-4477, 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** (Big Book Disc)  
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 605-313-5144, 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: 605-313-5143, 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 www.oambi.org](http://www.oambi.org)

QUESTIONS

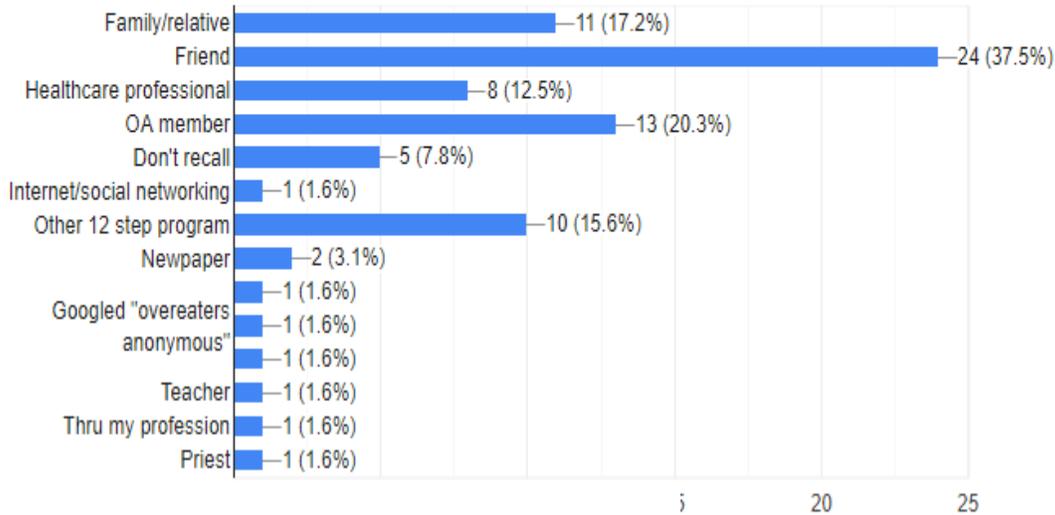
RESPONSES

64

### 1. How did you hear about OA \*Check all that apply.

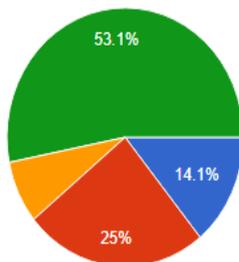


64 responses



### 2. How long have you been a member of OA? \*Mark only one oval.

64 responses

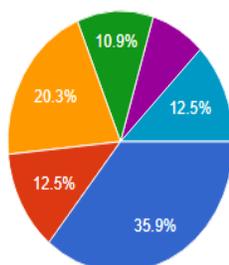


- Less than 1 year
- 1-5 years
- 6-10 years
- More than 10 years

Legend: 14.1% less than 1 year  
25% 1-5 years  
7.8% 6-8 years  
53.1% More than 10 years

### 3. What is your length of abstinence? \* Mark only one oval.

64 responses



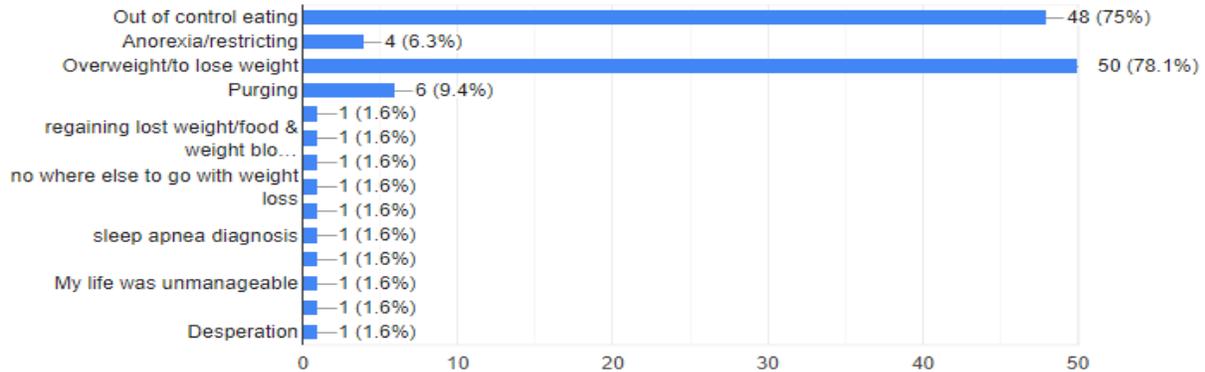
- Less than 90 days
- 3-12 months
- 1-5 years
- 6-10 years
- 10-20 years
- More than 20 years

Legend: 35.9% less than 90 days  
12.5% 3-12 months  
20.3% 1-5 years  
10.9% 6-10 years  
18.8% 10-20 years  
12.5% More than 20 years

5. What brought you to OA? \*Check all that apply.



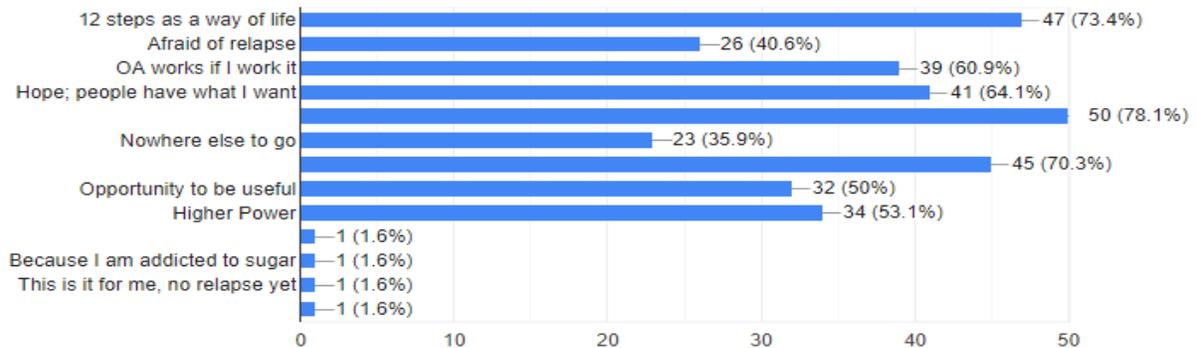
64 responses



6. What keeps you coming back? \*Check all that apply.



64 responses



12. What do you think is the most important thing you personally need to do to strengthen your recovery, whether you're abstinent or in relapse? \* Check all that apply.



64 responses

