



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

**MBI Newsletter**

**February 2020**

**Page 1**

## **MBI CHAIR REPORT - February**

Greetings! We are moving into the second full month of winter. It has been a full January and I am grateful to be here, abstinent and on the road of recovery with all of you. I know that I would not be here without tools that I can "pick up" instead of picking up food, any substance or compulsive behavior. I wrote about the Tool of Service last month and I remain so grateful for all of the service that goes into maintaining our informative MBI Newsletter, our lovely and helpful MBI Website, the bi-monthly MBI in-person meeting list update, the monthly 90 day phone meeting list update and distribution, our useful MBI office space, and so much more. Thank you all who do service, and welcome to anyone who would like to join the monthly MBI meeting on the second Saturday of the month from 10:30am to noon in the Gallagher conference room at Lawrence Memorial Hospital in Medford. We are wrapping up our Intergroup group conscience/survey and look forward to following up on your responses.

I would like to go back to the beginning of the list of our 9 Tools of OA recovery. At meetings and in the Tools pamphlet, we read the OA definition of Abstinence and Recovery before reading about the 9 individual tools. We are reminded to use some or all of OA's 9 Tools, daily, so that we build a habit of picking up a Tool instead of picking up food or compulsive behavior. Tools make work easier. We work the Twelve Steps and the Tools help us continue, continue, continue working them when life happens. (AA Big Book)

It seems quite sensible that the first tool is a Plan of Eating. Before OA, I always made plans of not eating. I wrote down lists of what I would not eat. I ran through it in my head, my negative plan, that is, my plan of what I would not do. I rested all of my hopes on my plan not to eat certain foods and ingredients. I "planned" (make

that fantasized/daydreamed) how easy and wonderful life would be when excess weight came off my body because I did not eat certain things. As you might guess, "the happy day did not arrive." I found myself eating and doing the things I did not plan or planned NOT to eat or do. I got resentful and I got sicker as I binged, a failure, but still hoping to be able to someday stick to my plan of not eating.

Well, thankfully I was led to OA. An OA member had been sitting next to or nearby me at an AA meeting for about 9 months. When my sponsor in another fellowship suggested I try the 12 step program about food, all I had to do was mention my confusion to the person seated nearby, and that person shared about OA. The member told me about an OA meeting the next morning. I went, and the member offered to get me started and shared a plan of eating with me. It was a plan that involved knowing what kinds of food to buy, where to find them at the grocery store, the time to eat them and the amount to eat. I was to write my plan of eating in the evening, read and commit it in the morning and then eat the food at committed intervals and number of times each day. This was extraordinarily helpful. It gave me "Good Orderly Direction" to a "vantage point" where I could finally start to move beyond the food to a healthier, happier, more spiritual experience.

I recall hearing a saying, "fail to plan and I plan to fail". The new vantage point allowed me to start affirming things so I started saying "succeed with the [food] plan and I plan to succeed". It truly helped. This wonderful, simple tool made everything easier. It helped me see more clearly, to be accountable, to be prepared and to be able to succeed, one day at a time, with a plan of eating. Thank you OA ☺

Respectfully Submitted,  
Cathie B., MBI Chair

## **INDEX**

Committee Reports	Page 1-3
Update from World Service	Page 4
Upcoming Events (Please announce)	Page 5
MBI and telephone meeting info.	Page 6

**Step 2:** Came to believe that a Power greater than ourselves could restore us to sanity.

**Spiritual Principle:** Hope

**OA Tradition 2**

***"For our group purpose there is but one ultimate authority--a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."***

***Spiritual Principle: TRUST***

**MBI NEWS !**

**Vice Chair Report:** Reviewing job description in MBI Bylaws and exploring alternatives to Robert’s Rules of Order. Also mindful of Concept 1, which focuses on consensus, full participation and mutual support. Paulina, Vice Chair

**MBI Treasurer’s Report December 2019**

\$2583.09 Income      \$1001.07 Expenses  
 \$1582.02 Income exceeded Expenses  
 Checking bal. 12/31/19      \$7743.20  
 Savings bal. 12/31/19      \$4006.11

For December, \$2453.09 of our income was from group donations. \$90 was from the Thankathon 7<sup>th</sup> Tradition collection; \$26 was the 7<sup>th</sup> Tradition from the December MBI meeting. \$14 was from purchase of literature. The list of groups who donated in December is at the end of this report. **Thanks to all of you who are supporting MBI.**

Our December expenses: We paid \$455 for December office rent. Marina was paid \$210 for her work from 11/17 to 12/13/19. Our Verizon bill was \$168.82. We paid Lawrence Memorial Hospital \$90 (\$45 for half of the Thankathon 7<sup>th</sup> Tradition, \$25 for our December MBI meeting and \$25 for the Step 12 Workshop on 12/21). Jeanne Kendall was paid \$50 for her November website work; Sainly Solutions was paid \$27.25 for their monthly web site hosting.

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 December 2019**

\$637.09	Newton, Sat. 7:15am
\$300.00	Waltham, Wed. 7pm
\$330.00	Reading, Sat. 7:30am
\$120.00	Lowell, Mon. 7pm
\$58.00	Anonymous
\$250.00	Reading, Tues. 9:30am
\$208.00	Swampscott, Sat. 8:30am
\$350.00	Lynn, Sat. 8:30am
<u>\$200.00</u>	Readville/Hyde Park, Wed. pm
<b>\$2453.09</b>	<b>TOTAL</b>

**MBI Office Report January 2020**

Phone Calls received	12
Emails received	49
Emails sent	29
Checks Received	11
Newsletters sent	4
Meeting lists sent	4
Professional packets sent	none
Newcomer packets	21

Marina, OAMBI office worker, 781-641-2303

**Office Committee Report January 2020**

– Cathie. Marina continues to sort and organize the office.

**12 Step Report January 2020**

The first two steps are really about acknowledging that my life can't be managed by me. The help and guidance of HP and my program fellows is the critical ingredient. On February 15, there is a Coming Back to OA workshop open to everyone, but especially to folks who have been away for a while in relapse. It is also for people who have time to sponsor. The workshop is from 10:30 to noon in the Gallagher Room at Lawrence Memorial Hospital. The following weekend will be the Step Two workshop, Feb 22nd same time same place. There will be two speakers at the step workshop.

Dave D., Arlington, 12 Step Chair

**January 2020 Webmaster Report**

On Wed, Jan 15, 2020 3:48 pm, 263 emails with the January 2020 Newsletter were sent out. One person unsubscribed. The monthly updates to the website were completed as usual, including meeting changes.

**Most Popular Links:**

[oambi.org/wp-content/uploads/2020/01/MBI-Newsletter-January-2020a.pdf](http://oambi.org/wp-content/uploads/2020/01/MBI-Newsletter-January-2020a.pdf)

[oambi.org/wp-content/uploads/2020/01/January-2020-Highlights.pdf](http://oambi.org/wp-content/uploads/2020/01/January-2020-Highlights.pdf)

[docs.google.com/forms/d/e/1FAIpQLSe06mZeYB7oSts1PUk-N8lkjCW35LcGstPUiRqH93HGOb56mQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSe06mZeYB7oSts1PUk-N8lkjCW35LcGstPUiRqH93HGOb56mQ/viewform)

[oaregion6.org/2020/](http://oaregion6.org/2020/)

Respectfully submitted  
Jeanne K., webmaster

**Professional Outreach Committee**

Committee Chair Beth P has created a Speaker List for MBI to help us respond to professional outreach speaking opportunities. Engagements last year included speaking to staff at a rehab facility in Dorchester about the program and how to bring up the topic of compulsive eating behavior with patients.

Beth is also seeking volunteers to staff an information table at the annual Harvard Medical School Treating the Addictions conference Friday, March 6 and Saturday, March 7, 2020 at Boston's Fairmont Copley Plaza Hotel. Volunteers are needed to set up and break down the table, to speak to medical professionals attending the conference about OA, and to collect attendees' contact information for follow up by the MBI Office as needed.

If you would like to be added to the PO Speaker List, volunteer at the Harvard conference, or generally assist us in carrying the OA message to doctors, nurses, nurse education programs, medical schools, therapists, employee assistance program staff, spiritual advisors, clergy and more, please email the office at [info@oambi.org](mailto:info@oambi.org). Please also consider attending the next Mass Bay Intergroup meeting to hear the latest MBI professional outreach news and initiatives in person.

In service, Beth P

**Public Information Committee Report**

We are continuing to explore effective methods for public outreach through local media. Suggestions include Meetup, Ad Words credits, Google or Facebook ads, Patch, movie theater PSAs etc.

A poster titled STOP Hurting Yourself With Food is available to be distributed at meetings. It has a place for local meeting information and tear offs for the OA quiz on the website.

[dconnor14@comcast.net](mailto:dconnor14@comcast.net)

Diane C, PI Chair

**MBI Bylaws Committee Report-**

We do not as yet have a new chairperson and no news concerned the recent updates to the bylaws.

**MBI MEETINGS DATES –2020**

**February 8, 2020**

**March 14, 2020**

**April 4, 2020**

**May 9, 2020**

**June 13, 2020**

**July 11, 2020**

**August 8, 2020**

**September 12, 2020**

**October 10, 2020**

**November 21, 2020**

**December 12, 2020**

***Come join us at MBI***

***for Service and Fellowship!***

***All are welcome!!! Please come and bring your ideas!***

**We are almost done with our survey of OA members affiliated with MBI.**

Go to [OAMBI.ORG](http://OAMBI.ORG) on your computer or phone. At the top of the MBI home page, under the banner, "Click to take survey." Or click here: <https://forms.gle/qfNrRQdNi1RG68jb8> Now may be your last chance. As of Jan 1, we have 95 responses(Our goal is 100)

**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 2: "Came to believe that a Power greater than ourselves could restore us to sanity."**

This week's workshop leader discusses each aspect of Step Two, sharing her experience, strength and hope. "Ours is a spiritual program, not a religious one." (p. 13, *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*.) Step Two "is a bridge" between Step One and Step Three, and the "hoop you have to jump through is a lot wider than you think." Give the OA program a chance to work for you. References include the "The Twelve Steps and Twelve Traditions of OA" & the "The Twelve Steps and Twelve Traditions AA" (Step 2), *Voices of Recovery* (January 9th and 10th), *For Today* (March 28th), and *Lifeline Magazine* - February 2011 and February 2014). [Listen Now - Step Two](#) | [Download](#)

**VIDEOS AVAILABLE ON OA WEBSITE:**  
**Tradition 2** [Tradition Two Video](#) | [Download](#)

**Work the Twelfth Step with OA's new PI Resource** Free and downloadable, at <https://oa.org/files/pdf/PI-Resource-List-2018.pdf> This has link information for multiple resource categories, including guidelines, PI posters, podcasts, OA's Facebook pages, etc.

**New Download: Twelve Traditions of OA** is now posted to the OA website for free download. This pamphlet can provide an introduction to the Twelve Traditions for members and newcomers.

**New Lifeline topics are now online!** Give service to thousands of OA members with the Tool of writing. *Lifeline* will also feature a new department, "Focus on the Footwork". Download the 2020 topics: (<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](http://oa.org)

**Use This Updated Issue of the Professional Community Courier for Your Professional Outreach**

A revised and updated issue of the *Courier* is now available for download

at <https://oa.org/files/pdf/courier.pdf> and includes a couple of important updates: First, the dedicated space for *Lifeline* magazine has been removed since OA is no longer selling subscriptions. Second, the "Pamphlets for Professionals" section has been updated to include the pamphlets currently available for

download from the For the Professional page



at [oa.org/newcomers/for-the-professional/](http://oa.org/newcomers/for-the-professional/). If you have printed copies of the *Courier* in your literature stock, either as single copies or bundled with *Professional Presentation Folders* (#870), it is suggested you update your stock with the new version.

**OA Group Inventory and Strong Meeting Checklist Updated**

[oa.org/files/pdf/oagroupinventory.pdf](https://oa.org/files/pdf/oagroupinventory.pdf) and [oa.org/files/pdf/strongmtgchecklist1.pdf](https://oa.org/files/pdf/strongmtgchecklist1.pdf), 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.

**Unity Day Literature in podcast:** *12 Steps and 12 Traditions of Overeaters Anonymous, 1st Edition*, p. 107, *A Common Solution: Diversity and Recovery*, p. 8 & p.2, *12 Steps and 12 Traditions of OA, 1st Edition*, p. 110, OA Inc. Bylaws, Subpart B, Article V, *12 Steps and 12 Traditions of Overeaters Anonymous, 1st Edition*, p. 117

Podcast: [Play in new window](#) | [Download](#)

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

Please make flyers available for your meetings

**MA / NH STATE INTERGROUP NEWS & Events**

**Coming Back to OA: A New Beginning** will be held Saturday, February 15, 10:30 a.m. until noon in the Gallagher room at Lawrence Memorial Hospital.

**Step 2 Workshop** will be held February 22, Saturday morning 10:30 a.m. until noon in the Gallagher room at Lawrence Memorial Hospital.

**Metrowest Intergroup Workshop, 'On Awakening'**, will be held Sunday, February 23, 1:30 p.m.—4:30 p.m., Spaulding Hospital Cambridge, 1575 Cambridge St., Cambridge MA

**Unity Day** will be co-hosted by MBI and North Shore Intergroup February 29 from 1-4pm at the North Andover Senior Center, 120 R Main St., North Andover, MA. <https://www.oambi.org/wp-content/uploads/2018/01/Revised-Flyer-UNITY-DAY-2020.pdf>

**New Hampshire Intergroup** will be having their winter retreat 2/28-3/1/20 at the Barbara C. Harris Camp & Conference Center in Greenfield, NH. <https://oanewhampshire.org/events-info/2020-nhi-retreat.pdf>

**Metrowest Intergroup Annual Retreat** May 1-3. Topic: The 12 Steps of Recovery, La Salette Retreat Center, Attleboro MA.

**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 R6 Convention "Focus on Recovery"** Oct. 23-25, Burlington, MA. Registration is now \$55.00.

<https://oaregion6.org/2020/>

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

**NEW!! Virtual Region workshops:**

<https://oavirtualregion.org/events/workshops/>

**Schedule:** 2/9 Men in OA, 3/8 Body Image, 4/12 Spring Cleaning Inventory & Appraisal

**OA WORLD SERVICE NEWS & EVENTS:**

**2020 World Service Business Conference**

April 20-25 in Albuquerque, NM at the Embassy Suites Albuquerque Hotel. Theme: OA Celebrates 60 Years! Looking into the Future! To make hotel reservations:

[https://embassysuites.hilton.com/en/es/groups/personalized/A/ABOEMES-OEA-20200419/index.jhtml?WT.mc\\_id=POG](https://embassysuites.hilton.com/en/es/groups/personalized/A/ABOEMES-OEA-20200419/index.jhtml?WT.mc_id=POG)

**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**

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

[instagram.com/overeatersanonymous\\_official/](https://www.instagram.com/overeatersanonymous_official/)

**Thurs. 3/12/2020 – 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: Sun., April 12, 2020**

**Unity Day**

Saturday, February 29 is Unity Day: at 11:30 a.m. PST, OA members worldwide will pause to reaffirm the strength inherent in OA's unity. A podcast covering the topic of unity is available at

<https://oa.org/podcasts/unity-day/> The link to the script is <https://oa.org/files/pdf/Unity-Day-2018-Script.pdf> in

case you would like to read it or translate the podcast. (See page 4 for more info)

**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, February 8, 2020**

**Saturday, March 14, 2020**

**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**  
 Open

**PROFESSIONAL OUTREACH**  
 Beth P.

**PUBLIC INFORMATION**  
 Diane C. (Arlington)

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

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

**12 STEP**  
 Dave D. (Arlington)

**BYLAWS**  
 Open

**\* 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)