



OVEREATERS ANONYMOUS®

MASS BAY INTERGROUP

MBI Newsletter

April 2016

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MBI Chair Report – April 2016

"Each group should be autonomous except in matters affecting other groups or OA as a whole" (OA Tradition Four).

Greetings!

One of strengths of our fellowship is found in Tradition Four. Each group in our intergroup and OA as a whole is autonomous except for one condition. In matters that affect other groups or OA as a whole we have a responsibility to keep OA unity as a guiding principle. It is important that I am tolerant and respect other group's structure even though I may choose for myself another format. Since being in OA, I notice I have started to apply this tradition in my work and home environment. I am more aware when I am trying to control a situation to be the way that works for me or I feel more comfortable. If I practice the slogans, "Live and Let Live", "Easy Does it", and "Let Go and Let God" I have more peace and serenity. I begin to see the other person's perspective and can give others the benefit of the doubt. When I do this, I am at peace, kinder and have more compassion for the person or situation.

I can report to you that the state of MBI is strong and healthy. There are many activities happening in our intergroup. Our Health Fair outreach has been very successful and we have many people participating. For example, there were 25 people from MBI and MetroWest who did service at the Harvard Addiction conference. Also, another group shared the OA message of recovery at the *Massachusetts Academy of Family Physicians* annual meeting

in Boston. We will also be present at the Woburn Health Fair in April. Members from various meetings in our MBI intergroup participated and shared their experience, strength, and hope. Distributing OA literature, meeting lists and reimbursing people for parking expenses, happens only because of the generous contributions of the members of our intergroup. Thank you for your ongoing generous support of MBI.

As you read the newsletter, you will learn about the exciting events, world service convention in Boston, and an October retreat that are scheduled. All of this is with the intention to reach out to those who are still suffering and to support you in your ongoing recovery. Please come and join us at our monthly meetings, in the Gallagher room at the Lawrence Memorial Hospital, Medford, MA, for service and fellowship. We have lots of fun as we do service!

In Service,
Sally (East Boston)

OPPORTUNITIES FOR SERVICE:

Volunteers are needed for these committees:
Media and Public Information,
Professional Outreach,
12 Step,
By-Laws,
Website, and
Newsletter.

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MBI Treasurer’s Report - February 2016

Income	1084.97
Expenses	929.82
Checkbook bal. 2/29/16	1792.83
Savings bal. 2/29/16	5004.55
155.15	Income exceeds expenses

Income for February was 1084.97, lower than January but enough to cover our expenses. We collected 1043.97 in group donations; thank you to all of the groups who donated; a list follows this report. There was a 7th tradition collection at the MBI meeting which netted \$21 and we also received a \$20 holiday donation.

Expenses were mostly routine: 12.50 for website, 260.00 for Pat our wonderful office worker, 105.51 for office supplies, 405.00 for office rent (increase of \$10/month from March on) and 146.81 for Verizon phone and internet. Because I was not at the last 2 MBI meetings, I will make up those donations to Lawrence Memorial at the March meeting. Upcoming expenses will include some parking reimbursements from the Addictions Conference, travel expenses for the Region 6 Assembly, and travel expenses for WSBC. I can transfer funds from our savings (prudent reserve) if needed. There may also be expenses for other events to be determined.

Respectfully submitted, Jean B., MBI Treasurer

February 2016 Group Donations

200.00	Reading Tues. AM BBSS
235.00	Reading Wed.
115.00	Medford Sun. 8AM
193.97	Newton Wellesley Sat. AM
100.00	Medford Sat. AM
200.00	N. Andover Mon. PM
1043.97	Total – thank you!

Vice Chair’s Report – April 2016

Spring Assembly will be in Albany, New York at the Radisson Hotel Albany on April 16. I plan on being a day-tripper, leaving very early in the morning and returning after business wraps up at around 5PM.

World Service Business Conference is being held in Albuquerque, New Mexico, at the Embassy Suites Albuquerque on May 2-7.

While I am an elected delegate, I am not able to attend this year. However, two other delegates have been registered and plan on attending!

“Recovery: the Trail to Freedom!” is the theme of the World Service Convention being held in Boston September 1-4. Please make some noise about this at your meetings! You don’t have to be the designated downloader for your group to make announcements. No stars or V.I.P.s- we’re all members!

MBI’s fall retreat is in the embryonic stages. We know that it will be held October 7, 8 and 9 at the Espousal Center in Waltham, MA. There will be many, many service opportunities forthcoming.

Respectfully submitted, Helen K. (Woburn)

12th STEP REPORT - April 2016

Hello! There will be a **12 Step Marathon** on Saturday, June 25 from 12 N to 3 PM at Lawrence Memorial Hospital in the Johnson room. We are not allowed to eat in that room, so if you come to a meeting in the morning, you can bring your food and eat in the cafeteria or outside if the weather is nice. Stay tuned to the newsletter next month for more on the format of the workshop. Save the date!

This month’s meditation from the 12 Step Chair-in-Training picks up roughly where I left off last month—right around Step 3 Willingness: make a decision to turn our will and our lives over to the care of God as we understood God, followed by a fearless and searching moral inventory, Step 4. What Step 3 really does in a funny way is it gets my self out of the way. It makes being dishonest unnecessary. It used to be when I was late I would text and say “I’m going to be 5 minutes late” but I knew full well it would be 15. Now I say 10 to 14 minutes (progress, not perfection). Honesty is not the only aspect of me changing. As part of Step 4, my whole life has become service, which also changes my perspective on everything. I’m engaging in habits I never engaged in before. A small example is washing the dishes right when I use them. It amazes me how much easier

it is to do it that way. Same for rinsing out a can right after it is emptied. I experience awe with these changes. Doing the next right thing. This week, I was late sending an email, got a reply that I had sent it to the wrong person, and two minutes before I needed to give a report on that email a reply came from the right person with the exact information I needed. I was in Awe! It happened that the person on the other end of the call had also experienced Awe that morning. Our conversation started with a clear and grateful share on the presence of Awe, the numinous, in our lives. That sense of the presence of Higher Power, what Rudolf Otto called the numinous, has, according to Otto, three parts: facinans (fascination), mysterium tremendum (amazing mystery), and Orge (scary and fear producing). What strikes me as I write is that I have a lot less fear now that I have surrendered to HP than I did before when I was running a self-propelled life. I was a "relief seeking missile." Food was my big relief, my relief from the fear that ran me and drove me to not tell the truth in so many situations, then eat to survive and fake it all over again. I am grateful for relief, honesty, and Awe.

Dave D., Arlington
Chair in training, 12 Step Committee

OFFICE COMMITTEE – April 2016

Some of you may know Pat from Arlington, our devoted office worker. She has been ill and has not been in the office recently. We wish her a speedy recovery! If you have sent mail to the office or to the MBI PO Box, please be assured we will retrieve it and phone messages will be collected. It may just take a little longer than usual.

Any questions or problems, please contact Jean B, MBI Treasurer and Office Committee. Jean.oe.ma@yahoo.com or 617-767-9134.

PROFESSIONAL OUTREACH COMMITTEE REPORT – April 2016

There are professional packets available from the MBI office, which provide introductory information about OA for MDs, therapists, clergy and Employee Assistance Programs. To obtain these packets, contact Pat at the MBI

office (781) 641-2303 or talk with your MBI Representative.

Respectfully submitted, Cathy (Lowell)

Website Update – April 2016

The website is currently being updated by Jean K. Please be patient while we are going through this transition.

Respectfully reported, Sally (East Boston)

Dates – MBI Meetings – 2016

- April 10
- May 15
- June 12
- July 17
- August 21
- September 18
- October 16
- November 20
- December 18

Next MBI Meeting-9:15am
Sunday April 10
Lawrence Memorial
Hospital-Gallagher Room

Come join us for Service and Fellowship! Visitors welcome! Come and add your ideas.

170 Governors Ave,
Medford, MA

VISIT THE OA WEBSITE

For news from the World Service Office,
Podcasts about OA,
To order books and pamphlets,
To get meeting information,
To learn about writing opportunities,
And more.

WWW.OA.ORG

NEW on OA WEBSITE:

The new guide—*Carrying the Message*—is posted as a free download on oa.org. You can find it under Group Support, Public Information Suggestions, and OA Guidelines. It's also on What's New.

Direct link:

http://www.oa.org/pdfs/guide_to_carrying_the_message.pdf

The **BREAKING OUT OF RELAPSE** video, created by the WSBC Twelfth Step Within Committee is now posted online. The direct link is <https://www.oa.org/membersgroups/program-inspiration/breaking-out-of-relapse/>.

OA Internet radio show airs on VoiceAmerica.com- "Sound Bites from Overeaters Anonymous (OA)" is a new Internet radio show dedicated to educating you about recovery from compulsive eating using OA's 12-step program, so you recognize the symptoms and find the support you need and a program that works to help you achieve and maintain a healthy weight. **Visit our OA Podcast Page for additional details.** (In keeping with Tradition 6, OA does not endorse Voice America.)

New Podcasts available on OA Website:

The importance of Working Step Six: The Step Six workshop speakers share their individual stories of recovery and the vital part Step Six, "one of the most difficult of the Twelve Steps" (OA 12 & 12, page 53), plays in that recovery process.

www.oa.org/podcasts/step-six-june-14-2015/

WSBC 2015 Keynote Speaker: Hear this year's Conference keynote speaker, Matt S., tell his story about entering OA as a young person and how the Fellowship has saved his life. Download this passionate, funny, free podcast to share with your sponsor/sponsee,

group or service body—and be inspired by the power of the OA program to transform lives. www.oa.org/podcasts/182616

From the WSO E-mail News Updates, July 2015

You could write an article for Lifeline!

The Editors of Lifeline have an open invitation to OA members to write, either on a topic of the specific issue or for the topics that are in every issue, such as Stepping Out: Stories focused on the month's featured step.

Information is available on the OA website (oa.org). Click on Lifeline, and then on Writers Guidelines and Monthly Topics in the drop down menu for more information. Your

Intergroup Rep may be able to give you this information if you don't use a computer.

From the WSO E-mail News Updates, July 2015

The Fine Print

The MBI Newsletter is a monthly publication of the OA Mass Bay Intergroup and the opinions expressed are those of the writer, not those of MBI or OA as a whole.

Please send submissions to: MBI, Mary P., Newsletter Chair, and P.O. Box 74, Arlington, MA 02476.

Material cannot be returned nor payment made. We reserve the right to edit. Other anonymous groups may reprint without permission

Upcoming Events and Information
(CORRESPONDING SECRETARY'S REPORT)

Please make flyers available to your meeting

Region Six 12th Step Within Committee, invites us to mobilize as many OA members as possible in **12th Step Within Action.** Telephone those still suffering OA members you know on the 12th day of each month.

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 recordings. 641-715-3818 code 925619

Workshops:

May 14, Saturday 10:30 AM to noon. **Coming Back to OA: A New Beginning.** Lawrence Memorial Hospital, the Johnson Room. Come and hear a panel of speakers share their stories about coming back from relapse. Also on July 23. Each workshop is different.

RETREATS: (more info at Region 6 website)
April 15-17, Framingham, MA.
 Central MA IG retreat at Edwards House. Step into Recovery.

April 15-17, Derby NY. St. Columbia Center. "I put my Hand in Yours", Western NY IG.

April 22-24, Wareham, MA.
 South Coastal MA IG retreat at Sacred Hearts Retreat Center. Registration deadline April 8. Reg. form scmioa.org, \$180 pp.

June 3-5, Sacred Heart R C, Wareham MA.
 "The Healing Dozen" Metro West IG annual retreat. Call Jen or Heather 617-943-2641.

Boston is welcoming the world in September 2016! The World Service Convention will be in Boston, September 1-4, 2016 at the Boston Marriott Copley Place. The theme will be "Recovery: the Trail of Freedom". To register or reserve a hotel room, go to the Convention web page for all the details.

<http://www.oa.org/world-service-events/world-service-convention/>

New Meeting:

Tuesday, noon to 1 PM, at Beth Israel Hospital, 330 Brookline Ave., Boston, MA (East Campus), Feldman Solarium, Room 8. Speaker/Discussion. 90 day format.

The Newton Wellesley OA meeting, Saturday 7:15 AM can now be heard by phone. Call 302-202-1102. Code: 277158

Retreats continued: (Region 6 website)
June 25, North Shore IG Retreat, Ipswich, MA. 9AM to 4PM. Notre Dame Spirituality Center.

October 7-9, Biddeford, Maine.
 "Here are the steps we took". Weekend walk through the 12 Steps.

October 7-9, MBI is planning a retreat.
 Espousal Retreat Center, Waltham MA. More info to come.

For more events and announcements, see the website:
www.oaregion6.org

OA Tradition April

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

The Next MBI Meeting Date – Mark your calendars!
April 10, 2016

Sunday morning, 9:15AM, Lawrence Memorial Hospital

BOARD & COMMITTEE CHAIRS
CHAIR

Sally S. (E Boston)

■
VICE-CHAIR

Helen K (Woburn)

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CORRESPONDING SECRETARY

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■
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open

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COMMUNICATIONS

Newsletter:
Mary P. (Quincy)

■
Webmaster:

webmaster@oambi.org

■
12 STEP

Dave (Arlington)

■
BYLAWS

Pat C (Westford)

■
OFFICE COMMITTEE

Pat C (Westford)

Contact MBI Office by phone or email to reach any of the members in these service positions.

**MASSACHUSETTS BAY INTERGROUP
OF OVEREATERS ANONYMOUS**

P.O. BOX 74
7 CENTRAL ST. SUITE 209
ARLINGTON, MA 02476
(781) 641-2303

WEBSITE: <http://www.oambi.org>

EMAIL: info@oambi.org

OFFICE HOURS:

MON., WED., FRI.: CALL FOR APPOINTMENT

MBI Telephone Meeting List

All times are E.D.T.

- Sun 8-9AM Access Code 6320348# (BB, discussion)
Dial-In: (712) 432-5200
- Mon 10-11AM Access Code 79822# (90 day, For Today)
Dial-In: (605) 475-2090
- Mon 8-9PM Access Code 4134252# (BB, discussion)
Dial-In: (218) 844-1930
- Tues 7-8PM Access Code 242990669# (Men, Spkr/Disc)
Dial-In: (712) 775-7031
- Tues 8-9PM Access Code 171863# (90day, Spkr/Disc)
Dial-In: (614) 715-3570
- Wed 1-2PM Access Code 105047# (90day, Spkr/Disc)
Dial-In: (218) 844-1930
- Thurs 8-9PM Access Code 135103# (90 day, Spkr/Disc)
Dial-In: (713) 936-6996
- Fri 6-7PM Access Code 4673# (90day, Spkr/Disc)
Dial-In: (218) 548 2828
- Sat 8-9AM Access Code 6320348# (90day/For Today)
Dial-In: (712) 432-5200
- Sat 10-11AM Access Code 155901# (Spkr/BB/12+12)
Dial-In: (605) 475-2090

For a complete list of telephone meetings, as well as a list of online meetings please visit <http://www.oa.org>.

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.