



# OVEREATERS ANONYMOUS®

MASS BAY INTERGROUP

MBI Newsletter

August 2016

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## MBI Chair Report- August 2016

### **“Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers” (OA Tradition Eight).**

Greetings! Considering Tradition Eight for this month, I was prompted to check out our OA 12 and 12 book for guidance. One of the first points made regarding this tradition was that we give freely to each other our experience, strength, and hope. There is no paycheck for the service we do in leading meetings, setting up the room, putting away chairs, ordering literature, and scheduling speakers.

We are having a retreat this October 7-9 at the Espousal Center in Waltham and all the arrangements, getting the word out, and organizational details are being done without pay by members of our MBI fellowship. The World Service Convention in Boston will be organized and produced almost entirely through the free service of our fellowship. That is extraordinary! We come together and work to spread the work and reach out to those who still suffer. However, our traditions tell us it is appropriate to have “paid employees ... to take care of the business of OA in the intergroup offices” (OA 12 & 12, p. 172). This is important because sometimes we do not have the time or skills necessary to fulfill some responsibilities. Currently, you support with your contributions an extraordinary part-time office manager (Pat) and a skilled webmaster (Jeanne K). We are blessed by the work these two women do supporting us in getting the word out to our

intergroup and beyond. We thank them for their service.

Financially, we are sound – paying our bills and meeting our financial commitments to Region 6 and World Service. We are fortunate to have an excellent treasurer who manages our money and keeps our integrity in regard to our finances. It is critical for the integrity of our intergroup to have our monetary affairs in order. Thank you, Jean B for your service!

We have exciting happenings coming up in the near future – World Service Convention, September 1-4 at the Boston Marriott Copley Place, our MBI Retreat, October 7-9 at the Espousal Center in Waltham, and our annual Thank-a-thon on Thursday, November 24<sup>th</sup> at the Lawrence Memorial Hospital in Medford. I encourage you to participate, join in the fellowship and share your recovery.

The chapter on Tradition Eight ends with this inspiring statement: “When we keep OA’s eighth tradition, we discover a beautiful spirit of caring service which becomes a powerful factor in our healing” (p. 176). Thank you for your service and support in so many ways for the health and vitality of the OA fellowship and your never failing commitment to those who still suffer from this debilitating disease. As usual, I invite you to come and join our intergroup. There is a lot of work to do!

In Service, Sally, (East Boston)

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**MBI Treasurer’s Report – June 2016**

Income	1779.65
Expenses	1687.79
CHECKING 7/13/16	2335.66
SAVINGS 7/13/16	4004.71
Income exceeds expenses	91.86

243.24	Newton Sun. PM
100.00	Medford Sat. AM
200.00	Readville Wed. PM
30.00	Chelsea Sat. AM Men
180.00	Cambridge Sat. AM HOW
108.00	Medford Sun. 8 AM
322.41	Newton Wellesley Sat. AM
200.00	Wellesley Wed. noon
60.00	Milton Wed. PM
150.00	Reading Tues. AM BBSS
45.00	Swampscott Wed. PM
<b>1713.65</b>	<b>Total</b>

Income for June was a little complicated. We took in 1713.65 in group donations (see list of donor groups at the end of this report, we are very grateful) plus 37.00 in sales of newcomer packets, 14.00 from the workshop, and 15.00 from the MBI 7<sup>th</sup> tradition collection. At the beginning of June, however, much of that income had not yet arrived and we had an expense due (our share of the booth from the family physicians a few months ago) so I transferred 1000.00 from our savings account (prudent reserve) to make sure we’d have enough to cover our bills.

Our expenses for June included our usual for office rent, donation for the MBI meeting (in lieu of rent), paying Pat, our wonderful office worker, and our bill for phone/internet. Other costs were 17.50 for website, 498.00 to Metro West to repay our half of the booth as noted above, 144.12 for office supplies, 106.00 for our annual PO box rent, 50.00 for webmaster, 25.00 donation to the hospital for the workshop, 40.44 to Sally for printing (includes 16.71 from a check written last October and never cleared) and 20.00 for ink and paper reimbursement (to Jean for printing). So, yes, the expense side was a little complicated too.

The good news is we still have money and July donations are coming in well. For expenses, July will have our quarterly donations to World Service and Region 6 and I heard from our accountants that our returns are in the mail to us for signatures (as a non-profit we don’t pay taxes but file reports with the feds and the state) which means a bill will also be coming soon. It is unclear if we will have expenses associated with the World Service convention, but we have the resources if we do.

Respectfully submitted,  
Jean B., MBI treasurer

**June 2016 Group Donations**

75.00 Dedham Mon. PM

Thank you to all who support MBI!

**12<sup>th</sup> STEP REPORT - August 2016**

Some months are harder than others, and this has been a hard month for me. Even so, when I take quiet time, I can see the hand of Higher Power making it clear to me how I can best serve. Sometimes less is more.

The idea of doing a Step a Month Workshop in the coming year has been met with enthusiastic approval. If you have a particularly favorite Step and would like to speak on it, please contact me.

I’ll be setting up the workshops for the coming year and I look forward to seeing many of you at the Thank-A-Thon at Lawrence Memorial Hospital on Thanksgiving Day.

Respectfully submitted,  
Dave D, Arlington

**Office Activity—July 2016**

Phone calls	16
Emails	24
Checks Posted	12
Professional Packets Sent	10
CDs made	8
Ordered office supplies - yes	
Newsletter mailed	yes - July

Respectfully submitted, Pat from the office

**OFFICE COMMITTEE – June 2016**

The office is running well. Pat will be out on vacation Monday Aug. 8- Thursday Aug. 11. She will be back at the office Friday the 12<sup>th</sup>. Jean will check for phone messages and will check the PO box in Pat’s absence as we may get retreat responses.

Respectfully submitted,  
Jean B., Office Committee, Somerville

**Professional Outreach & Public Information Committee – August 2016**

Professional Outreach: Our committee has mailed packets to 50 Massachusetts College and University Student health services centers and is getting packets together for the remaining 67! If you want to carry the message to a Medical, Therapy/Wellness, Clergy, or Employee Assistance professional, please call Pat at the MBI Office (781-641-2303) with the professional’s name, address and profession and she will sent a packet. There is no charge. The reward: reaching someone who is still suffering!

Public Information: Our PI Committee has TV and radio OA announcements ready to send out. Other efforts to increase the general public’s knowledge about OA include newspaper announcements, Patch electronic bulletin board announcements and more. Our PI Committee helps get OA public service announcements to those still suffering.

MBI meets at 9:15 AM one Sunday a month. You, your input, service and ideas are welcome!

Respectfully submitted, Cathy B. (Lowell)

**Fall into Recovery: Practicing These Principles in All Our Affairs – MBI Fall Retreat October 7-9, 2016**

Come away from your daily life for a time of recovery and fellowship. MBI is planning a retreat at the Espousal Retreat House and Conference Center, 554 Lexington Street, Waltham, MA. The retreat will begin with the evening meal at 5 PM on October 7<sup>th</sup> and will end at noon on Sunday, October 9<sup>th</sup>.

How do you stay abstinent, one day at a time? How do you practice the principles of the program “in all your affairs”? Our speakers will share their experience, strength and hope on the tools of the program, symptoms of relapse, slogans and much more.

An early-bird price of \$165 is available until September 10<sup>th</sup>. Registration after September 10<sup>th</sup> is \$200. Registrations must be received by September 23<sup>rd</sup>.

Flyers with registration forms are available on the MBI website, at MBI OA meetings. For questions, contact the MBI office: 781-641-2303 or send an email to [mbifallretreat@gmail.com](mailto:mbifallretreat@gmail.com).

Respectfully submitted, Helen K. (Woburn)

**Dates – MBI Meetings – 2016**

- August 21
- September 18
- October 16
- November 20
- December 18

**Next MBI Meeting-9:15am**  
**Sunday August 21**  
**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](http://WWW.OA.ORG)

**ABSTINENCE POWERPOINT AVAILABLE!**

As part of OA’s strategic plan, the Region Chairs Committee has created this presentation to assist your group or service body in exploring the concept of abstinence. [www.oaregion6.org](http://www.oaregion6.org) has a link on their home page for more information.

**OA “Service & My Recovery” WORKSHOPS**

Monthly phone workshop. Next workshop is “Suit Up, Show Up, Be a Part and Share the Load” on August 14 from 3-4 PM. US Phone Bridge: 541-715-3818, PIN: 925619# [www.oaregion6.org](http://www.oaregion6.org) has link on home page under the label “World Service Events”.

**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. Free to download or stream, this video can help isolating members and others in relapse return to program and abstinence. Find the video by navigating to Members/Groups in the main menu at oa.org and then dropping down to Program Inspiration, and then Breaking Out of Relapse.

**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/](http://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](http://www.oa.org/podcasts/182616)

From the WSO E-mail News Updates

**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.

**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 12<sup>th</sup> Step Within Committee,** invites us to mobilize as many OA members as possible in **12<sup>th</sup> Step Within Action.** Telephone those still suffering OA members you know on the 12<sup>th</sup> 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](http://www.oa.org/oapodcasts) for recordings. 641-715-3818 code 925619

**RETREATS:** (more info at Region 6 website)

**October 7-9, MBI is planning a retreat.**

"Fall into Recovery" at the Espousal Retreat Center, Waltham MA. Early Bird registration of \$165 by 9-10-16. See the page 3 of this newsletter for more information.

**October 7-9, Biddeford, Maine**

"Here are the Steps we took." Weekend walk through the 12 Steps.

**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". Go to the Convention web page for all the details.

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

**Upcoming R6 Events:**

**August 10,** Assembly Packets emailed and available on line. Delivery via USPS to requesting Intergroups.

**September 23,** 7:30 PM, R6 Board Meeting.

**September 24, The Region Six Fall Assembly** is scheduled and will be held at the Radisson Hotel Albany at Wolf Road, 205 Wolf Road, Albany, NY 12205 on a Saturday.

**The Newton Wellesley OA meeting, Saturday 7:15 AM** can now be heard by phone.

Call 302-202-1102. Code: 277158

**For more events and announcements, see the website:**

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

**OA Tradition August**

8. *Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.*

**The Next MBI Meeting Date – Mark your calendars!**

**August 21, 2016**

**Sunday morning, 9:15AM, Lawrence Memorial Hospital**

**BOARD & COMMITTEE CHAIRS**  
**CHAIR**

Sally S. (E Boston)

■  
**VICE-CHAIR**

Helen K (Woburn)

■  
**CORRESPONDING SECRETARY**

Barbara L (Somerville)

■  
**RECORDING SECRETARY**

Paulina S. (Lexington)

■  
**TREASURER**

Jean B (Revere)

**COMMITTEE CHAIRS**  
**OFFICE**

Staff

■  
**YOUNG PEOPLE/PROFESSIONAL OUTREACH**  
And **MEDIA & PUBLIC INFORMATION**

Cathy B. (Lowell)

■  
**COMMUNICATIONS**

**Newsletter:**

Mary P. (Quincy)

■  
**Webmaster:**

Jeanne K.

[webmaster@oambi.org](mailto:webmaster@oambi.org)

■  
**12 STEP**

Dave (Arlington)

■  
**BYLAWS**

Open

■  
**OFFICE COMMITTEE**

Jean B. (Somerville) Acting Chair

**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](mailto:info@oambi.org)

**OFFICE HOURS:**

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

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**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: (641) 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.