



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

AUGUST 2017

Page 1

MBI CHAIR REPORT – August 2017

Tradition 8: “Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

“OA is built upon a foundation of sharing our experience, strength, and hope, one member to another, with no strings attached. This principle of giving freely to one another makes our Fellowship unique among programs for compulsive overeaters. As OA members we may donate many hours of service to each other, sponsoring, speaking at meetings, and doing necessary committee and other service work. For this none of us receives payment in money. Our reward is something money can’t buy—our own personal recovery.” The 12 Steps and 12 Traditions of OA, p. 171.

As I ponder the meaning of this tradition, I realize that the work of Mass Bay Intergroup, our monthly business meetings, and the maintenance of the 40 some meetings within MBI are all built on this foundation of service to one another, given freely to each other simply because we all are compulsive eaters and because Overeaters Anonymous has helped us in our own struggles with food. There are no paid leaders, no one given authority by someone higher up on some scale of success. We are all equal, from the new comer who comes to a meeting for the first time to the officers of our Intergroup.

In the years of dieting before I found my way to OA, I paid for two kinds of treatment for my issues with food and my weight. In my 20s, I went to an MD who gave me diet pills to help me lose weight. It worked. I took those pills and the weight gradually seemed to melt away until I was no longer overweight. However,

without those pills, I was unable to maintain that weight and, gradually, I returned to the weight I was before taking the pills. Years later, I went to Weight Watchers for two or three stretches of time. Again, it worked, but I stopped each time I got to a weight I thought I could maintain. Each time I stopped, I gradually returned to my familiar size. For me, it is literally true that, in OA I have found recovery that money could not buy.

We are fortunate in MBI to have a small office in Arlington staffed part time by our wonderful office worker, Pat. Pat does a great job of managing our office. She answers the phone, checks the messages and checks email messages, relaying messages to the appropriate person or dealing with them herself. She keeps the office stocked and sends out newcomer packets, the goldenrod flyers (What is OA? which is a trifold flyer that is used as outreach to those who are still suffering) and the professional packets for medical offices, therapists, clergy and Employee Assistance Programs. She manages the mail, gets checks to Jean B., our treasurer, and she mails our newsletter to some members who don’t have email and cannot get it at meetings. If you need to see Pat for any reason, always call first and make an appointment. The office phone number and email address and PO address are always on page 6 of our newsletter.

Thank you all for your support of Mass Bay Intergroup! Visitors are always welcome at MBI meetings.

In grateful service, Mary P. (Quincy)

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

OA Tradition 8

"Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers."

MBI NEWS !

MBI TREASURER'S REPORT - JUNE 2017

Income		\$2,269.68
Expenses		\$1,162.81
Checking Balance	7/5	\$2,678.16
Savings Balance	7/5	\$4005.11
Income exceeds expenses		\$1,106.87

June income included 1354.68 in group donations, \$875.00 in retreat entries (5 people), \$20.00 for sale of newcomer packets, and 20.00 for the MBI 7th tradition collection. *Thank you* to the groups who sent donations (a list is included at the end of this report). Expenses this month included \$35.75 for website, \$220.00 pay for Pat our office worker, \$35.69 to Staples for printing, \$111.99 to Staples for a new drum for the office copier, \$108.00 for annual post office box rental, \$151.38 to Verizon for phone/internet service, \$25.00 to Lawrence Memorial Hospital – for MBI meeting room, \$50.00 to webmaster, and \$425.00 for monthly office rent. Upcoming expenses for July will include our quarterly donations to World Service and Region 6 for \$250.00 each and a new service agreement for the office computer. See next month's report for more details.

GROUP DONATIONS - JUNE 2017

Randolph - Thurs. AM	\$200.00
Newton-Wellesley - Sat. AM	\$451.11
Waltham - Wed. PM	\$240.00
Swampscott - Sat. AM	\$193.00
Reading - Tues. BBSS	\$150.57
Milton, Wed. PM	\$120.00
Total Income	\$1,354.68
Thank you!	

Jean B., MBI Treasurer

MBI RETREAT COMMITTEE- JUNE 2017

Several members of the retreat committee met by phone on 7/11. As of that date we had 17 paid registrants, a little over half the 30 person minimum needed. I will be contacting the retreat center to confirm the menu; any suggestions for food items are welcome. Sally will reach out to people who attended last year who haven't signed up for this year yet. Please announce the retreat at your meetings; not everyone has a computer. If you need copies of the flyer, please contact me for color prints. I have a color printer. (The office printer prints black and white).

Jean B., Retreat co-Chair

MBI OFFICE REPORT – JUNE/JULY

I have been out to the office several times in the past few weeks to help Pat with technical issues. We bought a new drum for the printer, signed up for tech support from Computer Café in Arlington (a few blocks from the office). They removed some unwanted software from our former tech support company that was causing problems. The office is running well.

Jean B., MBI Office Committee

OFFICE ACTIVITY REPORT – JULY 2017

Phone Calls	20
Emails received	15
Checks Received	16
Newcomer Packets sent	45
July Newsletter mailed	Yes

Called meeting contacts re by-law changes
 Visited Computer Café to solve computer problem

Pat, OA MBI office secretary

WEBMASTER REPORT - August 2017

On July 23, 2017 255 newsletters were emailed to our subscribers. We had 1 unsubscriber. The website was updated with the most recent newsletter, the July highlights, the OA MBI meeting Directory for July/August, the OA 90 Day phone meeting list, the *Is Food a Problem for you* Flyer, and upcoming events as usual.

Jeanne K., OA MBI Webmaster

PROFESSIONAL OUTREACH COMMITTEE

Service Saves Lives!!! Carrying the message to Doctors, Nurses, Medical schools, Nurse Education programs, Therapists, Employee Assistance program staff, Clergy & Spiritual Advisors, and more!! Call Pat, our Office Manager at the MBI office, 781-641-2303 or email her at info@oambi.org for a free packet to be sent to professionals who come in contact with Compulsive Eaters, Overeaters, Bulimics, Anorexics, food addicts, etc. Contact Cathy B at 978 866 9454 for more info and/or come to the August 19th MBI Intergroup meeting to help in this noble service.

PUBLIC INFORMATION COMMITTEE

Service Saving Lives!! The Public information committee works to carry the message to the Compulsive Overeater/Food Addict who still suffers. This is done by 1) an MBI OA presence at Health fairs, 2) by placing literature holders with the 1 page brochure "Is Food a Problem for You" (which includes the MBI meetings) in Libraries, Doctor's offices, waiting rooms, gym lobbies, Super Markets, Police Station lobbies. There are also "tear offs" and Post-its for Supermarket, Grocery Store, Laundromat bulletin boards. Call the MBI office for a supply to post, and/or join the Mass Bay Intergroup monthly business meeting at Lawrence Memorial hospital in Medford on the 3rd Saturdays of the month. The next intergroup meeting is Saturday, August 19th from 10:30-12noon. Service does save lives! Thank you for your service!

Cathy B., MBI PIPO Chair

12 STEP COMMITTEE REPORT – AUGUST

Step 5 Workshop – Lawrence Mem. Hosp. Saturday, August 19, 1pm

My summer is going well, full of recovery. The Step Five workshop redo is scheduled for August 19, 2017 from 1:00 to 2:30 PM in the Johnson room at Lawrence Memorial Hospital. All are welcome. In program, and especially in step five, we learn that we can be humbled without being humiliated, and that process and interpersonal dynamic is to my mind essential for recovery. I hope the summer brings growth and humility for each and every one of us.

Dave D., MBI 12 Step Committee

MBI MEETINGS DATES – 2017

- July 15
- August 19**
- September 23
- October 21
- November 18
- December 16

Next MBI Meeting:

**Saturday, August 19th
10:30 a.m. – 12:00 p.m.
Lawrence Memorial Hospital,
Gallagher Room
170 Governors Ave. Medford, MA**

***Come join us at MBI
for Service and Fellowship!
All are welcome!!!
Come and add your ideas***

GROUP DONATION INFORMATION

Each meeting's group conscience decides when & how contributions are to be made. This can be done in either of 2 ways:

- 1) One total amount to the OA MBI office in Arlington, MA. (See pg. 6 for address info.) For your information, MBI contributes \$250 quarterly to Region 6 & to the OA WSO each, or \$1000 annually to each.
- 2) Recommended by OA WSO -
60%, 30%, 10% donations to:
60% - LOCAL INTERGROUP – OA MBI
30% - OA WORLD SERVICE (WSO)
10% - REGION 6

7th Tradition contributions can be made to the WSO & Region 6 on-line. For Region 6 go to - www.oaregion6.org. Click the box "contribute on line" on the right side of the home page. * There is a [donation calculator](#) available for convenience on this website.

New Address for Region 6 donations:

(as of July 2017)
Region 6 Treasurer
P.O. Box 644, Peabody, Mass 01960

**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.**

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

PODCASTS AVAILABLE ON OA WEBSITE:

“Made a list of all persons we had harmed and became willing to make amends to them all.” In the eighth in the series of *The Importance of Working All Twelve Steps*, the leaders share their personal experiences as sponsor and sponsee in dealing with Step Eight. Emphasis is placed on the concept of making amends—changes—and not just saying I’m sorry. Also stressed is the importance of working with a sponsor, in order to determine if amends are needed. Individual sharing is excellent as members relate their own positive experiences, including the need to add one’s own name to the list and then become willing to making amends to oneself.
<http://www.oa.org/wp-content/podcasts/step-eight-aug-9-2015.mp3>

WSO NEWSLETTER

Third Quarter 2017 issue of *A Step Ahead* is now available for download in an interactive color edition at oa.org/files/pdf/asa-q3-2017.pdf or in printer friendly black and white at oa.org/files/pdf/asa-q3-2017-bw.pdf.

- A recap of World Service Business Conference 2017 including new trustees and committee chairs
- Reflections on service at WSBC by our new board chair
- A reminder about Sponsorship Day
- Application announcements for the Professional Exhibits Fund and Delegate Support Fund

Guidelines for Anonymity in the Digital World

Digital communication is an important way OA members share fellowship and carry the message. Use the new [Guidelines for Anonymity in the Digital World](#) to honor our Traditions and protect your own and others’ anonymity when posting about your experience, strength, and hope online.

[Click here to download](#), and share the link in virtual and face-to-face meetings.

OA EVENT DAY:

Sponsorship Day Saturday, August 19

Sponsorship Day is a new event day for our Fellowship. Plan your event to celebrate the role of sponsorship in individual recovery.

NEW Uniting with Diversity Tri-fold

Use the new *Uniting with Diversity* tri-fold to strengthen unity in your group and service body. [Download](#), copy, and share this new, free resource created by the Unity with Diversity Committee to support the strength and hope we find together in fellowship.

Anyone can write an article for Lifeline!

For January Topics

Submit your Lifeline Story before 9/15/17

My OA Birthday January 20, 2018, marks the celebration of OA’s 58th birthday. Share a story about your OA birthday, how it was celebrated and its meaning for you.

How OA Changed My Life Describe your life before and after being in OA, including your physical state. How is life better in recovery?

For February Topics

Submit your Lifeline Story before 10/15/17

Unity Day Unity Day is February 24, 2018 at 11:30 a.m. PST. Share your experience of OA unity, a Unity Day celebration, or Tradition One. **Lessons from Our Group Conscience** How has participating in a group conscience impacted your recovery? What makes a group conscience meeting successful? How have you worked to develop “substantial unanimity” as described in the Twelfth Concept of OA Service?

My Suggestions for OA - What does OA need? What do you hope for its future? What would you change? What literature needs to be written? What policy should we adopt or drop? Should an old OA idea be made new again? Let’s make conversation but not controversy

Subscribe to Lifeline today at the new beautifully done <http://oalifeline.org/>, to read inspiring stories in print or online.

Upcoming Events and Information
(CORRESPONDING SECRETARY'S REPORT)

Please make flyers available to your meeting

LOCAL, REGIONAL, WSO NEWS & EVENTS

MBI EVENTS

STEP 5 WORKSHOP – August 19, 1 to 2:30pm
 ALL ARE WELCOME! Great sharing! Johnson Room
 Lawrence Memorial Hospital, Medford, MA

MBI RETREAT

**Second Annual Fall Into Recovery Retreat:
 "Practicing These Principles in All Our Affairs"
 October 6, 7, 8, 2017 Columbus Day Weekend**

How do you stay abstinent one day at a time? How do you practice the principles of the program "in all your affairs?" Please join us at the Espousal Retreat House and Conference Center, 554 Lexington Street, Waltham, MA, October 6-8, 2017 to spend some quiet time away from the hustle and bustle of daily living to reflect on these questions. Our speakers will share their experience, strength and hope on the 12 Steps, tools of the program, symptoms of relapse, slogans and much more.

Price: \$175 (Single rooms). This includes 2 nights lodging, 5 meals (abstinent food - plain, no spices, no sugar, no flour, non-meat alternatives).

Registrations open. Spaces are filling up. Sign up! Come, retreat and relax in a very lovely quiet place. See Flyer - Info on OAMBI.org website!!
<http://www.oambi.org>

REGION 6 NEWS & EVENTS

August 19 OA Sponsorship Day

Region 6 Assembly September 20-22, 2017,
 at the [Hilton Garden Inn](#)

REGION 6 CONVENTION

OCTOBER 20-22, 2017 – Toronto, Canada
 "Stepping up for Recovery 2017" Early bird registration is available through Aug. 17
 Registration open \$50 CAD. <http://oaregion6.org>

Region 6 12th Step Within Committee

Our primary purpose is to abstain from compulsive eating and carry the message of recovery ... to those who still suffer.

[For a Flyer with hints - click here.](#)

NEW ADDRESS FOR REGION 6 DONATIONS:

Region 6 Treasurer
P.O. Box 644
Peabody, Mass 01960

See the **Region 6 website** for more information about these, other events and news in the Region 6 area, www.oaregion6.org. (Region 6 trustee contact: Region6trustee@gmail.com)

OA WORLD SERVICE NEWS & EVENTS:

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.

For a complete list of all **meetings** – in person/ live, telephone & online meetings, please visit the OA World Service website: www.oa.org.

** See page 4 for more OA World Service info.

***For news, events, announcements & info, see the websites:
www.oambi.org; www.oaregion6.org; www.oa.org***

The Next MBI Meeting Date – Mark your calendars!

Saturday, August 19, 2017

**10:30 A.M. – 12 P.M. - Lawrence Memorial Hospital
 Gallagher Conference Room**

BOARD & COMMITTEE CHAIRS *

MBI CHAIR
Mary P. (Quincy)

VICE-CHAIR
vacant

CORRESPONDING SECRETARY
Suzanne D. (Newton)

RECORDING SECRETARY
Paulina S. (Lexington)

TREASURER
Jean B. (Revere)

COMMITTEE CHAIRS

OFFICE
Jean B. (Revere)

YOUNG PEOPLE/PROFESSIONAL OUTREACH
And **MEDIA & PUBLIC INFORMATION**
Cathy B. (Lowell)

COMMUNICATIONS
Newsletter:
Verna K. (Arlington)

Webmaster:
Jeanne K. (Chelmsford)

12 STEP
Dave D. (Arlington)

BYLAWS
Interim Chair - Sally S. (E. Boston)

*** 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:

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

OA '90 Day' Telephone Meetings *
All times are E.S.T.

Sunday 8-9AM (Big Book Disc)
Dial-In: (712) 432-5200 Access Code: 6320348#

Sunday 8:30-9:30AM (Men's meeting)
Dial-In: (712) 432-0600, Access Code: 267533#

Sunday 2-3pm (Big Book Disc)
Dial-In: 712-775-7031, Access Code: 749342#

Sunday 8-9pm (Spkr/Disc)
Dial-In: 712-775-7100, Access Code: 897214#

Monday 10-11am (For Today/ Disc)
Dial-In: (605) 475-2090, Access Code: 79822#

Monday 6-7pm (Spkr/Disc)
Dial-In: 605-475-4700, Access Code: 155081#

Monday 8-9pm (BB/ Discussion)
Dial-In: (218) 844-1930, Access Code: 4134252#

Tuesday 9:30-10:30am (Women's meeting)
Dial-In: 712-432-8773, Access Code: 12365#

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: (641) 715-3570, Access Code: 171863#

Wednesday 10-11am (Spkr/Disc)
Dial-In: (641) 715-3276, Access code: 976639#

Wednesday 1-2pm (Spkr/Disc)
Dial-In: (218) 844-1930, Access Code: 105047#

Wednesday 7:30-8:30pm (Spkr/Disc)
Dial-In: (712) 775-7100, Access Code: 897214#

Thurs 8-9pm (Spkr/Disc)
Dial-In: (713) 936-6996, Access Code: 135103#

Friday 9-10am (Spkr/Disc)
Dial-In: (712)770-4160, Access Code:156173#

Friday 6-7pm (Spkr/Disc)
Dial-In: (218) 548-2828, Access Code: 4673#

Saturday 8-9am (For Today/ Disc)
Dial-In: (712) 432-5200, Access Code: 6320348#

Sat 10-11AM (Spkr/BB/ 12+12)
Dial-In: (605) 475-2090, Access Code: 155901#

Saturday 4-5:15pm (Spkr/Disc)
Dial-In: 712-432-3900, Access Code: 301187#

* 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 see the 'OAMBI.org' website