



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

December 2016

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MBI Chair Report- December 2016

Tradition 12 – "Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities."

Greetings!

This is my final report as chair of our MBI Intergroup. It has been a privilege and honor to serve you in this position for the last two years. I am grateful to a Higher Power who has directed and guided our intergroup during this time. We have strived to be guided by the *Tradition 12* instruction "...to place principles before personalities". Your support is what has allowed our intergroup to be able to reach out to those who are still suffering from the disease of food addiction.

Some of the new projects you have championed: being a Designated Downloader for your meeting - bringing news and information to your meeting from the intergroup, our region(6) and World Service; the *Coming Back to OA – A New Beginning" workshops* reaching out to those in relapse or coming back; participating in outreach for health fairs throughout Massachusetts bringing OA to health professionals and people still suffering from this disease; doing service for two conventions in the Boston area – Region 6 and World Service; offering a Fall Retreat at the Espousal Center; financially supporting three (one last year and two this year) members to represent us at the World Service Business Conference in New Mexico.

In addition, you have continued to support our ongoing Professional Outreach, Public Information and 12th Step committees. Finally, four of our fellowship attended an intergroup workshop sponsored by Region 6 learning how to strengthen our intergroup and be more effective in carrying the message.

Thank you especially for your ongoing financial support. It allows us to have a viable intergroup and provide the services needed to support you in your recovery and to reach out to those still suffering.

On behalf of your Massachusetts Bay Intergroup (MBI) representatives, I wish you a healthy and abstinent Holiday Season.

In Service,
Sally, (East Boston)

MBI Treasurer's Report – October 2016

Income	2561.72
Expenses	4568.41
Checking bal. 11/14	4439.09
Savings bal. 11/14	4034.84
Expenses over income 2006.69	

Our income was good for October with 825.00 in retreat entries, 1706.72 in group donations (see list at the end of this report), and 30.00 for the MBI 7th tradition collection.

Expenses were interesting in October. The big expense was the retreat. We had

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previously paid \$1000 for a deposit and the balance was 2795, which was paid before the event. The cost was 165 per person, we had 23 people including several who paid at the retreat itself, so it came out even 3795 total out, 3795 income paid in over a number of months. We were fortunate that we did not have to make up the difference from the 30 people that we contracted for. We paid a refund of 165.00 to one person who was injured and unable to attend, and a 35.00 refund to someone else who paid the \$200 fee before we announced that we were keeping the price at 165. I purchased some supplies for the retreat including name badges, decorations, tablecloths for the tables in the meeting room, office supplies, etc. for a total of 130.54; some of these items can be used next year. I would suggest that if we have a retreat next year that we charge a few dollars more per person than the base cost to cover extra expenses. I have talked to the retreat center and it is not clear if we will be able to go back next year as they may be booked up.

Non-retreat expenses included 230.00 for Pat at the office, 41.37 for office supplies, 405 for office rent, 25.00 to the hospital for the MBI meeting, 50.00 webmaster, 250.00 each quarterly donations to Region 6 and WSO, 151.50 for phone and internet, 15.00 reporting fee to the Commonwealth of Massachusetts as a non-profit, and a 25.00 check to Region 6 for the IGOR officers training workshop. We received back the 2 checks I had written for the workshop to be voided as they only wanted them as a guarantee that we would show up, so I added back 50.00 in October (the other check had been written in September).

Our upcoming expenses will include our annual liability insurance which gets paid in December, we will be evaluating an offer which may be a less expensive option than the company we have now. Our website is being worked on, when the transition is complete it will be easier to use, it will cost us a few hundred to do but will save money in the long run. We can afford this.

As this holiday season approaches, please consider making an extra donation to MBI in honor of someone in program or in gratitude for your own recovery. MBI donation envelopes will be available at the Thank-a-thon.

Respectfully submitted,
Jean B., MBI treasurer

October 2016 Group Donations

12.00	Chelsea Sat. AM men's meeting
105.00	Medford Sun. 8AM
264.72	Newtonville Sun. PM
530.00	Newton Wellesley Sat. AM
375.00	Reading Wed. PM
150.00	Reading Tues. AM BBSS
60.00	Cambridge Sat. AM HOW
100.00	Medford Sat. AM
110.00	Dedham Mon. PM
1706.72	Total Donations

Thank you for your support!

Webmaster REPORT - December 2016

As of November 23 our website has been migrated to Wordpress with a few updates!

I will continue to make a few design updates, and document updates.

As for the newsletters, we emailed 253 to our subscribers. Our list is down 4 subscribers from October. (3 bounces)

Respectfully submitted,
Webmaster, Jeanne K., Chelmsford

Office Activity in November 2016

Phone calls	11
Emails	16
Checks Posted and sent to Treasurer	11
CDs made	8
Newsletter mailed	yes – November
Supplies from Staples	yes

Respectfully submitted,
Pat from the office

OFFICE COMMITTEE - December 2016

The office is running well. Thanks to Pat for extra help with the retreat calls and mail.

Pat will be on vacation 11/23 and back to the office on Monday 12/5. Jean will be checking the mailbox several times in the interim and will also be monitoring the voicemail. Please hold requests for packets and other items to be mailed out until Pat returns 12/5. Jean has keys to the office in case of emergency.

Respectfully submitted,
Jean B., acting office chair

Professional Outreach & Public Information Committee – December 2016

Outreach to professionals continues. If there is any health care, medical, therapeutic, clergy, or employee assistance program worker who has contact with compulsive eaters, compulsive overeaters or food addicts, call the MBI office and a free packet of OA literature for professionals will be mailed to them. Remain anonymous or not as you choose.

Public Info: Volunteers needed at the Addiction Treatment Conference sponsored by Harvard Medical School in March 2017. Call Cathy/Lowell 978-866-9454.

Respectfully submitted, Cathy B. (Lowell)

12th STEP REPORT – December 2016

For much of the year, I've written about surrender and I will not stop today.

The essence of twelve-step work is recognizing that my life is unmanageable by me and, on a daily basis, I surrender my control to my Higher Power. For that awareness and the support of the Fellowship, I am grateful.

Wishing all of us an abstinent, safe, and Happy Holiday season!

Respectfully submitted, Dave D. (Arlington)
12 Step Chair in training

Dates – MBI Meetings – 2017

- January 21
- February 11
- March 18
- April 22
- May 20
- June 17
- July 15
- August 19
- September 23
- October 21
- November 18
- December 16

Next MBI Meeting-9:15am
Sunday December 18
Lawrence Memorial
Hospital-Gallagher Room

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

170 Governors Ave,
Medford, MA

MBI voted to change the day and time of our intergroup meeting beginning in January 2017.

Our motivation is to grow our intergroup. The meeting will be on Saturdays, 10:30 AM to noon at Lawrence Memorial Hospital. We invite you to join us in service to those in our area who are still suffering. **Please spread the word.**

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

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 has a link on their home page for more information.

OA “Service & My Recovery” WORKSHOPS

Monthly phone workshop. Next workshop is “Spirituality, Sponsorship and Service” on December 11 from 3-4 PM. “United We Stand” is on January 10, 2017 from 3-4 PM. US Phone Bridge: 641-715-3818, PIN: 925619# www.oaregion6.org has link on home page under the label “Upcoming 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/

WSBC 2015 Keynote Speaker: Hear 2015’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

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 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

New Year's Round Robin
 January 1, 2017 from 10AM to 12 Noon.
 Beth Israel Deaconess Hospital, formerly Jordan Hospital. 275 Sandwich St, Plymouth, MA

Boston OA 90 Day Retreat – June 2-4, 2017
 "Freedom". Endicott College, 376 Hale Street, Beverly, MA 01915. Sponsored by the Saturday 7:30 AM 90 Day Meeting in Reading, MA.
<http://oa90dayretreat.wixsite.com/register>

New: Beginners Phone Meeting on Thursdays from 10-11AM. Dial-In: (712) 775-5031, Access Code 749342. See further instructions for phone meetings at the end of the Telephone Meeting List on page 6.

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

Upcoming R6 Events:

Region 6 Convention October 20-22, 2017
 Toronto: Stepping up for Recovery 2017
 Early bird registration is available through 8/17/17: \$50 CAD.
 Hotel registrations will be open in 1/17.

New address for Region 6 Donations:
Region 6 Treasurer
PO Box 1792
Westfield, MA 01086

Go to the Region 6 website for more information about other events in the Region 6 area. www.oaregion6.org

MBI voted to change the day and time of our intergroup meeting beginning January 2017. Our motivation is to grow our intergroup. The meeting will be Saturdays, 10:30 AM to noon at Lawrence Memorial Hospital. We invite you to join us in service to those in our area who are still suffering.
Please spread the word.

For more events and announcements, see the website:

www.oaregion6.org

OA Tradition November

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.*

The Next MBI Meeting Date – Mark your calendars!
December 18, 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

Jean B. (Somerville)

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

Cathy B. (Lowell)

■
COMMUNICATIONS
Newsletter:

Mary P. (Quincy)

■
Webmaster:
Jeanne K. (Chelmsford)
webmaster@oambi.org

■
12 STEP
Dave (Arlington)

■
BYLAWS
Open

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 197132# (Spkr/Disc)
Dial-In: (605) 475-4850
- 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.