



# OVEREATERS ANONYMOUS®

MASS BAY INTERGROUP

MBI Newsletter

Julv 2016

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## MBI Chair Report – July 2016

***“Every OA group ought to be fully self-supporting, declining outside contributions” (OA Tradition Seven).***

Greetings!

Reflecting on what I wanted to share with you this month on Tradition Seven, I began to make a list of the many projects and activities in our intergroup supported by your contributions. To name some of them: maintaining a small MBI office in Arlington that has a phone, computer, and printer. An extraordinary part-time office manager who performs the many tasks that keeps the office running, including, responding to phone and email messages and written correspondence, keeping the supplies in order and communicating with the intergroup on a regular basis. Also, MBI pays for liability insurance which covers all the locations where there are meetings within our intergroup. We support intergroup representatives attending Region 6 Assembly in Albany, as well as, MBI delegates attending the annual World Service Business Meeting in New Mexico. All the literature and handouts distributed at our outreach activities and health fair meetings are paid for by MBI. Finally, we make quarterly contributions to our OA Region 6 group and World Service.

This month we continue to work on intergroup projects that support the fellowship and reach out to those who are still suffering with the disease of compulsive eating and food behaviors. We are in the process of planning another **Coming Back to OA: A New**

**Beginning – Part III** on July 23, 2016 from 10:30 am to noon, at the Lawrence Memorial Hospital, Medford, MA. The format includes a panel of three speakers and will focus on how they use the tools to support their ongoing recovery. MBI will host an autumn retreat on October 7-9, 2016 at the Espousal Center in Waltham. The theme is **“Fall into Recovery.”** There is an early-bird registration of \$165 by September 12, 2016. Check out this newsletter for more details.

In closing, thank you for your generous donations to MBI which support us in getting the word out to you and to those who are still suffering. We are committed to being financially responsible with money in all our activities. I would like to extend to all an invitation to come to our Intergroup Meetings and participate in what we are accomplishing as an intergroup. **We have a great time being together and doing service!** All are Welcome!!

**Don't Forget:** The World Service Convention is in Boston from September 1-4, 2016.

In Service, Sally (East Boston).

## **World Service Business Conference Report**

New Mexico, May 2016

I was granted the honor of attending the 2016 World Service Business Conference of OA in May in New Mexico. I had the support of a co-delegate from Mass Bay

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Intergroup who was also attending for the first time.

I attended the OA meeting and heard delegates from more than 20 different countries share their experience, strength and hope. I got to hear respectful debate about Virtual Meetings, new WSBC approved literature, about the prudent reserve and treasury built from our 7<sup>th</sup> tradition, and about literature sales. I heard how our 7<sup>th</sup> tradition was disbursed to help Professional Outreach in Australia that exposed 16,000+ professionals to OA as a program of recovery for their compulsive overeater patients. I heard about the new OA Step Study Workbook which is due in print by September at the WS Convention in Boston. I got to hear candidates for Board positions share their experience, strength, hope and trusted servant/service stories—humbling and wonderful.

It was simply amazing to be a part of our worldwide fellowship. We are all together and each voice is important.

MBI has its business meeting once each month at 9:15 AM at Lawrence Memorial Hospital. All are welcome!

Respectfully submitted, Cathy B. (Lowell)

**MBI Treasurer’s Report – May 2016**

Income	1815.67
Expenses	2258.83
Checking bal. 5/31	593.19
Expenses exceed income	443.16

Income for May was 1765.67 in group donations, 30.00 from workshop, and 20.00 from the MBI meeting 7<sup>th</sup> tradition. Thanks to the groups who donated, a list appears at the end of this report.

Our expenses were higher than usual in May. WSBC travel 943.98, our website expenses were also higher 79.00, webmaster was 50.00, we bought a lot of OA literature 252.58, 32.94 in office supplies, 13.60 in postage, 30.00 donation to the hospital for the workshop, 25.00 to the hospital for the MBI meeting, 280.00 to Pat for work in the office, 146.73 for phone and internet, and 405.00 for office rent.

Since there are more expenses in June, I transferred \$1000 from our savings (prudent reserve) in early June to make sure we could cover expenses. With donations coming in for June, which will probably exceed May, we should be ok.

Respectfully submitted  
Jean B., MBI treasurer

**May 2016 Group Donations**

200.00	Reading Wed. PM
50.00	Chelmsford Sat. PM
100.00	Reading Tues. AM BBSS
600.00	N. Andover Sat.
216.00	Carney Sat. AM
60.00	Chelsea Sat. AM Men
25.00	?
89.00	Medford Sun. 8AM
365.67	Newton Wellesley Sat. AM
60.00	Medford Fri. PM
<b>1765.67</b>	<b>Total</b>

Thank you to all who support MBI!

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

The **12 Step Marathon** went very well. There were 11 people at the workshop including myself, and people said, in various ways, they got what they came for. We covered the 12 Steps, and also went over Dr. Bob’s original six steps as they correlate to the 12. They are noted on p. 248 in the Big Book and are (1) complete deflation (which I’ve been through at least twice), (2) dependence on and guidance from a higher power, (3) moral inventory, (4) confession, (5) restitution, and (6) continuing work with those who still suffer. The speakers shared their experience, strength and hope from their hearts.

We on the 12 Step Committee are considering what 12 Step workshops to plan for the coming year. We are thinking about possibly covering a step a month. Please let your MBI representative know if you have any ideas or needs regarding your questions, struggles, and progress pertaining to the 12 Steps.

This month’s meditation is short: I find I am accountable for a lot more wreckage in

my life than I would like to believe. That accountability is upsetting, but also freeing, as there are now before me things that I can change, if I can only find the courage. Yes, courage relates to fear, but the roots of the word also have to do with heart, and I am trying to bring my heart into every aspect of my life—"to practice these principles in all our affairs."

Respectfully submitted, Dave D.,  
12<sup>th</sup> Step Chair in Training

**Office Activity—June 2016**

Phone calls	12
Emails	19
Checks Posted	14
Professional Packets Sent	5
Newsletter mailed	yes - June

Respectfully submitted, Pat from the office

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

Professional Outreach: Did you know that MBI members put together packets of information to introduce OA to Medical, Mental Health, Clergy and Employee Assistance Professionals? We did! Call Pat at the MBI Office, 781-641-2303, and have one sent to any such provider! No charge! The PO committee thanks David who is bringing the Intro packets to 30 or so clergy. PO will also send Intro packets to MA University Health Centers.

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 on one Sunday a month. You, your input, service and ideas are welcome!

Respectfully submitted, Cathy B. (Lowell)

**OFFICE COMMITTEE – June 2016**

There is no report this month.

**Dates – MBI Meetings – 2016**

July 17  
August 21  
September 18  
October 16  
November 20  
December 18

**Next MBI Meeting-9:15am**  
**Sunday July 17**  
**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

**Workshops:**

**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. July 23, 10:30 to 12 Noon. Each workshop is different.

**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 9-12-16.

**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". 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/>

**Upcoming R6 Events:**

**July 26,** Postmark Deadline: Fall Assembly.  
**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 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 July**

7. Every OA group ought to be fully self-supporting, declining outside contributions..

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

**July 17, 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 (Somerville)

**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.