



OVEREATERS ANONYMOUS®

MASS BAY INTERGROUP

MBI Newsletter

June 2016

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MBI Chair Report – June 2016

“An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose” (OA Tradition Six).

Greetings!

In reviewing OA literature on Tradition Six, I was struck by how important it is for each of us to embrace and follow the guidelines of this principle. The “OA 12 & 12” stated, “Tradition five defines our primary purpose. Tradition six cautions each OA group to stick to the primary purpose exclusively, no matter how many outside enterprises may interest us as individuals” (p.153) The chapter goes on to discuss numerous ways we can easily get off track from our primary purpose to carry the message to compulsive overeaters. What I realized is that this tradition begins with me as an individual. Am I practicing this tradition in my interactions with other OA members in the fellowship? Do I act consistently with tradition five where my primary purpose is to carry the message to the compulsive overeater who still suffers? Do I support the “committed” meetings I attend in being in alignment with tradition six? At the end of this chapter, in the OA 12 & 12 (pp.158-159), there are a series of questions that allow you to take an inventory on group integrity regarding this tradition.

In May, the ***Coming Back to OA – a New Beginning – Part II***, was very well received by those attending. Thank you to Della

(Malden), Alice (Somerville), and Helen (Cambridge) for their service. Also, thank you to all who behind the scenes participated in many ways to make the event successful – “I can’t, but together we can.” Part III of the series will be on Saturday, July 23, 2016, at 10:30am at the Lawrence Memorial Hospital, Medford, MA. Details to follow. Please read in the newsletter details about this workshop and other upcoming events in our intergroup, and OA as a whole.

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 your money in all our activities. In closing, I would like to extend to all an invitation to come to our Intergroup Meetings and see if you would be interested in doing service. All are Welcome!!

In Service, Sally (East Boston)

Region Six Spring Assembly Report

Albany, New York, April 16

Region Six Spring Assembly 2016 has come and gone with committees, elections and a workshop and plans to meet again in September. I travelled with a new representative and enjoyed the road trip thoroughly, going west and east. One useful function I performed was signing credentials to make this new rep official-oh, the dizzying power of being an intergroup vice-chair!

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The representatives from various Region 6 intergroups kicked off the Assembly with a roll call and then dispersed into committees for the rest of the morning. I attended the convention committee, where all the discussion focused on Autumn 2017 when the Region 6 Convention will be held in Toronto, Ontario. Region 6 isn't having a convention this year because of the World Service Convention being held in Boston September 1-4. It was not too soon to start discussing the 2018 Region 6 Convention, either--perhaps to be held in Maine?

I was able to do service by being the secretary for this committee.

After lunch, we continued attending to the business of Region 6. Some of the issues addressed were:

- The tradition of anonymity, applied to e-mail addresses. Representatives are encouraged to use intergroup e-mail addresses, rather than personal ones.
- An option for the 7th Tradition on a region level: A.R.C.- Automatic Re-occurring Contributions.
- At the Fall 2016 Assembly, on September 24, a new Region 6 vice-chair and a new Treasurer will be elected.
- We voted to dissolve the Young Persons' Committee as no one has stepped up to chair the committee for the last several assemblies and very few representatives expressed an interest in serving on this committee.
- A motion passed to make Region 6 speaker recordings available digitally on iTunes and other podcast formats. Some time restrictions will be applied.
- A motion to increase the budget for Intergroup Outreach was approved: it changed from \$375 to \$4,800 per year.
- For a great summary of the Spring Assembly, go to www.oaregion6.org/en/.
- The day concluded with a workshop, "Carrying the Message," led by Karin, our Region 6 trustee. Questions for attendees:
 1. What is the message?
 2. How was the message shared with me?

3. What is the role of Region 6 in carrying the message?
4. What can I do differently to carry the message?
5. What blocks me from carrying the message?
6. How does carrying the message strengthen my program?

Thank you for sending me.
Sincerely, Helen K., Woburn

MBI Treasurer's Report – April 2016

Income	1697.68
Expenses	2336.13
checking bal. 4/30	1567.88
savings bal. 4/30	5004.63
expenses exceed income	638.45

Our income of \$1697.68 was mostly from group donations of 1634.68, thank you to all of the groups who donated. In addition, we had 18.00 from the MBI 7th tradition collection, 23.00 from a prior month 7th tradition, and 22.00 from the sale of newcomer packets.

Expenses were heavier than usual but typical for April when we have travel expenses for both Region 6 Assembly and the World Service Business Conference. We should have more WSBC expenses in May after the event is over. In addition to our usual expenses for office rent, phone/internet, and donation to the hospital for MBI meeting rent, we also spent 50.00 to our new webmaster for work on the website, 15.00 for web hosting expense, 120.00 pay for Pat our office worker for the time she was out sick as a compassionate gesture, we also paid her 100.00 for hours that she did work when she recovered, 15.00 for parking reimbursement at the addiction conference, 477.46 for airfare to WSBC, 209.82 for R6 travel, 53.11 to renew Norton antivirus on the office computer, 218.96 for OA literature (we've used a lot in events) and 250.00 each as quarterly donations to World Service and Region 6.

We can expect higher expenses in May for the WSBC, office supplies, and web hosting, and we do have more events coming up.

I have completed our annual figures and submitted to our CPA firm to do our non-profit federal and state returns. We did bring in a bit more money last year than we spent which was good but we still run a lean budget so your donations are very helpful in enabling us to reach out to the compulsive eaters out there who still suffer.

Respectfully submitted,
Jean B., MBI Treasurer

April 2016 Group Donations

60.00	?
99.00	Medford Sunday 8AM
52.00	Chelsea Sat. AM Men
265.00	Norwood Thurs. PM
180.10	Wellesley Wed. noon
100.00	Reading Tues. AM BBSS
50.00	Winthrop Tues. PM
200.00	Lynn Sat. AM
90.00	Lowell Mon. PM
438.58	Newton Wellesley Sat. AM
100.00	Reading Tues. AM BBSS
1634.68	Total

Thank you to all who support MBI!

12th STEP REPORT - June 2016

The **12 Step Marathon** is coming up very soon! There will be good and useful shares regarding each of the Steps. This event will be June 25, 2016 from 12 Noon to 3 PM in the Johnson Room at Lawrence Memorial Hospital. If you would like, you can bring your lunch and eat it before the Marathon in the foyer or outside the hospital.

Monthly meditation: the thread that connects each one of the 12 Steps is the fact of surrender. This month, in particular, I have surrendered my exaggerated sense of self importance and have been humbly and quickly doing what must be done. I am amazed how much more is accomplished now, compared to when I was in the food. I am grateful for the support of program, my program fellows and Higher Power. I am not alone anymore.

Respectfully submitted, Dave D.,
12th Step Chair in Training

OFFICE COMMITTEE – May 2016

Pat, our wonderful office worker, was out of the office for surgery part of May. I covered for Pat while she was gone. Thankfully, she is back in the office.

Thanks, Jean B., acting office committee

Office Activity—May 2016

Phone calls	8
Emails	26
Checks	9
Newcomer Pkts	60
CDs made	60
Newsletter Mailed	yes – May
Ordered office supplies	yes
Ordered literature	yes

Respectfully submitted, Pat from the office

Professional Outreach & Public Information Committee - June 2016

No report this month.

Dates – MBI Meetings – 2016

- June 26
- July 17
- August 21
- September 18
- October 16
- November 20
- December 18

Next MBI Meeting-9:15am
Sunday June 26
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

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 “Keeping Our Meetings Focused on the Primary Purpose” on June 12 from 3-4 PM. “The Many Ways to Contribute to OA-July 10. US Phone Bridge: 541-715-3818, PIN: 925619# 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. The direct link is <https://www.oa.org/membersgroups/program-inspiration/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 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

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

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.

12 Step Marathon. June 25, Saturday 12N-3PM, at Lawrence Memorial Hosp. in the Johnson room. See the 12th Step Report for more information.

RETREATS: (more info at Region 6 website)

June 25, North Shore IG Retreat, Ipswich, MA. 9AM to 4PM. Notre Dame Spirituality Center, 30 Jeffery's Neck Road, Ipswich, MA.

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

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, 8 AM, R6 Assembly.

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

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

OA Tradition April

6. An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

**The Next MBI Meeting Date – Mark your calendars!
June 26, 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

■
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

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: (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.