



OVEREATERS ANONYMOUS®

MASS BAY INTERGROUP

MBI Newsletter

March 2016

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MBI Chair Report – March 2016

OA's Responsibility Pledge – "Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."

Greetings!

Save the Date! The dates for this year's ***Coming Back to OA—A New Beginning*** workshops are Saturday, March 12, 2016, Saturday, May 14, 2016, and Saturday, July 23, 2016. All the events will take place in the Johnson room at Lawrence Memorial Hospital, Medford, MA from 10:30 am to noon.

While considering what I ought to share for my chair report this month, I was prompted to check out our OA *Lifeline* magazine for March 2016 which I received promptly on March 1st. After reading the reflection for Tradition three, a reading on OA's Responsibility Pledge caught my attention. The author of the piece shared her journey of inquiring into what the OA Responsibility Pledge meant to her. She asked herself how she personally took the OA responsibility pledge. Some of the questions she examined were, "Do I routinely greet newcomers and follow up with a phone call? If I know someone is struggling, do I reach out to that person? Do I support OA financially and in service? Is there more I can do?" (p. 16) Her final statement was one that prompted me to service in OA at the group and intergroup level: "OA was there for me, and I want OA to be there for all who share my compulsion!"

As soon as I read this article, I wanted to share it with you in the chair report. It reminded me of my Girl Scout pledge and what that meant to me when I was a young girl. I considered if I was willing to take the OA Responsibility Pledge as a promise of a way to live my life. At first, there was fear that I would not live up to my pledge. Then I remembered there is a power greater than myself who will support me and lead the way.

I challenge us all to renew our commitment to the OA Responsibility Pledge and extend our hand and heart always to all who share our compulsion. When I finally got to the end of the piece, I was taken aback when I realized the person who wrote the article is a member of our MBI intergroup fellowship. It was for me a "God (HP)" moment!

In Service, Sally (East Boston)

OPPORTUNITIES FOR SERVICE:

Volunteers are needed for these committees:

Media and Public Information,
Professional Outreach,
12 Step,
By-Laws,
Website, and
Newsletter.

Volunteers are also needed to help at American Academy of Family Physicians Convention at Taj Hotel, Boston. Friday 3/18 7a-5p, Saturday 3/19 7a to 12p. Contact Barbara L. 617-281-2541.

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MBI Treasurer’s Report - January 2016

Income	2259.11
Expenses	2225.02
Checking 1/31	1637.48
Savings 1/31	5004.51
Income exceeds expenses	34.09

We started the new year with \$2259.11 in income, all from group donations. Thank you to all of the groups who donated; a list appears at the end of this report.

Our January expenses almost equaled our income. In addition to the usual expenses for office rent, paying Pat, our wonderful office worker, and Verizon for office phone and internet, we paid \$17.50 for website expense, \$655.00 for our annual office insurance, \$4.99 for the 1099 we issue to Pat for her taxes (she is an independent contractor, not an employee), \$276.08 for OA literature, and \$250.00 each to World Service and Region 6 for our quarterly donations.

There will be upcoming travel expenses for Region 6 assembly and the WSBC in the future, but I don’t have figures yet.

Thank you for letting me be of service,
Jean B., MBI treasurer

January 2016 Group Donations

95.00	Newton Wellesley Sat. AM holiday donation
25.00	Chelmsford Sat. PM
324.00	Wellesley Wed. noon
240.00	Carney Sat. AM
85.00	Medford Sun. 8AM
147.89	Newton Wellesley Sat. AM
272.22	Newtonville Sun PM
300.00	Reading Tues. AM BBSS
200.00	Lynn Sat. AM
30.00	Cambridge Sat. AM
44.00	?
74.00	Chelsea Sat. AM Men’s mtg
96.00	Reading Wed. AM
50.00	Winthrop Tues. PM
216.00	Reading Wed. AM
60.00	Milton Wed. PM
2259.11	Total

Vice Chair’s Report – March 2016

Spring Assembly will be in Albany, New York at the Radisson Hotel Albany on April 16. I

plan on being a day-tripper, leaving very early in the morning and returning after business wraps up at around 5PM.

World Service Business Conference is being held in Albuquerque, New Mexico, at the Embassy Suites Albuquerque on May 2-7. While I am an elected delegate, I am not able to attend this year. However, two other delegates have been registered and plan on attending!

“Recovery: the Trail to Freedom!” is the theme of the World Service Convention being held in Boston September 1-4. Please make some noise about this at your meetings! You don’t have to be the designated downloader for your group to make announcements. No stars or V.I.P.s—we’re all members!

MBI’s fall retreat is in the embryonic stages. We know that it will be held October 7, 8 and 9 at the Espousal Center in Waltham, MA. There will be many, many service opportunities forthcoming.

Respectfully submitted, Helen K. (Woburn)

12th STEP REPORT - March 2016

After surrender, or perhaps before, comes willingness. I was reading an article about self-control, and the author commented that in certain ways addicts do have self-control. For example, consider my efforts to hide my compulsive eating from people (as if the extra hundred pounds didn’t show it off), going to a variety of different convenience stores so nobody would know the full amount of flour and sugar I was buying, finishing it on the way home, hiding wrappers under the seat, eating late at night, replacing food I had taken without permission—so really it isn’t a problem of lack of self-control. I could easily eat normally in front of people. It is the allergy, the not-normal reaction to food that is addiction.

The surrender and the willingness to own that I am a food addict allows me to use my considerable self control differently, and the difference is surrendering to Higher Power. I think this is the brilliance of Bob and Bill because it’s only in helping others

that we truly see the effects on us and on those we care about, getting our own selves out of the way and remaining abstinent and of service.

A 12 Step Marathon is in the works for our committee; more info on that will be forthcoming as plans are made.

Dave D., Arlington
Chair in training, 12 Step Committee

OFFICE ACTIVITY – February 2016

Phone calls	12
Emails	10
Prof Packets made	12
Newcomer Packets	10
CDs made	16
Newsletters sent	yes February
Ordered Office supplies	yes
Checks received & posted, sent to Treasurer	7

Respectfully submitted by Pat from the Office

PROFESSIONAL OUTREACH COMMITTEE REPORT – March 2016

There are professional packets available from the MBI office, which provide introductory information about OA for MDs, therapists, clergy and Employee Assistance Programs. To obtain these packets, contact Pat at the MBI office (781) 641-2303 or talk with your MBI Representative.

Respectfully submitted, Cathy (Lowell)

MOTION FOR MBI VOTE APRIL 10:

A motion was made and seconded to recombine the Professional Outreach and the Public Information Committees into one committee.

Phone Meeting with a Special Focus on Men – submitted March 2016

An initiative for encouraging men to become more active in OA came from a Special Focus Group of men held at the World Service Conference in Cleveland held in August, 2013.

In May of 2014, we began to have phone meetings every other Tuesday from 7 to 8 PM ET with a special focus on men.

Currently, we have about 150 men in our Google group and over 100 men on our Outreach List. Recently, we have registered our telephone meeting at the WSO. We meet from 7 to 8 PM ET every Tuesday evening.

Call in information:
1-712-775-7031
Meeting ID/Access Code: 242990669#

Men, please join us. "Together we can do what we can't do alone".

Ed R, Sharon MA

Dates – MBI Meetings – 2016

- March 13
- April 10
- May 15
- June 12
- July 17
- August 21
- September 18
- October 16
- November 20
- December 18

Next MBI Meeting-9:15am
Sunday March 13
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)

NEW 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/>.

OA Internet radio show airs on VoiceAmerica.com- "Sound Bites from Overeaters Anonymous (OA)" is a new Internet radio show dedicated to educating you about recovery from compulsive eating using OA's 12-step program, so you recognize the symptoms and find the support you need and a program that works to help you achieve and maintain a healthy weight. **Visit our OA Podcast Page for additional details.** (In keeping with Tradition 6, OA does not endorse Voice America.)

New 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, July 2015

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.

From the WSO E-mail News Updates, July 2015

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:

April 2, Saturday 1-4 PM. **Abstinence and a Plan of Eating.** St. Paul Episcopal Church, 166 High St., Newburyport, MA. Check in 12:30 P, donations.

March 12, Saturday 10:30 AM to noon. **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. Also May 14 & July 23.

RETREATS: (more info at Region 6 website)

April 15-17, Framingham, MA.

Central MA IG retreat at Edwards House. Step into Recovery.

April 15-17, Derby NY. St. Columbia Center.

"I put my Hand in Yours", Western NY IG.

April 22-24, Wareham, MA.

South Coastal MA IG retreat at Sacred Hearts Retreat Center. Registration deadline April 8. Reg. form scmioa.org, \$180 pp.

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/>

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

Retreats continued:

June 3-5, Sacred Heart R C, Wareham, MA.

Metro West IG. 617-943-2641 Jen or Heather.

June 25, North Shore IG Retreat, Ipswich, MA.

9AM to 4PM. Notre Dame Spirituality Center.

October 7-9, MBI is planning a retreat.

Espousal Retreat Center, Waltham MA.

For more events and announcements, see the website:

www.oaregion6.org

OA Tradition March

3. *The only requirement for OA membership is a desire to stop eating compulsively.*

The Next MBI Meeting Date – Mark your calendars!

March 13, 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)

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TREASURER

Jean B (Somerville)

COMMITTEE CHAIRS

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■
YOUNG PEOPLE/PROFESSIONAL OUTREACH

Cathy B. (Lowell)

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MEDIA & PUBLIC INFORMATION
open

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COMMUNICATIONS
Newsletter:
Mary P. (Quincy)

■
Webmaster:
webmaster@oambi.org

■
12 STEP
Dave (Arlington)

■
BYLAWS
Pat C (Westford)

■
OFFICE COMMITTEE
Pat C (Westford)

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: (614) 715-3570
- Wed 1-2PM Access Code 105047# (90day, Spkr/Disc)
Dial-In: (605) 475-6333
- 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.