



OVEREATERS ANONYMOUS®

MASS BAY INTERGROUP

MBI Newsletter

May 2016

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MBI Chair Report – May 2016

“Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers” (OA Tradition Five).

Greetings! When reflecting on Tradition Five, I realized the simplicity of our goal as a group and intergroup. How wise is this tradition that it focuses us to turn our attention outwards to those who are still suffering with this disease. Many individuals have this disease and have never heard of Overeaters Anonymous. On the other hand, other members of our fellowship may be struggling to get abstinent or trying to come back from relapse. According to this tradition, our main purpose is to reach out to others. There are many ways we can do that on a daily basis: making an outreach call, speaking to a newcomer at a meeting, being a sponsor, sharing our story with someone, doing service at health fairs, etc. All I need is the willingness to be in action and the opportunities will present themselves.

On Saturday, May 14th we are having our 2nd Annual ***Coming Back to OA – A New Beginning – Part II*** at the Lawrence Memorial Hospital in Medford (see Newsletter for details). Three panelists who have long-term abstinence will share how they use the signs of relapse, the OA tools and the 12 Steps to support them in their ongoing recovery. We ask you to especially reach out to people in the fellowship who have not been around meetings or are in relapse. Please come and/or invite people to participate. They are wonderful events.

We have some great news - the website is up and running! The newsletter, meeting directory, and calendar are up-to-date. Thank you to Jeanne K. for stepping up and tackling the challenges of restoring our website. She has done a remarkable job! If you have any questions or suggestions about the website, you can contact her at webmaster@oambi.org.

Your generous donations helped our intergroup support three members (Helen K, Cathy B., and Paulina S) to represent us at the OA Region 6 assembly in Albany and two members (Cathy B. and Paulina S) who are presently at the World Service Business Conference (WSBC) in New Mexico. It is important for the health and viability of our intergroup to have members of our fellowship attend these meetings, present our views and bring back news and information. They will submit reports that will be in the newsletter.

In closing, thank you for your ongoing generous support of the intergroup. We respect your gift and we are committed to use it with integrity and to carry the message to the compulsive overeater who still suffers. Our next intergroup meeting is Sunday, May 15, 2016 at 9:15am in the Gallagher room at the Lawrence Memorial Hospital, Medford MA. Please come and join us for fellowship and service!

In Service,
Sally (East Boston)

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MBI Treasurer’s Report - March 2016

Income	1857.61
Expenses	1975.64
Ckbook bal. 3/31	1674.80
Savings bal.	5004.59
Expenses exceed income	118.03

March had good income, 1812.61 in group donations, thank you to all of the groups who donated. In addition, we received \$5 for sale of a t-shirt, \$27 from the work shop, and \$13 collected for the MBI 7th tradition.

Our March expenses included \$405 for office rent, \$25 for the website, \$33.56 for office supplies, \$210 to Pat our office worker (who fell ill the second half of the month and has not been in for several weeks, see Office report), \$75 to the hospital for 3 months of MBI meetings, \$27 to the hospital for use of the room for the workshop, \$146.78 for our monthly phone/internet bill, \$50.30 for postage stamps, and \$3.00 to reimburse Pat’s daughter for mailing me her office and mailbox keys. The big expense for March was \$1000 deposit for the retreat; it is non-refundable, so please, if you are available that weekend, support MBI and attend the retreat! April and May will have higher expenses as we will have our donations to WSO and Region 6 and the travel expenses for R6 Assembly in April and for the WSBC in May. If need be, I can transfer funds from our savings (prudent reserve) but that may not be necessary as we have already gotten some nice donations in April. Thank you all for your support of MBI!

In service, Jean B., MBI Treasurer

March 2016 Group Donations

150.00	Weymouth, Thur. AM
400.00	Danvers Mon.PM
98.00	Medford Sun. 8AM
30.00	JP Wed. PM
300.00	Medford Fri. PM
210.11	Newton Wellesley Sat. AM
200.50	Reading Tues. AM BBSS
150.00	Cambridge Sat. AM HOW
35.00	Chelsea Sat. AM Men’s
19.00	Weymouth Thurs. AM
10.00	? in envelope with Stoneham
110.00	Stoneham Mon. PM
100.00	Reading Tues. AM BBSS
1812.61	Total donations

Vice Chair’s Report –May 2016

“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 - May 2016

Hello! There will be a **12 Step Marathon** on Saturday, June 25 from 12 N to 3 PM at Lawrence Memorial Hospital in the Johnson room. We are not allowed to eat in that room, so if you come to a meeting in the morning, you can bring your food and eat in the cafeteria or outside if the weather is nice. Stay tuned to the newsletter next month for more on the format of the workshop. Save the date!

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

OFFICE COMMITTEE – May 2016

Pat our office worker fell ill a few weeks ago with an infection. She is home now (Sat. 4/9) and will be able to work limited hours for the next few weeks as she regains her strength. She is scheduled for surgery in May when she will be out for at least a few days.

I got her keys at the end of March and have been retrieving phone messages from home and picking up the mail from the PO box twice a week.

I did not have the figures for office activity in March, but when I retrieved the phone messages I was able to return calls, send out meeting lists to people, and provide

information about OA and specific meetings. I have a new appreciation for all the work Pat does for us!

One request to people: please check the WSO website (www.oa.org) to make sure your meeting information is up to date. If the contact person for your meeting no longer attends your meeting or their phone number has changed, please update that information with WSO because people do use that information to get directions, ask questions, etc. and if they get a disconnected number or wrong number it can be very discouraging to a newcomer or returning person. We are planning to update the meeting list for May, so if there are any changes that MBI needs to know about, please let us know.

Thanks, Jean B., acting office committee

Office Activity—April 2016

Phone calls	14
Emails	12
Checks	4
Prof.Pkts	40
Newcomer Pkts	35
Newsletter Mailed	yes – April
Ordered office supplies	yes
Ordered literature	yes

These are what I kept track of. Others were in office while I was out sick and I am not sure how they contributed.

Respectfully submitted, Pat from the office

PROFESSIONAL OUTREACH AND PUBLIC INFORMATION COMMITTEE REPORT – May 2016

After a vote at our last MBI meeting, PO and PI are now joined as one committee.

As a compulsive overreiter, it has been a spiritual shot in my heart and recovery to help carry the message to professionals who work with us COs and who don't know about OA. Packets have been sent to Directors of Nursing Schools across MA in April. OA was present at conferences sponsored by UMass Medical, Harvard Medical School, and the MA Academy of PCP Physicians. Packets were mailed to 12 professionals state and nationwide who

requested them. A PI co-chair developed a database of and sent OA meeting announcements to print in newspapers for towns in the MBI area and work has begun to contact print newspapers in surrounding towns. OA was present at Woburn's Family Health Fair and will be at CHA's 4 upcoming employee health fairs. The OA Public Service Announcement went out the Channel 5 and Chelmsford local cable access TV. Another member is getting the message on Patch e news! Packets to local clergy are ready.

As you can see, we are making progress! Consider joining us—Service is Spiritual—join the fun!

Respectfully submitted, Cathy (Lowell)

Dates – MBI Meetings – 2016

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

Next MBI Meeting-9:15am
Sunday May 15
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. 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, 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.

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:

May 14, 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 on July 23. Each workshop is different.

June 25, Saturday 12N-3PM, **12 Step Marathon** at Lawrence Memorial Hosp. in the Johnson room.

RETREATS: (more info at Region 6 website)

June 3-5, Sacred Heart R C, Wareham MA. "The Healing Dozen" Metro West IG annual retreat. Call Jen or Heather 617-943-2641. As of 5/4, some partial scholarships are still available.

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

Retreats continued:

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/>

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

5. Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.

The Next MBI Meeting Date – Mark your calendars!

May 15, 2016

Sunday morning, 9:15AM, Lawrence Memorial Hospital

BOARD & COMMITTEE CHAIRS
CHAIR

Sally S. (E Boston)

■
VICE-CHAIR

Helen K (Woburn)

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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.