



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

NOVEMBER 2017

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MBI CHAIR REPORT – NOVEMBER 2017

Tradition 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.

"This is the public relations policy for the OA fellowship. We do everything we can to tell people what OA is, how it works, and where we meet. We don't publish 'before and after' pictures of our members in the advertising media. We don't promise quick weight loss or guarantee results. We don't have celebrities going in front of the public to talk about their success with our program and to invite others to join up." P. 194, The Twelve Steps and Twelve Traditions of Overeaters Anonymous.

One of the questions we can each ask ourselves in reflecting on this tradition is "What am I doing to let others know what OA is and where they can get more information?" My personal favorite is giving copies of the MBI goldenrod flyer titled "Is food a problem for you?" to medical offices. This flyer is available from the MBI office. Leave your contact information for Pat in the MBI office at 781-641-2303 and copies can be sent to you. Or, you can print this flyer out from the OAMBI.org website—click on the heading "What is OA?" and then on the drop down list, click "Is Food a Problem for You?" Print them on the goldenrod colored paper to stay consistent with others doing this in MBI. This flyer can be folded in thirds with our banner on the front. The flyer really speaks for itself without anyone needing to explain it. It can be left anonymously where people might see

it, or placed in a plastic holder in libraries, clinics etc., with the permission of the staff there, of course. Thank you to those who are already keeping this information where it can be seen by those who are still suffering.

As I was finishing this report, I received my November copy of Lifeline. If you receive Lifeline, or when you have a chance to read this issue, there is a personal story in it about another anonymous way of getting the OA message out that would be easy to do. It's on the Living Traditions page (p. 20). Also, the OA.org website has a page on Public Information Suggestions, full of ideas.

IDEA Day—International Day Experiencing Abstinence—is on the third Saturday in November. MBI is not having an IDEA Day event this year, but MetroWest IG is having an I.D.E.A. Day Event on November 18th from 10 AM to 1 PM at the Framingham Union Hospital in Framingham. (See p. 5) This workshop uses writing exercises, group brainstorming and discussion to explore the meaning of "abstinence".

This month, there were 12 people who volunteered to be at an OA table at four Cambridge Health Alliance health fairs.

Thank you all for your service!

In grateful service,
Mary P (Quincy)

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OA Tradition 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."

MBI NEWS !

MBI TREASURER'S REPORT - September

Income	\$ 1,876.00
Expenses	\$ 1,360.96
Checking balance (10/4)	\$5688.98
Savings balance (10/4)	\$4005.21
Income over Expenses	\$ 515.04

Most of September's income, \$1225.00, was from retreat entries. Other income included 570.00 in group donations (see list below, thank you), \$30 from sale of newcomer packets, \$24 from the workshop, and \$27 from the MBI 7th tradition collection.

Expenses included \$35.10 for the website, \$50.00 webmaster, \$180.00 for Pat our wonderful office worker, \$50.49 for office supplies, \$125.13 for retreat supplies, \$113 for OA literature, \$157.24 for phone/internet, \$425 office rent, \$50 donations to hospital for MBI meeting and workshop, \$175 retreat refund.

The retreat head count was 36, we had 35 actual people, and the retreat was paid for in October. Other October expenses include donations \$250 each to Region 6 and World Service. We are in good financial shape.

Jean B., MBI Treasurer

Group donations September 2017

\$180.00	Waltham Wed. PM
\$200.00	Reading Tues. BBSS
\$190.00	Dedham Mon. PM
\$570.00	Total group donations

Jean B., MBI treasurer

OA MBI 2017 Fall Retreat report

"Practice these Principles in all our Affairs"

The retreat was held Oct. 6-8, 2017 (Columbus Day weekend) at the Espousal Retreat Center in Waltham, a lovely, peaceful Retreat & Conference Center.

The Retreat started on Friday evening and ended on Sunday at noon time. There were 36 attendees. We met all our expenses and we made a profit.

The retreat overall went very well. Check-in went smoothly thanks to a great volunteer.

The staff at the retreat center were very helpful to us. There were 5 meals included. We took a collection for the cook that was over \$200. They did a great job for us! The food was well taken care of with good abstinent choices.

It was great being a holiday weekend; people could relax and have an extra day afterwards to prepare for the week!

The program went very well with great speakers on each of the 12 steps, most from the retreat group. Additionally, Saturday evening we had music and sing along in the Chapel as well as a sing along on Sunday morning. There were crafts and games in the meeting room, meditation workshops, a God walk, and 3 OA meetings. We had a lot of good feedback from attendees and will use some suggestions for next year. A phone and email list was produced and emailed to all after the retreat and a Yahoo group has also been created to allow the retreat members to stay in touch.

Plans are being made for next year. Spread the word and come next year!

Thank you to everyone who participated in the retreat - you did service by coming and so many of you helped out in too many ways to mention them all here.

Thank you to our organizers and to all our OA's who volunteered their service. Thank you all.

Gratefully, Jean B., 2017 Retreat co-chair

MBI OFFICE REPORT –Sept./October

The office is running well. On Oct. 20th the Verizon Fios update took place to our phone/internet service. The switchover took 2 hours and the technician made sure the phone and computer were working properly. The outgoing voice mail message was redone. The Office was re-organized and has available space for keeping files.

In service, Jean B., Office Committee

OFFICE ACTIVITY REPORT - October

Phone Calls	11
Emails received	16
Checks Received	14
Newcomer Packets sent	70
Professional Pckts sent	7
CD's made	10
Goldenrod Flyers sent	50
Literature ordered	Yes
October Newsletter mailed	Yes

Pat, OA MBI Office Secretary

WEBMASTER REPORT - November 2017

On October 26, 2017, 255 newsletters were emailed to our subscribers. We had 1 new subscriber and no unsubscribers. During the month the website was updated with the most recent newsletter, the highlights, the 90 day MBI meeting list, and the upcoming events as usual.

Jeanne K., OAMBI Webmaster

PROFESSIONAL OUTREACH COMMITTEE

Service Saves Lives!!! Please join us in service to carry the message to Doctors, Nurses, medical schools, nurse education programs, Therapists, Employee Assistance program staff, Spiritual Advisors, Clergy and more!! Call Pat at the MBI office, 781-641-2303 or email Pat at info@oambi.org for a free packet to be sent to professionals who come in contact with compulsive eaters, compulsive overeaters, food addicts, et cetera. Contact Cathy B. (Lowell) cell # 978-866-9454 and/or come to the November 18 MBI Intergroup meeting to help in this noble service.

PUBLIC INFORMATION COMMITTEE

Goldenrod flyers and OA Business cards are available to post in Libraries, on Grocery store Bulletin Boards, on Laundromat bulletin

Boards, any public place!! Call Pat at the MBI office to have free copies mailed to you! Also call for Newcomer packets, Professional packets, meeting directories and Phone meeting lists. Post as you think of it and maybe save a life! Service is Spiritual and Appreciated!!!
Cathy B., MBI PO/PI Chair

12 STEP COMMITTEE REPORT

The Fall MBI retreat was a resounding success. See the report on page 2.

We are looking forward to the annual **Thankathon** coming up soon on Thanksgiving Day, Thursday, Nov. 23 for six hours with consecutive meetings every hour on the hour beginning at 7 AM and ending at 1 PM, in the Johnson room at the Lawrence Memorial Hospital in Medford! The Step 8 and 9 workshop (Sat., Oct. 28th) went very well. We had five participants, myself, and the two speakers, 8 in all. The feedback was quite positive.

The workshop covering Steps 10 and 11 will happen in early-mid December – date TBA.

We will have a 'Gratitude for Higher Power - Step 12' workshop on Saturday, Dec. 23 from 10:30 - 11:30 am, the Johnson room.

Dave D., MBI 12 Step Committee Chair

MBI MEETINGS DATES – 2017

- October 21
- November 18**
- December 16

Next MBI Meeting:

Saturday, November 18th
10:30 a.m. – 12:00 p.m.
Lawrence Memorial Hospital,
Gallagher Room
170 Governors Ave. Medford, MA

***Come join us at MBI
 for Service and Fellowship!
 All are welcome!!!
 Come and add your ideas***

NEWS FROM OA WSO

For news from the World Service Office, to order books and pamphlets, to get all meeting information, for Podcasts about OA, to learn about writing opportunities, and much more - see - www.oa.org. Check with your Intergroup Rep to get any WSO information if you don't use a computer.

PODCASTS AVAILABLE ON OA WEBSITE:

"Sought through prayer and meditation to improve our conscious contact we God as we understood Him, praying only for the knowledge of His will for us and the power to carry that out." The principle of Step Eleven is Spiritual Awareness. Step Eleven workshop speakers share their individual stories of recovery and how they work Step Eleven. Their stories tell how they use their spiritual relationship with a Higher Power in everyday life situations. "God can, I can't, I think I'll let Him." The literature referenced was the *Alcoholics Anonymous* (Big Book), *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, and the *Twelve-Step Workbook of Overeaters Anonymous*—the questions asked come from the workbook. [Download](#) or oa.org/wp-content/podcasts/step-11-Nove-8-2015.mp3

DOCUMENTS AVAILABLE ON OA WEBSITE:

New! Professional Outreach Skit and Workshop

Laugh and learn how to carry the message to health care professionals with "[The Wanda Know Show](#)," a new skit and workshop brought to you by the OA board. In forty-five minutes, participants and audience members alike will be entertained, educated, and better equipped to talk to their doctors, nurses, therapists, and any other referring professional about the hope of recovery from compulsive eating and compulsive food behaviors that OA can offer to the clients and patients in their care. Download and make oa.org/files/pdf/The-Wanda-Know-Show-PO-Skit-and-Workshop.pdf part of your next OA event.

Three OA Guidelines Updated: OA Newsletters, Lifeline Writers', and OA Events, including new Speaker Statement

Updated and ready to download, these revised OA guidelines have practical suggestions for members, groups, and service bodies.

Be inspired to reach out to OA members or potential newcomers by hosting an event, creating a newsletter at oa.org/files/pdf/Newsletter-Guidelines-2017.pdf, or sharing your story of recovery through *Lifeline* at

[https://oa.org/files/pdf/Lifeline Writers Guidelines 2017.pdf](https://oa.org/files/pdf/Lifeline_Writers_Guidelines_2017.pdf)

Plus: Don't miss OA's new Speaker Statement included in *Guidelines for OA Events*. Check out the new, revised guidelines at oa.org/files/pdf/OA-Events-Guidelines_2017.pdf

WSO NEWSLETTER

Fourth Quarter 2017 issue of **A Step Ahead** is now available for download in an interactive color edition

at oa.org/files/pdf/asa-q4-2017.pdf or in printer friendly black and white at

oa.org/files/pdf/asa-q4-2017-bw.pdf

Anyone can write an article for Lifeline!

For March Topics Submit your Lifeline Story Before 11/15/17

Deadlines for monthly featured topics are three and a half months prior to the first day of the month of publication. Please indicate the topic and month for which you are submitting the article based on the deadlines. Typed letters by email, mail, or fax are preferred. Letters must contain the author's name and address, even if the author wishes to remain anonymous in print. *Lifeline* promotes "unity with diversity" regarding the race, nationality, gender, age, physical challenges, and sexuality of its writers. This issue write about:

- I am a Newcomer
- Welcome Home
- Understanding Abstinence

You can also submit a *Lifeline* story directly through oalifeline.org/lifeline-submission/

Subscribe to *Lifeline* today at the new beautifully done <http://oalifeline.org/>, to read inspiring stories in print or online.

Upcoming Events and Information

(CORRESPONDING SECRETARY'S REPORT)

Please make flyers available for your meetings

MBI

MASS BAY INTERGROUP NEWS & EVENTS

"Thankathon" - Thursday, Nov 23, Thanksgiving
 7 am – 1 pm. Hourly meetings focusing on Gratitude.
 Last meeting ends at 1pm. Johnson Room
 Lawrence Memorial Hosp., Medford

Steps 10, 11 - MBI Workshop - TBA (early Dec.)

Step 12 - MBI Workshop

Saturday, Dec 23 – Step 12 and Gratitude
 Speakers & Discussion, 10:30 – 11:30 am
 Lawrence Memorial Hosp., Johnson Room, Medford

STATE NEWS & EVENTS

Other MA Intergroup Events

International Day Experiencing Abstinence

"I.D.E.A. Day" Event – Saturday, November 18
 10 am-1 pm. Hosted by MetroWest Intergroup.
 This workshop uses writing exercises, group
 brainstorming and discussion to explore the meaning
 of "abstinence".
 Framingham Union Hospital
 Perini Auditorium,
 115 Lincoln St, Framingham.

REGION 6 NEWS & EVENTS

NEW ADDRESS FOR REGION 6 DONATIONS:

Region 6 Treasurer
P.O. Box 644
Peabody, Mass 01960

See the **Region 6 website** for more information
 about these, other events and news in the Region
 6 area, www.oaregion6.org. (Region 6 trustee
 contact: Region6trustee@gmail.com)

OA WORLD SERVICE NEWS & EVENTS:

**November 18 - IDEA: International Day
 Experiencing Abstinence.**

Celebrated the third Saturday in November, this
 day encourages OA members worldwide to begin
 or reaffirm their abstinence from compulsive
 overeating. See info on local events!

**December 12th (and the 12th of every
 month): Twelfth Step Within Day --** A day to
 focus on carrying the message to OA members
 who are in relapse or still suffering from
 compulsive eating. It can be as simple as making
 a call to a program member who you haven't seen
 in meetings for a while. Reach out! As OA's
 responsibility pledge states, "always to reach out
 the hand and heart of OA to those who still suffer;
 for this I am responsible".

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 the recordings.
 Tel.# 1-641-715-3818, code 925619.

** See page 4 for more OA World Service info.

***For news, events, announcements & info, see the websites:
www.oambi.org; www.oaregion6.org; www.oa.org***

The Next MBI Meeting Date – Save the Date!

Saturday, November 18, 2017

**10:30 A.M. – 12 P.M. - Lawrence Memorial Hospital
 Gallagher Conference Room**

BOARD & COMMITTEE CHAIRS *

MBI CHAIR
 Mary P. (Quincy)

VICE-CHAIR
 Suzanne (Newton)

CORRESPONDING SECRETARY
 Cathryn (Georgetown)

RECORDING SECRETARY
 Paulina S. (Lexington)

TREASURER
 Jean B. (Revere)

COMMITTEE CHAIRS

OFFICE
 Jean B. (Revere)

YOUNG PEOPLE/PROFESSIONAL OUTREACH
 And **MEDIA & PUBLIC INFORMATION**
 Cathy B. (Lowell)

COMMUNICATIONS
Newsletter:
 Verna K. (Arlington)

Webmaster:
 Jeanne K. (Chelmsford)

12 STEP
 Dave D. (Arlington)

BYLAWS
 Interim Chair - Sally S. (E. Boston)

*** To reach any of the members in these service positions, contact the MBI office. See info below.**

**MASSACHUSETTS BAY INTERGROUP
 OF OVEREATERS ANONYMOUS**

P.O. Box 74,
 7 CENTRAL ST., SUITE 209
 ARLINGTON, MA 02476
 (781) 641-2303

EMAIL: info@oambi.org
 WEBSITE: <http://www.oambi.org>

OFFICE HOURS:
 MON., WED., FRI.: CALL FOR APPOINTMENT

OA '90 Day' Telephone Meetings *
 Times listed are E.S.T.

Sunday 8-9AM (Big Book Disc)
 Dial-In: (712) 432-5200 Access Code: 6320348#

Sunday 8:30-9:30AM (Men's meeting)
 Dial-In: (605) 468-8010, Access Code: 267533#

Sunday 2-3pm (Big Book Disc)
 Dial-In: 712-775-7031, Access Code: 749342#

Sunday 8-9pm (Spkr/Disc)
 Dial-In: 515-604-9742, Access Code: 152802#

Monday 10-11am (For Today/ Disc)
 Dial-In: (605) 475-2090, Access Code: 79822#

Monday 6-7pm (Spkr/Disc)
 Dial-In: (605) 475-4700, Access Code: 155081#

Monday 8-9pm (BB/ Discussion)
 Dial-In: (218) 844-1930, Access Code: 4134252#

Tuesday 9:30-10:30am (Women's meeting)
 Dial-In: 712-432-8773, Access Code: 12365#

Tuesday 4:30-5:30pm (Spkr/Disc)
 Dial-In: 712-775-7035, Access Code: 318539#

Tuesday 7-8pm (Spkr/Disc)
 Dial-In: (605) 475-4850, Access Code: 197132#

Tuesday 8-9pm (Spkr/Disc)
 Dial-In: (641) 715-3570, Access Code: 171863#

Wednesday 10-11am (Spkr/Disc)
 Dial-In: (712) 451-1095, Access code: 106702#

Wednesday 1-2pm (Spkr/Disc)
 Dial-In: (218) 844-1930, Access Code: 105047#

Wednesday 7:30-8:30pm (Spkr/Disc)
 Dial-In: (712) 775-7100, Access Code: 897214#

Thurs 8-9pm (Spkr/Disc)
 Dial-In: (713) 936-6996, Access Code: 135103#

Friday 9-10am (Spkr/Disc)
 Dial-In: (712) 770-4160, Access Code: 156173#

Friday 6-7pm (Spkr/Disc)
 Dial-In: (641) 715-0863, Access Code: 713226#

Saturday 8-9am (For Today/ Disc)
 Dial-In: (712) 432-5200, Access Code: 6320348#

Sat 10-11AM (Spkr/BB/ 12+12)
 Dial-In: (605) 475-2090, Access Code: 155901#

Saturday 4-5:15pm (Spkr/Disc)
 Dial-In: (712) 432-3900, Access Code: 301187#

* 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.

* For a complete list of meetings see 'OAMBI.org' website