



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

OCTOBER 2017

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MBI CHAIR REPORT – OCTOBER 2017

Tradition 10: “Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.”

Reflecting on this tradition, I appreciate that when I come into an OA meeting, it is usually a conflict free zone. We don’t take any stand for or against any outside issues.

“Our members come from many areas and backgrounds, and we have many shades of opinion on every issue. If OA were to take a stand on one of these, we would immediately alienate some of our own membership as well as many of our fellow sufferers outside OA. By allowing controversy over outside issues to drive away people who need the recovery OA has to offer, we would take a step backward from our primary objective of carrying our message to the compulsive overeater who still suffers. . . . As individuals we are free to believe in and work for any cause we choose. The tenth tradition asks us to leave these issues outside when we walk through the OA doors.” The 12 Steps and 12 Traditions of Overeater’s Anonymous, pp 185-186.

In reading the materials I have on Tradition 10, I found that we are encouraged not to advocate for or to criticize outside causes including expressing opinions on diets, religions, nutrition, food plans or other 12 step groups. It seems clear that this includes politics. What a relief that we have this tradition since the news can be overwhelming these days. Thinking about diets, food plans and nutrition being outside issues has been

thought provoking to me. I know that, over the years, I have talked with individuals who were confused or pushed away from OA by the overly zealous efforts of someone who was pushing their food plan as the only “right” way. I appreciate the reminder that a food plan is a personal issue similar to finding our own relationship with that Power that is greater than us.

This past weekend was our second annual MBI Retreat. It was wonderful to be there. There were a lot of people participating in our retreat who did service by leading sessions on the 12 Steps, leading OA meetings, meditation sessions and various activities. There were participants who were relatively new to program and many with years of abstinence. There was simple and abstinent food. There was a joy in being together with others in OA for a whole weekend, learning together, getting to know each other, and having fun together as well. To all who were involved, **thank you** for helping make our retreat a success!

Looking forward, there is going to be another **Coming Back to OA** workshop on November 4th, 10:30 am to Noon at Lawrence Memorial Hospital. This will be **Part III – A New Beginning – “I’m abstinent, Now what?”** These workshops are particularly oriented to those who are or have been struggling with abstinence or with relapse. The workshops are open to all. Abstinence is not required. See page 5 for more MBI events.

In grateful service, Mary P (Quincy)

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OA Tradition 10

"Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy."

MBI NEWS !

MBI TREASURER'S REPORT- AUGUST 2017

Income	2251.03
Expenses	1207.05
9/19 check bal.	5178.10
9/19 savings bal.	4005.17
Income over expenses	1043.98

Our income for August was split almost evenly between group donations and retreat entries with the addition of \$50 from the MBI 7th tradition and \$27 from the 7/22 workshop. We received \$1124.03 from 9 meeting groups, thank you to all who donated; a list follows this report. 6 retreat entries at \$175 each is \$1050.00, though it was later offset by a request for a refund at the end of August (see expenses).

Our expenses were mostly routine: website, webmaster, office rent, phone/internet, and paying Pat (who did a great job with the extra questions coming in about the retreat). We did have 1 retreat refund for \$175, and paid Lawrence Memorial donations \$100 for 2 MBI meetings (July and August) and 2 workshops. I ordered a new supply of checks for \$77.59 which should last us for several years; the new checks now include the office phone number.

September expenses should be reasonable. More retreat entries and group donations are coming in and we should be able to pay for the retreat out of our checking account without needing to tap into our prudent reserve (savings account). In October, we will make our quarterly donations to Region 6 and World Service.

Respectfully submitted, Jean B., MBI treasurer

MBI Fall Retreat: A more detailed report will be in the November MBI Newsletter.

GROUP DONATIONS - AUGUST 2017

268.63	Newtonville Sun. PM
137.00	Medford Fri. PM
28.00	Chelmsford Sat.PM
113.40	Reading Wed.AM
120.00	Cambridge Sat. AM HOW
100.00	Medford Sun.AM
100.00	Reading Tues. AM
57.00	Chelsea Sat. AM Men's
200.00	Readville/Hyde Park Wed.PM
1124.03	Total group donations

Thank you! Jean B., MBI Treasurer

MBI OFFICE REPORT – SEPT. 2017

The office is running well. Verizon, our phone/internet service, wants to upgrade us to their FIOS service at no additional charge. They have agreed to hold off until after the retreat so we don't lose service during the switchover. I will coordinate this with Pat at the office and the building management (they may need to get into wires in the building; they did back when we moved in).

In service, Jean B., Office Committee

OFFICE ACTIVITY REPORT – SEPTEMBER

Phone Calls	20
Emails received	22
Checks Received	12
Newcomer Packets sent	21
Professional Pkts sent	3
Sept. Newsletter mailed	Yes

Pat, OA MBI Office Secretary

WEBMASTER REPORT - October 2017

On September 25, 2017, 253 newsletters were emailed to our subscribers. A banner was put on the website to announce retreat registration and information update. I also put the flyer with the retreat information on the website, and added the event - Coming Back to OA Part III with the flyer. During the month the website was updated with the most recent newsletter (September), the highlights, the OA 90 day Telephone meeting list, and the upcoming events as usual.

Jeanne K., OA MBI Webmaster

PROFESSIONAL OUTREACH COMMITTEE

Service Saves Lives!!! Carrying the message to Doctors, Nurses, Medical schools, Nurse Education programs, Therapists, Employee Assistance program staff, Clergy & Spiritual Advisors, and more!! Call Pat, our Office Manager at the MBI office, 781-641-2303 or email her at info@oambi.org for a free packet to be sent to professionals who come in contact with Compulsive Eaters, Overeaters, Bulimics, Anorexics, food addicts, etc. Contact Cathy B at 978-866-9454 for more info and/or come to the October 21st MBI Intergroup meeting to help in this noble service.

PUBLIC INFORMATION COMMITTEE

Service Saves Lives! In November, the MBI Public Information Committee has made a commitment to find volunteers to **staff an OA table at the Cambridge Health Alliance Annual Wellness & Benefits fairs.**

Volunteers are still needed for the following:
 Monday, 11/6 at Cambridge Hospital: one person for 10:30am to 12:30pm.
 Tuesday, 11/7 at Commerce Place in Malden: two people from 10:30am to 12:30pm.
 Wednesday, 11/8 at CHA Somerville Hospital: one person from 10:30am to 12:30pm.
 Thursday, 11/9 at CHA Everett Hospital: one person from 12:30pm to 2:30pm.
 If you are able to help any of these times, please send an email to info@oambi.org and put in the subject line "Please forward to Mary P, volunteer for CHA fairs" and in the email your name, phone number and the time you are willing to volunteer.

Perhaps you can do this service with an OA friend.

Cathy B., MBI PO/PI Chair

12 STEP COMMITTEE REPORT – OCT. 2017

As fall is underway, I'm reminded that abstinence and working the 12 Steps leads to living life with a humble and grateful presence which, in my experience, is unparalleled.

The Fall MBI retreat was a resounding success.

The October Step 6 & 7 Workshop was attended by six people, as well as two speakers and myself. The feedback was quite positive and we look forward to the

Steps 8 & 9 Workshop Saturday 10:30am to Noon in the Johnson room at Lawrence Memorial on October 28. All are welcome. Also, remember the **Thankathon**, six hour-long consecutive meetings which begin at 7 AM and run on the hour until 1 PM on Thanksgiving Day, also in the Johnson room at Lawrence Memorial Hospital in Medford!

MBI also invites you to **Coming Back to OA: A New Beginning** – "I'm abstinent, now what?" – Part III. It will be Saturday, November 4 from 10:30 AM to Noon in the Johnson room at Lawrence Memorial Hospital.

Dave D., MBI 12 Step Committee Chair

MBI MEETINGS DATES – 2017

- August 19
- September 23
- October 21**
- November 18
- December 16

Next MBI Meeting:

Saturday, October 21
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***

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.

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:

Step 10: "Continued to take personal inventory and when we were wrong, promptly admitted it." This week the speakers share their stories of their experience, strength, and hope. Both speakers describe their personal experience with Step Ten. Perseverance is the spiritual principle of this Step. Continuing to do a personal inventory daily helps us identify character defects and feelings that come up unexpectedly and see if we need to make amends to anyone. Working with a sponsor also helps us with the process of Step Ten. We cannot rest on our laurels if we are to continue our journey of recovery on a daily basis. Download at oa.org/wp-content/podcasts/step-10-Oct-11-2015.mp3

TAKE A WALK DOWN TRADITIONS

"Developed through long and sometimes painful experience, the Twelve Traditions embody spiritual Principles for living. Those who have studied them carefully have found that these Traditions can be applied effectively to all human relationships, both inside and outside OA.... as we come to understand them better, we will be better able to keep OA strong and healthy and ourselves spiritually fit in the face of all challenges." – The Twelve Steps & Twelve Traditions of Overeaters Anonymous 2017.

As part of our work on our Strategic Plan under the topic of Growing OA Unity Worldwide a committee has been working on a set of brief presentations that will introduce and then cover each of our twelve traditions. See the three minute intro at <https://vimeo.com/226014346>

New Public Information Poster Now Available

Packaged in sets of twenty, the professionally printed, 8 ½" x 11" poster has easy-tear, perforated tabs, guiding newcomers to OA's Fifteen Questions via oaquiz.org. There is also space to add your meeting's location and contact details. Increase awareness of OA and attract newcomers to your meeting! View it under "What's New" at oa.org/new-public-information-poster-now-available/.

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. Stay tuned for upcoming local events!

WSO NEWSLETTER

Third Quarter 2017 issue of **A Step Ahead** is now available for download in an interactive color edition at oa.org/files/pdf/asa-q3-2017.pdf or in printer friendly black and white at oa.org/files/pdf/asa-q3-2017-bw.pdf.

Anyone can write an article for Lifeline!

For February Topics - Submit your Lifeline Story Before 10/15/17

Unity Day Unity Day is February 24, 2018 at 11:30 a.m. PST. Share your experience of OA unity, a Unity Day celebration, or Tradition One.

What Do You Want to Read in Lifeline?

Send us your ideas for Lifeline monthly topics in 2018. Email suggestions to info@oa.org with subject "Lifeline Topics" or mail them to:
Lifeline
P.O. Box 44020, Rio Rancho, NM 87174-4020 USA.
Deadline: April 30, 2017

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 to your meeting

MBI / MA STATE NEWS & EVENTS

Saturday, October 28, Steps 8 & 9 Workshop
 10:30am – 12 Noon, Speakers & Discussion
 Johnson Conf. Room, Lawrence Mem. Hosp., Medford
[Click here for Step 8 & 9 Workshop Flyer](#)

Saturday, November 4 – Workshop
Coming Back to OA: A New Beginning Part III
 Panel of speakers on Tools. All are welcome!
 Johnson Room, Lawrence Memorial Hosp., Medford,
 10:30 AM to Noon.
[Click here for Coming Back to OA Part III flyer](#)

Thursday, Nov 23, Thanksgiving “Thankathon”
 7 am – 1 pm. Hourly meetings focusing on Gratitude.
 Last meeting ends at 1pm.

MBI Opportunities to give service: In November, MBI is helping Cambridge Health Alliance by staffing an OA table at their Annual Wellness + Benefits Fairs, November 6th, 7th, 8th and 9th at four different locations, 10:30am to 2:30pm. See Public Info Committee report for more details – page 3.

Other MA Intergroup’s Events

Saturday, October 28, Fall Sharathon
 9 – 2 pm. Hosted by the Central MA Intergroup at Unitarian Universalist Church, 90 Holden St., Worcester. For Information go to centmassint.org

Saturday, November 4, One-Day Workshop “Experiencing the Steps”, 1- 4:30 pm.
 Hosted by North Shore Intergroup.
 Church of the Good Shepherd, 95 Woburn St. Reading.
 For Information – Call Leslie (Tel. #781-276-7999 or email: leslie@withloveandgratitude.com)

REGION 6 NEWS & EVENTS

Region 6 Convention
OCTOBER 20-22, 2017 – Toronto, Canada
 “Stepping up for Recovery 2017” **Registration:**
 \$75 CAD at the door. [Download flyer here.](#)
<http://oaregion6.org>

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. Stay tuned for upcoming local events!

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.

For a complete list of all **meetings** – in person/ live, telephone & online meetings, please visit the OA World Service website: www.oa.org.

** 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, October 21, 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 *
All times 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: 712-775-7100, Access Code: 897214#

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: (218) 548-2828, Access Code: 4673#

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 the complete list see the 'OAMBI.org' website