



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

DECEMBER 2017

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MBI CHAIR REPORT – DECEMBER 2017

Tradition 12: Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

Wow, anonymity is so integral to OA, that it is part of our name. Anonymity was my safety net when I came back after 32 years, terrified, desperate and out of hope. Thank You HP, God, Universe, Tree of whatever you choose to call it. All I know is it's not me and it is real. It's as real as my powerlessness over food. It's as real as "the Secret Awe" I experience through working the Twelve Steps, the Twelve Traditions and practicing the principles in all my affairs.

Paradoxically, anonymity plays another role in my life. It teaches me that I am "just another Bozo on the bus." What a relief to be just like everyone else—no better, no worse. I've given up living on that bottom rung of the imaginary ladder of self worth. Today I know in my innermost being, that I am worthy of all the goodness my Higher Power makes available to me. It's there for the taking. Sometimes it may come with difficulty or sorrow but that's the reality. We must "accept life on life's terms."

Lastly, what are these principles we place before personalities? Each is associated with one of the Twelve Steps.

- Step One – Honesty
- Step Two – Hope
- Step Three – Faith
- Step Four – Courage
- Step Five – Integrity

- Step Six – Willingness
 - Step Seven – Humility
 - Step Eight – Self-Discipline
 - Step Nine – Love
 - Step Ten – Perseverance
 - Step Eleven – Spiritual Awareness
 - Step Twelve – Service
- With each Step we grow. No one ever reaches perfection, but with each Step we grow physically, emotionally and spiritually. The best part is we do it again and again. It's the journey of a lifetime. What a trip!

Respectfully submitted, Suzanne D.,
MBI Vice-Chair

Thank you Suzanne!

During our December meeting we will be electing officers (Chair, Vice-Chair, Corresponding Secretary and Recording Secretary. Current officers were nominated for 2018. Jean B is in her last term as Treasurer which ends a year from now.

We have finished our Intergroup Inventory. I hope to be able to say in the January Chair Report that it has been written up. We plan to post it on our website in case you are interested in looking at it.

As this year comes to a close, we wish you a healthy, abstinent and meaningful Holiday Season. Thank you all for your support of Mass Bay Intergroup!

In grateful service,
Mary P, MBI Chair

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OA Tradition 12

"Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities."

MBI NEWS !

MBI Treasurer's Report - October 2017

Income	\$4,142.60
Expenses	\$7,129.85
Checking Balance (11/15)	\$2,684.03
Savings Balance (11/15)	\$4,005.24
Expenses exceed income	\$2,987.25

October was a very busy month! We took in \$1,225 in retreat entries, \$2,863.60 in group donations (thank you to all groups who donated, see list below), \$12.00 from sales of newcomer packets, \$15.00 from the Sept. workshop, \$27.00 from the MBI 7th tradition.

On the expense side, the big expense was the retreat, \$5,048.00 for 36 people (\$6,048 less the \$1000 deposit paid in advance). Other expenses included \$175 for a retreat refund, \$22.75 for website, \$320 to Pat for her office work, \$100 to Pat to renew the petty cash fund which is used for postage, \$25 deposit to Region 6 for the IGOR workshop (I believe we will get that back), \$425 for office rent, \$50 to the hospital for MBI meeting and workshop, \$50 for webmaster, \$151.78 for Verizon, \$262.32 for OA literature, and \$250.00 each as donations for WSO and Region 6.

Upcoming expenses will include our insurance bills: Liability Insurance bill for our meetings will arrive in late November; the office insurance bill will arrive in January.

We are in good financial shape for the year end. Remember that donations to MBI make great gifts to honor your sponsor, your program friends, or gratitude for your abstinence. Make checks payable to MBI and mail to MBI, PO Box 74, Arlington MA 02476-0001. If you need donation envelopes, please let me know.

Jean B., MBI treasurer

October 2017 group donations

\$270.00	Reading BBSS Tues. AM
\$240.00	Carney Sat. AM
\$120.00	Lowell Mon. PM
\$150.00	Weymouth Thurs. AM
\$313.20	Medford Sun 8AM
\$80.00	Medford Fri. PM
\$100.00	Reading Wed. PM
\$120.00	Stoneham Mon. PM
\$276.00	Newtonville Sun. PM
\$48.00	Chelsea men's Sat. AM
\$250.00	Lynn Sat. AM
\$896.40	Newton Wellesley Sat. AM
\$2863.60	Total

MBI Office Report - October 2017

The office is running well. Pat was able to shift some files to make room for additional storage and when I was at the office for the Fios installation I was able to label the drawers to indicate which were empty. The morning of the October MBI meeting Sally brought MBI material she had stored at her home and several people sorted through it before the meeting and packed it into bags. After the MBI meeting, Cathryn and I brought the material to the office and put it into file folders in the empty drawers. There is more file space available if needed.

Jean B., Office Committee

OFFICE ACTIVITY REPORT - November

Phone Calls	8
Emails received	13
Checks Received	9
Newcomer Packets sent	4
Professional Pckts sent	0
Goldenrod Flyers	400
October Newsletter mailed	Yes

Pat, OA MBI Office Secretary

WEBMASTER REPORT - December 2017

On November 22, 2017, 255 newsletters were emailed to our subscribers. We had 1 new subscriber and 3 unsubscribers. During 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, etcetera. Contact Cathy B. (Lowell) cell # 978-866-9454 and/or come to the October 21 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 – Dec. 2017

Go to meetings, go to meetings, go to meetings! Sage advice, and that wisdom became clearer at this years' **Thank-a-thon**. I was there from 7am to noon, and was impressed with the recovery and support that the back to back meetings offered, individually and as a variable series. Several of the meetings were quite full, some folks stayed for more than one, and all of the meetings were full of sharing. Many stories were of the difficulties of the Thanksgiving holiday for food addicts, the joy of abstinence and clearer connections with friends and family and useful ideas for continued abstinence. I felt an amazing sensibility that this food centered holiday can be gotten through without getting into the food. The spirit of the Thank-a-thon is stretching into the holidays with a pre-Christmas eve meeting on the 12th Step, and a Christmas day meeting for any of us to partake in, as Higher Power moves us.

Here is a list of the **meetings/workshops**—all of them will be in the Johnson Room at Lawrence Memorial Hospital in Medford:
Steps 10 and 11 Workshop, **December 16**, 1 to 2:30pm.
Step 12 and Gratitude, **December 23**, 10:30 to 11:30am.
Christmas Day OA meeting, **December 25**, 8 to 9am. Two 90 day speakers with sharing if time allows.

Dave D., 12 Step Committee Chair

Next MBI Meeting:

Saturday, December 16
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***

MBI MEETINGS DATES – 2018

- January 13**
- February 10**
- March 17**
- April 21**
- May 12**
- June 9**
- July 14**
- August 11**
- September 8**
- October 13**
- November 17**
- December 8**

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 12 "Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs." The principle of Step Twelve is Service. The Step Twelve workshop speakers share their individual stories of recovery and how giving service in all its forms has enriched their lives. The literature referenced was the *Alcoholics Anonymous* Big Book, and *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*.
oa.org/files/mp3/Edited-Step-Twelve-Dec-13-2015.mp3

What is "Twelfth-Step-Within"?

Carrying OA's message of recovery to those who still suffer within the OA Fellowship and addressing relapse, relapse prevention, and member retention. These topics are addressed in The Twelfth-Step-Within Handbook and by the Conference Twelfth-Step-Within Committee. This member shares how she was a chronic relapser for many years and how the principles discussed in this handbook have helped her get and stay abstinent for more than 10 years. She mentions many of the OA resources in this valuable handbook including ways to carry the message, sponsorship suggestions, suggestions for workshops and retreats, a suggested a format for recovery at oa.org/files/pdf/recovery_from_relapse_meeting_format.pdf, and talks in detail about using her favorite part of [The Twelfth-Step-Within Handbook](http://TheTwelfth-Step-WithinHandbook) ([Click for bookstore](#)), the 30 "Slipping and Sliding" questions. The podcast is available at| oa.org/wp-content/podcasts/Dec7_12StepWithinHandbook.mp3

Three OA Guidelines Updated:

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

Plus: Don't miss OA's new Speaker Statement included in *Guidelines for OA Events*. 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!

May/June Topics(Deadline: 1/15/18)

Recovery and Relationships How has recovery affected relationships with family, friends, or your spouse or partner? Did relationships end or improve? Were there struggles along the way? What practical changes in your relationships helped you keep your abstinence and maintain your recovery? How has practicing the Traditions helped?

Sexuality and Intimacy in

Recovery How has physical, emotional, and spiritual recovery affected your sexuality and the role of intimacy in your life? Has recovery helped you overcome sexual abuse or find a new harmony with your sexual identity? What gifts has program given you in this area of your life?

Submit a Lifeline story directly through oalifeline.org/lifeline-submission/

Subscribe to Lifeline today at the new beautifully done <http://oalifeline.org/>.

Upcoming Events and Information

(CORRESPONDING SECRETARY'S REPORT)

Please make flyers available for your meetings

MBI

MASS BAY INTERGROUP NEWS & EVENTS

Steps 10, 11 - MBI Workshop

Saturday, December 16, 1 – 2:30pm

Speakers & Discussion – Step 10 & Step 11
Johnson Room, Lawrence Memorial Hosp., Medford

Step 12 - MBI Workshop

Saturday, Dec 23 – 10:30 – 11:30 am

Step 12 and Gratitude, Pre-Holiday support
Speakers & Discussion – Step 12 Gratitude sharing
Lawrence Memorial Hosp., Johnson Room, Medford

Christmas Day OA meeting – 8 to 9 am

Two 90-day speakers; sharing as time allows.
Lawrence Memorial Hosp., Johnson Room, Medford

REGION 6 NEWS & EVENTS

Upcoming Assemblies:

2018: April 14th, [Radisson on Wolf Road](#)

2018: September 29th, [Radisson on Wolf Road](#)



**PORTLAND, MAINE 2018
WE LIGHT THE WAY
REGION 6 CONVENTION**

Click the picture above to go to the Convention
Website at oaregion6.org/2018/

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:

OA's Birthday

January 20, 2018 is OA's 57th Anniversary!

We gratefully acknowledge Rozanne S's service in
founding our wonderful fellowship. No events
have been planned by our Intergroup.

Unity Day

February 25 11:30 a.m. PST — (last Saturday
of February)

This day recognizes the strength of the Fellowship
worldwide. On the last Saturday in February, at
11:30 a.m. pacific standard time, OA members
pause to reaffirm the strength inherent in OA's
unity.

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, December 16, 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: 641-715-0867 Access Code: 616525#

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: 605-475-2875, 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: 641-475-2090, Access Code: 242083#

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

Saturday 4-5:15pm (Spkr/Disc)
Dial-In: 712-451-0921, Access Code: 911188#

* 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