



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

JANUARY 2018

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MBI CHAIR REPORT – January 2018

Step 1: We admitted we were powerless over food—that our lives had become unmanageable.

The beginning of this New Year feels like a very fitting time to reflect on Step 1. I got started in OA in September, 2002. I was 60 years old. I grew up in a family, the second of six kids, where eating was a central pleasure we all shared. My mother was a stay at home mom and a really good cook. Her specialty was focused on foods we all liked. The only restrictions I remember were to not eat the foods being prepared for a special occasion until that occasion arrived. Good food was my mother's way of showing love.

My dad was a compulsive eater and gained weight as he aged. My mother was a dieter. When I was in about the 8th grade, I started dieting with her. No one ever pushed me to diet. I did it because I felt like I was too fat. When I look back at photos from those years, I can see that I wasn't as fat as I felt. I continued dieting until I was in my later 50s. It worked some of the time, but eventually I always returned to eating too much and regaining the weight I had lost. In my late 50s, I started worrying about becoming diabetic. I worked as a nurse and there was diabetes in my family. Besides, I just didn't feel good. I felt generally tired. I knew I was eating too much sugar and I could not get myself to give it up.

I do not remember how I first heard about OA. I knew about 12 Step programs and probably heard about OA through my work. I tried

several meetings before finding a meeting really close to home, a small meeting where I felt right "at home" from the start. I knew, without a doubt, that I was powerless over food. Accepting that my life "had become unmanageable" took a lot longer for me—I did not see it at that time. If only I could eat in a more sane and healthy way, I thought I would be fine.

The first word of this Step is "We". All of my dieting had been done essentially alone. I love that this is a "we" program. I think that is part of why OA has worked for me. I have no doubt that my Higher Power, who I generally think of as God, led me in the doors. I feel at home with everyone in our rooms, brought together by our struggles with food. I look forward to meeting more of you this year at a meeting, or perhaps in our fall retreat. We are in the process of working out the details. It will be at the Espousal Center in Waltham on Columbus Day weekend, October 5-7. You will hear more about it in the months to come.

In grateful service, Mary P (Quincy)

Please Note / Assistance requested:

We in MBI are looking for a dark blue table cover that we have used for OA tables at conferences and fairs in the past. It seems to have gotten lost. It has Overeaters Anonymous in large letters along one side. We would appreciate your help asking around for any clues about its whereabouts. Thank you for your thoughts and assistance in this.

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OA Tradition 1

"Our common welfare should come first; personal recovery depends upon OA unity."

MBI NEWS !

MBI Treasurer's Report November 2017

Income	\$1,325.29
Expenses	\$1,284.37
Checking Balance 12/13	\$2,461.71
Savings Balance 12/13	\$4,005.27
Income over expenses	\$40.92

Income this month included \$1,034.50 in group donations, thank you to all who donated, see list at the end of this report. Other income included \$34.00 in sales for newcomer packets, \$33.00 from workshops, \$30.00 from MBI 7th tradition collection, and \$193.79 from the Thankathon. Not included in the income total was the voided expense check for the Region 6 IGOR Workshop, a \$25 deposit that was returned because our attendees showed up for the workshop and the expense was added back.

Expenses were mostly routine for Pat at the office, webmaster, and office rent. Once per year expenses were \$15 reporting fee to the state for our non-profit status, \$94.40 for Thankathon donation to the hospital, and \$214.95 for webhosting, including \$200 for annual webhosting fee, and \$50 for raffle gift for R6 convention. We donated \$50 to the hospital for Nov. MBI meeting and the workshop. Our Verizon bill was originally over \$240 then down to \$165.02, was reduced by an adjustment for a fee we were charged for changing our plan since we had to change it due to the Fios conversion. I called Verizon customer service and they agreed we were charged in error and took the charge off along with associated charges, over \$80 total. I will watch the next bill to make sure we are billed correctly. There is a \$10 fee for a router which we will be paying each month because it is required for the service but otherwise the charges should be similar.

In December we have our annual liability insurance for \$690 (which has been paid as of this report), in January the office insurance bill and our quarterly donations to Region 6 and

World Service will be due. We are in good financial shape thanks to our group donations.

Jean B., MBI treasurer

Group Donations November 2017

\$150.30	Wellesley Wed. noon
\$93.90	Swampscott Wed. PM
\$100.30	Reading Tues. AM
\$195.00	Dedham Mon PM
\$120.00	Reading Wed. AM
\$100.00	Medford Sat. AM
\$200.00	Readville/Hyde Park Wed. PM
\$75.00	Milton Wed. PM
\$1,034.50	<u>Total</u>

MBI Office Report November 2017

The office is running well, no problems reported with the new Fios system. We sent Pat her annual holiday bonus in early December and she sent a thank you note. There is some file storage space available in the office file cabinets.

Jean B., office committee

OFFICE ACTIVITY REPORT - December

Phone Calls	11
Emails	3
Checks Received	10
Newcomer Packets Sent	15
Professional Packets Sent	3
Goldenrod Flyers Sent	35
December Newsletter Mailed	Yes

Pat, OA MBI Office, Secretary

WEBMASTER REPORT - January 2018

On December 18, 2017, 252 newsletters were emailed to our subscribers. In November 3 people unsubscribed. The reason was not specified for two of the people, but one person considered it to be SPAM. 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. The Goldenrod Flyer (Is Food a Problem for You) was updated on the website to match the meeting list and the MBI meetings for 2018 were also added to the calendar.

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, etc. Contact Cathy B. (Lowell) cell # 978-866-9454 and/or come to the next 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 – Jan. 2017

December was a tough month, with the shortest day of the year on the 21st. All fall it gets dark and cold and on the 22nd the days start getting longer and hope springs anew. Before we knew it here we are in January! It makes sense that the 12 steps are all about service because without service, without each other, miracles of program don't happen. Miracles happen together: going to meetings, making calls, giving and getting support: it's all service. Service and surrender can carry us thru January, the rest of winter, and the rest of our lives. To all, Happy New Years!

Dave D., 12 Step Committee Chair

***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

**HELP WANTED -
PLEASE SPREAD THE WORD**

Pat, our faithful office staff member, is moving to New Hampshire around February 20 of this year. She has been a wonderful help to our intergroup. If you are interested in this position or if you know someone who might be, please contact us or give this information to the person who is interested.

Some information about this position: It is a very part time, independent contractor position, usually 2-3 hours/week, with no benefits. The hours are flexible. Computer skills are essential, office work experience is very desirable. Ability to work independently and cooperatively is also essential. The MBI office is in Arlington - 7 Central St. on the 2nd floor and there is no elevator, so you must be able to walk up and down stairs and walk to and from the nearby post office to pick up mail and to mail letters and packages as needed. The building has limited parking and on-street parking is also limited, but Central St. is right off Mass Ave. so it's T-bus accessible. The typical work week is 1 hour/day 3 days a week and Pat is willing to train the chosen candidate.

If you are interested in finding out more about this position, send an email (info@oambi.org) or leave a message (781-641-2303) with Pat in the office. Jean B. or Mary P. will contact candidates to schedule an interview.

NEWS FROM OA WSO

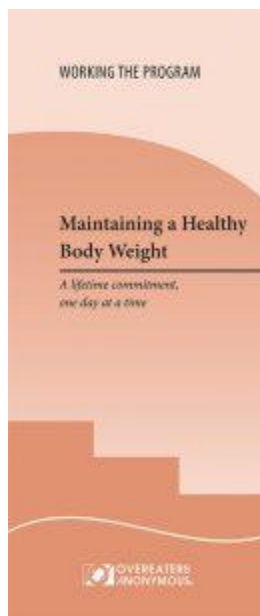
For news from the World Service Office, to order books and pamphlets, to get all meeting information, for Podcasts about OA, to learn about writing opportunities, and much more - see - www.oa.org. Check with your Intergroup Rep to get any WSO information if you don't use a computer.

PODCASTS AVAILABLE ON OA WEBSITE:

Step One - "We admitted we were powerless over food - that our lives had become unmanageable." "Workshop leaders emphasize the importance of the Steps by reading the Introduction to the Twelve Steps "...Since our program is based on the Twelve Steps, we would like to offer here a study of those Steps, sharing how we follow them to recover from compulsive eating. We hope in this way to provide help for those who still suffer from our disease..." (p. ix: *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*.) The speakers discuss each aspect of Step One, sharing their experience, strength, and hope on how Step One relates to their beginning and ongoing recovery. References The Twelve Steps and Twelve Traditions of Overeaters Anonymous, *The Twelve -Step Workbook of Overeaters Anonymous*, *Voices of Recovery*, (January 1), and the story, "Freedom of Choice" (*Abstinence, 2nd Edition*). www.oa.org/wp-content/podcasts/Step1_Jan11.mp3

"Now what?"

Use the "Maintaining a Healthy Body Weight" pamphlet for support in preserving your abstinence and "maintenance" weight. Revised with new stories from members experiencing different manifestations of our disease, the updated pamphlet also has more than a dozen suggestions from individual members for maintaining a healthy weight and now includes OA's Statement on Abstinence and Recovery. Find the new [Maintaining a Healthy Body Weight](#) (#310) in the OA bookstore.



OA e-Books Now Available for iBooks, Kindle, and Nook

Whether you prefer to **read OA-approved literature** on electronic devices or from a mix of e-readers and print books, you can now find **OA e-books** for popular e-readers and apps:

- [iBooks through Apple iTunes](#)
- [Kindle via Amazon](#)
- [Nook from Barnes and Noble](#)

The best way to find OA-approved literature in these bookstores is to **search by author for "Overeaters Anonymous."** There is a royalty share for all e-books purchased from these bookstores. To purchase books and other literature in print, visit bookstore.oa.org.

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!

July (Deadline: 3/15/18) [Click for More Info](#)

- Generally Speaking
- Celebrating OA's Freedoms

Generally Speaking Write on any topic you find meaningful.

Celebrating OA's Freedoms "The word freedom appears so many times in all of our literature, I began to think about the freedoms from my disease I gained by working each of the Steps . . ." (*Voices of Recovery*, p. 205).

What freedoms have you gained in OA?

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

MASS BAY INTERGROUP NEWS & EVENTS

Step 12 - MBI Workshop

Saturday, January 27 - Step 12 and Gratitude

10:30 – 11:30 am - Speakers & Discussion

Lawrence Memorial Hosp., Johnson Room, Medford

MA/NH STATE NEWS & EVENTS

Intergroup Events

Saturday, February 24th– OA "Unity Day 2018"

Newton Wellesley Hospital from 1:30 – 4pm.

See NorthShore Intergroup website for flyer & info:

<http://www.oanorthshoreintergroup.org/wp-content/uploads/2018/01/Unity-2018-Flyer.pdf>

New Hampshire Intergroup Retreat: Feb. 9-11

"Stepping into Spirituality". Greenfield, N.H.

See OA New Hampshire Intergroup website/Flyer.

www.oanewhampshire.org

REGION 6 NEWS & EVENTS

Upcoming Assemblies:

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

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



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 58th Birthday (1960)

January 20 — (third Saturday of January)

Fun Fact: OA has been celebrating its birthday for decades—in 1986, WSBC delegates voted to designate the third Saturday of every January as the annual celebration of the January 19, 1960 founding of Overeaters Anonymous.

Interested in OA history? Learn more! Read [I Put My Hand in Yours](#) and [Beyond Our Wildest Dreams](#)

Unity Day

February 24 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, January 13, 2018

**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
Open

*** 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