



OVEREATERS ANONYMOUS®

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MASS BAY INTERGROUP

MBI Newsletter

MARCH 2018

Page 1

MBI CHAIR REPORT – MARCH 2018

Step 3: "Made a decision to turn our will and our lives over to the care of God as we understood Him."

The Third Step prayer begins, "God, I offer myself to Thee . . ."

I came back to OA seven and a half years ago. I was powerless over food. In fact, food had become my god. I was an addict. I had no faith or trust in myself or anyone else. Food was how I got through each day and how I got to sleep at night.

When I came to that first meeting, in utter desperation, I was overcome by the spirit of that group in that room. It became all I needed to accept a Power greater than myself as stated in the Second Step.

It is no surprise to me that so many of us balk when Step Three directs us to turn our will and our lives over to the care of God as we understand Him. I had thrown the baby out with the bath water when I left the religion of my childhood in my twenties. The God I had incorporated into my being was a punitive father figure looking down from heaven recording my transgressions for judgment day.

Today I believe the strength and beauty of OA is that each of us is free to explore and define his or her own understanding of Higher Power. There is no dogmatic teaching or rule about this. It is each person's individual journey.

My own relationship with the God of my understanding is a work in progress. I am grateful to be living in recovery spiritually, emotionally and physically, one day at a time. I don't know what tomorrow will bring but I have the steps, my HP, and tools to handle whatever comes my way. To quote Dante (from 'For Today' p. 7), "The Infinite Goodness has such wide arms that it takes whatever turns to it."

Respectfully submitted by
Suzanne D., Vice-Chair

Thank you Suzanne for your writing on Step 3 for our March MBI Newsletter. Your caring service is deeply appreciated.

Those of us involved in the MBI monthly meetings, officers and intergroup representatives and committee chairs and others volunteering their service to MBI, completed our **MBI Intergroup Inventory** in December 2017. That document is now posted on the MBI Website. To find our Intergroup Inventory, go to the home page of the MBI Website (oambi.org) and click on "About MBI" at the top right corner of the page. Then, click on "Intergroup Inventory" at the bottom of the drop down list. I will be writing more about our next steps in the April MBI Newsletter.

We welcome our new office secretary! Welcome Marina! We are grateful that you found us. Thank you for your assistance in the MBI Office.

In grateful service, Mary P. (Quincy)

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OA Tradition 3

"The only requirement for OA membership is a desire to stop eating compulsively"

MBI NEWS !

MBI Treasurer's Report January 2018

Income	\$1,945.95
Expenses	\$3,293.42
Checking Balance 2/5/18	\$782.93
Savings Balance 2/5/18	\$4,005.34
Expenses exceed income -	\$1,347.47

January income was \$1925.45 in group donations and \$20.00 in MBI 7th tradition. Thank you to all the groups who donated, a list appears at the end of this report. There have been questions about the 60/30/10 donation system, so I wrote a separate article about that to help group treasurers who are unsure about how much to donate to MBI. Expenses in January were higher than usual as we paid \$1000 deposit for the October 2018 retreat and \$768 for our annual office insurance. Our office rent increased from \$425 to \$445 per month (this is consistent; last year's increase was also \$20 per month). Other expenses included \$98 for postage ahead of the rate increase, \$4.99 for Pat's 1099 (she is an independent contractor not an employee), \$11 for PI posters, \$4.80 for postage to send our annual financial info to our accountants, and \$250 each to Region 6 and OA WSO for our quarterly donations. We now have a new office worker who is training and carrying out the Office work. Thank you all for your support of MBI. Jean B., MBI treasurer

Group Donations January 2018

40.00	Medford Fri. PM
50.00	Anonymous 210
91.80	Medford Sun. 8AM
52.20	Medford Sun. 8AM
100.00	Medford Sat AM
150.00	Carney Sat. AM
38.00	Chelsea Sat. AM Men's mtg.
207.00	Reading Tues.AM BBSS
166.00	Wellesley Wed. noon
169.20	Medford Sun. 8AM
12.00	Wellesley Wed. noon
219.75	Swampscott Wed. PM
300.00	Lynn Sat. AM

90.00	Weymouth Thurs. AM
120.00	Stoneham Mon. PM BBSS
120.00	Reading Tues. AM BBSS
1925.95	Total

MBI Office Report January/February

The office is running well. We have a new secretary for our MBI office! More soon. Jean B., office Chair

OFFICE ACTIVITY REPORT - FEBRUARY

Phone Calls	10
Emails	15
Checks Received	7
Professional Packets made	5
Goldenrod Flyer Sent	25
February Newsletter sent	Yes
Marina, OA MBI Office Secretary	

WEBMASTER REPORT – February 2018

On February 15, 2018, 252 newsletters were emailed to our subscribers. 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. The banner looking for a new office person was removed. The link to "News from WSO" in the footer was updated to point to the February news from our World Service Office. Jeanne K., OAMBI Webmaster

PROFESSIONAL OUTREACH COMMITTEE

Service is Spiritual! Participate, don't isolate!! All are welcome at the Professional Outreach Committee which is part of the Mass Bay Intergroup which meets monthly. The PO committee works to get the message out to Hospital websites, Medical schools, Nursing colleges, Universities, Schools, to individual Bariatric Hospital units, surgeons, doctors, Therapists, Employee Assistance Program directors, Nutritionists and others!

OA MBI had a table at the Harvard Medical school Addiction Intervention & Treatment Conference this past Friday-Saturday, March 2-3. MBI provided the OA 90 day Phone Meetings list, the MBI Meeting directory, the Anorexia/Bulimia recovery articles from "Lifeline", the most recent edition of "The Courier", the OA World Service office newsletter geared to Professionals. There was literature geared

to professionals whose clients/patients include compulsive eaters / overeaters / food addicts. This is a great service and a special way to do service and carry the message of OA to professionals who are working with many who suffer. Thank you to all who volunteered.

PUBLIC INFORMATION COMMITTEE (PI)

Service is Spiritual!! Please join the Mass Bay Intergroup Public information committee to help carry the message to compulsive eaters / compulsive overeaters / food addicts who still suffer. You may choose to send a Public Service Announcement to a print or electronic Newspaper Editor, volunteer at the OA table at a local Health Fair, send out the OA World Service Office CD-PSA to Radio broadcasters or the OA DVD to local television stations. Any and all forms of service to further OA's primary purpose!! All are welcome to come to the Mass Bay Intergroup meeting on Saturday, March 17th, 2018 at Lawrence Memorial hospital in Medford, MA from 10:30am to 12 noon!!

Cathy B., MBI PO/PI Chair

12 STEP COMMITTEE – MARCH 2018

As spring approaches, hope for growth is renewed. The February 24 Step 1 & 2 Workshop was a success, 14 people showed up! The sharing was thought provoking and useful. On March 31 the first 2018 'Coming Back to OA' workshop will happen at 10:30AM in the Johnson room at Lawrence Memorial Hospital. On Saturday, April 28 there will be a workshop for people who have been in Program for a long time and newcomers alike. This 10:30-12n workshop in the Johnson room at Lawrence Memorial Hospital will have speakers who will discuss the tools and slogans: why we use them and how their use evolves over time. There will be time for sharing as well. All are invited to come!

Dave D. 12 Step Committee Chair

Come join us at MBI for Service and Fellowship! All are welcome!!! Please come and bring 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

Guidelines for meeting Donations:
60/30/10 principle and Donations to MBI:

World Service suggests that group treasurers donate funds after group expenses are paid (such as rent and literature) and keep a prudent reserve for unexpected expenses. Group treasurers report the funds to their meetings at business meetings and determine when and how the extra funds will be distributed. World Service suggests using a 60/30/10 formula, where if say the group has \$100 to donate- send \$60 to the intergroup (MBI), \$30 to World Service, and \$10 to the Region (Region 6 for our area). Or your group can simply donate to MBI, because we make quarterly donations to WSO and R6 on behalf of all our meetings. We don't follow the 60/30/10 formula because we have higher expenses than a meeting group and we budget \$250 each per quarter for donations to R6 and WSO, total of \$1000 per year to each. So, your meeting can decide to use the 60/30/10 if you want to and send the checks or M.O.'s to OA WSO & Region 6 (see websites) or you can simply send your donation to MBI. Donations to MBI can be made by check, or money order or by cash (in person only, not by mail). Donations to WSO and R6 can be mailed in by check or paid online (see www.oa.org or www.oaregion6.org). The Region 6 website has a calculator page on their website for those who need help with calculating. Donating to MBI: For MBI - Please make check payable to MBI and mail to: PO Box 74, Arlington MA 02476-0001. Please include the town and day of the week of your group meeting (like Medford Sun. 8AM), not the meeting #. WSO and R6 need the meeting number. If anyone has any questions, please leave a message on the office voicemail 781-641-2303 or email info@oambi.org and we will reply. In service,
Jean B., MBI treasurer

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 Three](#) - **“Made a decision to turn our will and our lives over to the care of God as we understood Him.”** This week’s workshop leaders discuss the critical importance of Step Three to their recovery. The OA program tells us emphatically that "Once we compulsive overeaters truly take the Third Step we cannot fail to recover" (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 27). Step Three allows us to accept help from a higher power, and in Step Three we decide to "follow spiritual guidance in making every decision" (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 19). References include the *Twelve Steps and Twelve Traditions of Overeaters Anonymous* (Step Three), the Doctor's Opinion and the Third Step prayer (p.63) in the book AA, and AA's *Twelve Steps and Twelve Traditions* (Step Three).

[Listen Now - Step Three](#) | [Download](#)

New! A Unity Day Podcast for the OA Fellowship

As part of OA’s Strategic Plan under the topic of Growing OA Unity Worldwide, a committee has been working on video presentations covering each of our Twelve Traditions. In honor of Unity Day each, February at 11:30 a.m. PST, we now have a [podcast](#) that covers the topic of Unity. If you enjoy it, please feel free to share [this link](#). Also, here is [a link to the script](#) in case you would like to read it or translate the podcast. The literature referred to in the [podcast](#) is as follows:

- *Twelve Steps and Twelve Traditions of Overeaters Anonymous, First Edition*, p. 107
- *A Common Solution: Diversity and Recovery, p. 8 and p.2*

- *Twelve Steps and Twelve Traditions of Overeaters Anonymous, First Edition*, p. 110
- OA Inc. [Bylaws, Subpart B, Article V](#)
- *Twelve Steps and Twelve Traditions of Overeaters Anonymous, First Edition*, p. 117

[Download](#) our [podcast](#) today and make it a part of your [Unity Day](#) celebration!

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

First Quarter 2018 issue of **A Step Ahead** is now available for download in an interactive color edition at oa.org/files/pdf/asa-q1-2018.pdf or in printer friendly black and white at oa.org/files/pdf/asa-q1-2018-bw.pdf

Anyone can write an article for Lifeline!

[August \(Deadline: 4/15/18\) Click for More Info](#)

- Sponsorship Day
- Service: Inside and Out
- My Professional Community

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

Mon. Mar. 12th – Twelfth Step Within Day

A day to focus on carrying the 12th Step message to reach out to OA members in relapse or still suffering.

'Coming Back to OA: A New Beginning'

Sat. March 31 10:30 – 12pm, All are welcome!

Johnson Room, Lawrence Memorial Hosp., Medford (2nd & Future date - Sat. July 28)

'Tools and Slogans' Workshop – Sat. April 28th

10:30–12pm Lawrence Memorial Hosp, Medford
For long timers and newcomers! All are welcome!!

Steps 3 & 4 - MBI Workshop - Sat. May 12

10:30 – 12:30: Lawrence Memorial Hosp, Medford
Speakers and Discussion. All are welcome!

MBI Fall Retreat: Oct 5-7, Fri –Sun

(Columbus Day Weekend / long weekend)
Espousal Center, Waltham, MA. *Plan ahead!!*
See oambi.org website for more information

MA / NH STATE INTERGROUP NEWS

One Day Retreat – Sat., June 23, Ipswich

Hosted by North Shore Intergroup (NSI)

12 Step Retreat, June 8-10 (Fri – Sun)

Hosted by Metrowest Intergroup (MWI)
Sacred Heart Retreat Center, Wareham
(Registration \$175 email retreat@metrowestoa.org)

REGION 6 NEWS & EVENTS

Upcoming Assemblies:

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

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

Region 6 Convention - October 26-28, 2018

**Register now for 2018 Region 6 Convention.
Early Bird rate is US \$50 until October 12,
2018.**



PORTLAND, MAINE 2018
WE LIGHT THE WAY
REGION 6 CONVENTION

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

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

OA WORLD SERVICE NEWS & EVENTS:

World Service Business Conference

April 23 – 28, Albuquerque, NM

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 Dates – Save the Dates!

Saturday, March 17, 2018

Saturday, April 21, 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 10-11 am (For Today/ Disc)
Dial-In: 515-739-1726, Access Code: 361336#

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 10-11:15AM (Spkr/BB/ 12+12)
Dial-In: 515- 475-2090, Access Code: 773844#

Saturday 4-5 pm (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](http://www.oambi.org)