



OVEREATERS ANONYMOUS®

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MASS BAY INTERGROUP

MBI Newsletter

JULY 2018

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MBI CHAIR REPORT – July

Step 7: Humbly asked Him to remove our shortcomings.

Spiritual principle: Humility.

While reading over Step 7 in the OA 12 & 12, I reflected on my initial reaction to the word humility. I was one of the many, described, who confused humility with humiliation and low self-esteem. I balked at the notion that I should become more humble. After all, I already felt like a doormat.

The reading, however, points to the contrary. "Genuine humility brings an end to humiliation and low self-esteem, by placing us neither above or below other people on some imagined ladder of worth . . . It places us exactly where we belong on equal footing with our fellow beings and in harmony with God." (OA 12 & 12, p. 52)

What a relief to be just another "Bozo on the bus"! I am no better or worse than anyone else, just human, with strengths and weaknesses like everyone. I don't have to be perfect. That is truly a blessing! "Our simple prayers, humbly spoken in Step 7, are answered in wonderful ways as we open our lives to God's transforming power, and find once again, God does for us what we could never do for ourselves." (OA 12 & 12, p. 56)

Submitted by Suzanne D., MBI Vice-Chair

What does MBI provide for our member groups? (Continued from June)

MBI does professional and public outreach, sometimes in conjunction with other local

intergroups. We organize volunteers to staff tables at health fairs and professional conferences where we provide OA information, answer questions, and give out professional packets and newcomer information. The MBI Office also sends out packets by individual request for professionals or a patient. We also provide updated Goldenrod (What is OA?/Is Food a Problem for You?) Flyers (available from our office and on our website) that can be placed in public spaces like libraries or medical waiting rooms if we get permission. Thank you, Jean B, for your help with this part of the Chair Report. To be continued in August.

We are looking for someone with the skills needed to put together our monthly MBI Newsletter. This responsibility does require having a computer and basic word processing skills. For someone familiar with creating newsletters, this could be a simple task. The person taking on this responsibility would not need to attend every MBI meeting, although attending our meetings is helpful because of the convenience of seeing all involved during our 1½ hour meetings. We would love to find someone who would enjoy this role. If you are interested, please contact Mary P or Jean B through the MBI Office (Info on p. 6).

Thank you all for your support of MBI!

Thank you, Suzanne, for doing a Vice-Chair Report this month.

In grateful service, Mary P (Quincy)

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OA Tradition 7

"Every OA group ought to be fully self-supporting, declining outside contributions"

MBI NEWS !

MBI TREASURER REPORT - May

Income	\$2007.37
Expenses	\$1056.00
Checking bal.6/4/18	\$2897.56
Savings bal 6/4/18	\$4005.47
Income over expenses	\$951.37

Income for May was good. We took in 1233.77 in group donations, 700.00 in retreat entries (4 people), 21.35 from workshops, 22.25 for newcomer packets, and 30.00 from the MBI 7th tradition. A list of the groups who donated appears at the end of this report; thank you all.

Expenses were routine: 42.25 for website, 285.00 for office work, 445.00 for office rent, 50.00 for webmaster, 50.00 donation to the hospital for MBI meeting and workshop, 155.93 for Verizon, and 27.82 for postage.

Upcoming expenses include renewal of our post office box rental in June, quarterly donations to R6 and WSO in July, and a bill from our CPA firm for filing our non-profit tax forms (we don't have the returns or the bill yet, but they applied for an extension for us, it usually gets done over the summer).

Respectfully submitted,
Jean B., MBI Treasurer

Group Donations May

90.00	Anonymous
113.00	Dedham Mon PM
200.00	Lynn Sat. AM
150.00	Reading Tues. AM BBSS
210.41	Newton Wellesley Sat. AM
470.36	Reading Sat. AM
1233.77	Total

THANK YOU!!!

MBI OFFICE REPORT – May/June

The office is running well. Marina was away for the end of May. I filled in for her several days; it was quiet.

I did fill a request for some medical packets for a meeting and mailed them out. If any other meetings would like packets to give to doctors, therapists, clergy, or employee assistance programs, please contact the office.

Respectfully submitted,
Jean B., Office Committee

MBI OFFICE ACTIVITY REPORT- JUNE

Phone Calls received	14
Emails received/sent	53
Checks Received	10
Goldenrod Flyer mailed	25
Newcomer packets mailed	31
MBI Meeting Directories mailed	10
June Newsletter copied/mailed	Yes

Marina, OA MBI Office Secretary

MBI Bylaws Report – May/June

The committee has not met formally yet, but as chair I emailed the other 4 officers with the page numbers where their duties are described and asked them to review them and note what they do compared to what the bylaws say their duties are. Some match up well, others have changed over time. With the change in the MBI meeting structure from 1/2 committee meeting time, 1/2 business meeting to 100% business meeting, there are changes needed to our bylaws. Starting with the officers' duties is a good way to ease into this as they are mostly tasks that either a person does or doesn't do (or somebody else does) or maybe is no longer relevant and should be removed. These are matters for discussion within the committee, the Board, and the MBI meeting.

Respectfully submitted,
Jean B., Bylaws chair

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

MBI MEETINGS DATES – 2018

~~April 21~~
~~May 12~~
~~June 9~~
~~July 14~~

August 11
September 8
October 13
November 17
December 8

WEBMASTER REPORT - July 2018

On June 16, 2018, 246 newsletters were emailed to our subscribers. In June 2018, there were no changes in our subscriber list. During the month the website was updated with the most recent newsletter, the highlights, the updated 90 day MBI meeting list, and the upcoming events with flyers as usual. I also updated the printing instructions for the *Is Food a Problem for You* flyer(goldenrod) and removed the border so that it will print correctly from the web.

Jeanne K., OAMBI Webmaster

World Service Delegate Report – July

Thank you, thank you, thank you for the gift of again getting to attend the World Service Business Conference. It is held the beginning of May yearly in Albuquerque N.M. near our World Service Offices. There were 188 delegates from 17 countries and many guests and staff. There were 3 days of business meetings, along with OA meetings, workshops and fellowship. I truly felt part of a worldwide community of recovery. Getting to know more about the people and the many areas of service was inspiring.

I was assigned to the Unity with Diversity Committee. We reviewed our goals and actions of the past year. Statements of Unity and Diversity have been inserted in the literature and the organizational goals and by-laws. A member presented a possible poster

and a workshop activity: Step-in, Step out. Our plans include increasing the use of the Passport to Diversity workshop and interviewing members. The Checklist for Strong Meetings is a good basis for making all feel welcome.

We were not able to elect a new trustee for our Region 6. A new request for candidates and a date for election is being sent. The Agenda, reports and appendices are available online, 274 pages of material. There was an emergency new business motion to implement new requirements for registration of meetings online and safeguards of anonymity. The motion failed because it could not detail the requirements and safeguards. This may be brought up again next year.

OA is healthy worldwide. We are a group of recovering people working to the best of our ability to “extend the hand and heart of OA” to all. It is truly inspiring and humbling, exactly like recovery.

<https://oa.org/files/pdf/Wrap-Up-Report-18-1.pdf>

Grateful to be of service, Paulina S.

12 STEP REPORT – July

The message this month is that working and following the 12 Steps allows us to be who Higher Power made us to be. That is, in a certain sense, one of the greatest gifts of program. We have ourselves! Instead of hiding in fear and burying ourselves and our feelings in food and other places, possibilities and new realities emerge into the Light. We are led as we surrender to more and more fully be who we are: humble and of service.

On July 28 is the third in the series of workshops: Coming back to OA: A New Beginning. On August 4, there will be a Step Five workshop with 2 speakers and opportunity for everyone to share. The workshops are both from 10:30 am to Noon in the Johnson Room at Lawrence Memorial Hospital.

In humble service, Dave D (Arlington)

No PO/PI Reports this month to make room for our WSBC Report.

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:

"Humbly asked Him to remove our shortcomings." The seventh in the series of "The Importance of Working All Twelve Steps" workshops discusses what to do with the defects of character discovered in Step Six. Two members tell their stories and talk about how OA-approved literature (*Alcoholics Anonymous* (Big Book), *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, and *Sponsoring through the Twelve Steps*) helped them take the Seventh Step. Memorable quotes from *The Twelve Step and Twelve Traditions of Overeaters Anonymous* were: "... our goal is ... simply to draw closer to being the people God intends us to be" (p.61), "Real humility about our character defects carries with it acceptance" (p.61), and "Our simple prayers, humbly spoken, are answered in wonderful ways as we open our lives to God's transforming power, and we find that God does for us what we could never do for ourselves" (p.65). Questions from the pamphlet *Sponsoring through the Twelve Steps* were provided to help members who might be stuck in Step Seven.

[Click here to listen or download.](http://www.oa.org/wp-content/podcasts/step-seven-july-12-2015.mp3) <http://www.oa.org/wp-content/podcasts/step-seven-july-12-2015.mp3>

Overeaters Anonymous, Third Edition Forewords and Appendices now available for download

Enrich your understanding of OA's Twelve Step recovery program. Read and share the [Forewords and Appendices](#) from our beloved Brown Book, written by mental, physical, and spiritual health professionals familiar with OA's benefits. Understand more deeply why compulsive eaters around the world have found a path of recovery by working the Twelve Steps of Overeaters Anonymous; then, use these pages to carry the message to referring professionals, interested newcomers, and others.

New! Reference Chart for Workshop and Study Guide and Twelve and Twelve, Second Edition

Use this handy reference chart to integrate our new book, *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, into your workshop and study sessions using the [Twelve Step Workshop and Study Guide](#). Now, you can refer to our new *Second Edition* as you journey through the Steps with the [Workshop and Study Guide](#) to discover proven ways to incorporate the Twelve Steps of OA into a way of living.

WSO NEWSLETTER

The third Quarter 2018 issue of **A Step Ahead** is now available for download in an interactive color edition oa.org/files/pdf/asa-q3-2018.pdf or in printer friendly black and white at oa.org/files/pdf/asa-q3-2018-bw.pdf



Anyone can write an article for Lifeline! November/December (Deadline: 7/15/18) Click for More Info

- Staying Abstinent Through the Holidays
- Gratitude and Blessings: Giving Thanks

January 2019 (Deadline: 9/15/18) Click for More Info

- How OA Changed My Life Describe your life before and after being in OA, including your physical state.
- How is life better in recovery?

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

Sat. 7/28 Coming Back to OA: A New Beginning, Part III from 10:30-noon – Lawrence Memorial Hosp, Medford. Speakers and discussion.

Sat, 8/4 Step 5 Workshop, 10:30 to Noon – Lawrence Memorial Hosp., Medford. OA 12 & 12 will be used, followed by 2 speakers and open sharing.

OA MBI Third Annual Fall into Recovery: Practicing these Principles in All Our Affairs. Espousal Retreat House and Conference Center in Waltham. October 5-7, 2018. Check in Friday, Oct. 5 at 3 pm. All abstinent food / meals included in the Retreat cost (\$175). Check out on Sunday, October 7 at noon. **Register now. You are invited!** Come and enjoy this time of recovery and fellowship!

oambi.org/wp-content/uploads/2018/01/Flyer-MBI-Retreat-Fall-Into-Recovery-2018-Updated.pdf

MA / NH STATE INTERGROUP NEWS

Metro West Workshop, "Nuts and Bolts of Sponsorship", 8/18. Registration is at 1 pm; the workshop is from 1:30 to 4 pm. Validated parking available. Spaulding Hospital (formerly Youville), 1575 Cambridge Street, Cambridge, MA 02138. Suggested donation: \$5.00.

NH IG Sponsorship Workshop, 8/18, Reg. 8:30 am; 9-12 am at Church of St. John the Evangelist, 270 Stark Hwy, Dunbarton NH. 5 speakers & breakout gps. nhiworkshops@oanewhampshire.org.

North Shore IG Sponsorship Workshop, 8/19 1-2:30pm at 1st Congregational Church, 25 Woburn At., Reading. Suggested donation: \$3.00.

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)

Fall 2018 Assembly - September 29th, Red Lion Hotel Albany, 205 Wolf Road, Albany, NY 12205. (The former Radisson Hotel)

Register now for Convention 2018. Early Bird rate is US \$50 until 8/15/18, then \$60.



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

OA WORLD SERVICE NEWS & EVENTS:

Thursday, July 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. **Next: Sunday, August 12.**

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, July 14, 2018

Saturday, August 11, 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:
Open

Webmaster:
Jeanne K. (Chelmsford)

12 STEP
Dave D. (Arlington)

BYLAWS
Jean B. (Revere)

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

**MASSACHUSETTS BAY INTERGROUP
OF OVEREATERS ANONYMOUS**

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7 CENTRAL ST., SUITE 209
ARLINGTON, MA 02476
(781) 641-2303
EMAIL: info@oambi.org
WEBSITE: <http://www.oambi.org>
OFFICE HOURS: MONDAY & THURSDAY
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: 563-999-2090, Access Code: 316200#

Sunday 2-3pm (Big Book Disc)
Dial-In: 515-604-9609, Access Code: 180204#

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: 515-739-1530, Access Code: 342177#

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: 515-604-9742, Access Code: 152802#

Thurs 8-9pm (Spkr/Disc)
Dial-In: 712-451-0673, Access Code: 419032#

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: 641-715-0874, Access Code: 242083#

Sat 10-11:15AM (Spkr/BB/ 12+12)
Dial-In: 515-604-9834, 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