



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

October 2018

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## MBI CHAIR REPORT – October

**Step 10:** Continued to take personal inventory and when we were wrong, promptly admitted it.

**Spiritual principle:** Perseverance.

In the Big Book, the first sentence on Step 10 refers back to the last sentence in Step 9: "This thought brings us to Step Ten, which suggests we **continue** to take personal inventory and **continue** to set right any new mistakes as we go along." (AA Big Book, p. 84) "This thought" refers to the promise about the promises at the end of Step Nine—that "They will always materialize if we work for them." So, our work is to continue doing what we have learned to do in Steps 4 through 9 on a daily basis, with the promise that, if we sincerely do that, we will receive the promises that we read at the end of our OA meetings.

The Big Book's instructions on Step Ten are relatively short, 4 paragraphs. Concise instructions. They instruct us to "watch for selfishness, dishonesty, resentment and fear. When these crop up, we ask God at once to remove them." (Big Book, p. 84) As my sponsor says, "It doesn't say IF they crop up, but WHEN they crop up." It is part of our human condition that we have these so-called defects of character. One speaker I heard said that, for her, judgment could be added to these four defects. I've decided that is true for me. If I find myself judging, it always leads to problems in my relationships, and my criticisms are likely to be similar to critical thoughts about myself.

The Big Books warns us about resting on our laurels in this step. This refers to the times when I think to myself, "I'm good, I think I've

got this" and start to forget to invite my HP into my plans. We are warned "We are not cured . . . What we really have is a daily reprieve contingent on the maintenance of our spiritual condition." (Big Book, p. 85) Then we are given two little prayers that I imagine are the instructions about how to stay in that "fit spiritual condition". "How can I best serve Thee—Thy will (not mine) be done." (p. 85). Keeping these prayers in our consciousness is a good use of our will power, it says. For me, reading these four paragraphs every day is very doable. Actually following the simple instructions is not so easy. It is amazing how easily I can get side tracked in my own selfish train of thought that can include being afraid or judging someone close to me. In my self centeredness, I become more focused on I, I, I, instead of the "we" of our fellowship.

As it says in the OA 12 & 12, there are many ways of doing Step Ten. In my experience, people who have a lot of experience doing Step Ten can do it easily in their own thoughtful reflections. I need to talk to someone who has more experience with the Steps, who can help me sort out what I am experiencing—because the feelings can make that hard. I also have to fight my tendency to isolate, which makes it hard for me to pick up the phone and ask someone else for this kind of help. The important thing is to persevere in this work!

**Thank you to everyone who helped with organizing and producing our MBI Fall Retreat! It was wonderful!**

Thank you all for your support of MBI. Together we recover, 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 REPORT - August 2018**

Income	\$2793.50
	9/6 checking bal. \$6107.78
Expenses	\$1035.83
	9/6 savings bal. \$4005.57
	\$1757.67 Income over expenses

August had good income, with \$1501.50 in group donations (thank you to the groups who donated, see list below), \$1225.00 in retreat registrations (7 people), \$15.00 for newcomer packets, \$17.00 from workshop, and \$35.00 from the MBI 7<sup>th</sup> tradition collection.

For those who are keeping track of retreat registrations, we had 17 received as of the end of August and several more are in the pipeline for early September but not yet in the bank. \$2975 of the 6000 checking balance above is retreat money.

We need a minimum of 30 people by 9/27, so if you are thinking about it, please sign up sooner rather than later! There is still space. End of retreat section.

Now on to expenses, which were lower than usual, typical for August. \$83.85 for webhosting, \$50.00 for webmaster, \$4.52 for postage, \$180.00 for office work, \$25.00 for hospital donation for MBI meeting, \$155.61 for Verizon, \$445.00 for office rent, \$91.85 for OA literature.

Upcoming expenses: waiting for accountants to send forms and annual bill (date uncertain), in September there will be IGOR and R6 assembly in Albany at the end of the month, in October our retreat, and we will also make our quarterly donations to R6 and WSO (\$250 to each).

Respectfully submitted,  
Jean B., MBI treasurer

**Group Donations August 2018**

\$25.00	Chelmsford Sat. PM
\$36.50	Anonymous
\$134.00	Wellesley Wed. noon
\$291.00	Medford Sun.8AM
\$100.00	Medford Sat.AM
\$150.00	Medford Sat. AM (not a typo, 2 donations)
\$90.00	Reading Wed. PM
\$175.00	Reading Tues. AM
\$300.00	Reading Sat. AM
\$200.00	Readville/Hyde Park Wed.PM
<b>\$1501.50</b>	<b>Total</b>
THANK YOU!	

**MBI OFFICE REPORT – August 2018**

The office is running well. Marina was away part of the month and was able to check the phone and email remotely. I also went to Arlington to pick up mail and deposit checks. I also printed more goldenrod flyers. Literature was ordered, including 2 books for the MBI raffle basket to go to the R6 convention in October.

Respectfully submitted,  
Jean B. office committee

**MBI OFFICE ACTIVITY REPORT-September**

Phone Calls received	10
Emails received	30
Emails sent	27
Checks Received	23
Goldenrod flyers	20
Professional Packets	4

Marina, OA MBI Office Secretary

**Professional Outreach and Public Information Committee Report - September**

**Opportunity for Service!!** you carry the message of OA Recovery, please share it! Goldenrod flyers and OA Business cards are available to post in libraries, on grocery store and Laundromat bulletin boards, any public place!! **Call Marina at the MBI office to have free copies mailed to you!** Also call for Newcomer packets, pamphlets, meeting directories and Phone meeting directories. **Post as you think of it and maybe save a life! Service is Spiritual and Appreciated!!!**

**Service Saves Lives!!!** Carry the message to Doctors, Nurses, medical education programs, Therapists, Employee Assistance program staff, Spiritual Advisors, Clergy and more!! Call Marina at the MBI office, 781-641-2303 or email Marina at [info@oambi.org](mailto: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 at 978 866 9454 and/or come to the November MBI meeting to help in this noble service.

Respectfully submitted, Cathy B (Lowell)

**WEBMASTER REPORT - September 2018**

On Friday September 14, 2018, 243 newsletters were emailed to our subscribers. During 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. The MBI Informational Brochure was also updated and put on the website. On September 29, 2018 I attended the Web & Pub. meeting at the Region 6 Assembly. It was a new experience!

Jeanne K., OAMBI Webmaster

**MBI BYLAWS REPORT - August 2018 (for Sept. 8, 2018 meeting)**

Looking in the office files I found multiple copies of the bylaws with different dates on them.

For example, The OA Preamble was updated to refer to the 12 steps and compulsive food behaviors. The Dec. 2012 bylaws update doesn't have it, the July 2013 version does mention the steps. The May 2017 update page 3&4 insert includes a further language update to the Preamble adding reference to compulsive food behaviors.

On page 4 I would like to add the language WSO wants us to use by adding it to the section Membership of MBI, after the initial sentence but before the lettered sections. But what we have is confusing. Dec. 2012 has sections A-J with section F about virtual groups. My copy has A-H with old sections I and J moved up to G&H and the old G&H (referring to length of abstinence and service of ARs/IRs) deleted.

The May 2017 update has A-G with no mention of virtual groups, section F being what had been G, H the old G. Thus, the language about reps returning to compulsive eating resigning is gone and we don't mention virtual groups. Using the WSO language puts virtual groups back in there. What to do? Use the WSO language as is, pass the amendment to the bylaws, and let the Region Trustee sort it out.

Respectfully submitted,  
Jean B., Bylaws

**12 STEP REPORT – September**

As I am just returning from the MBI Fall Retreat, it has become quite clear to me that our program is one of attraction because of physical, spiritual, and emotional transformation. We are truly blessed, and the steps enable us to experience and radiate that. So, to help keep us working the steps, there will be a workshop on **October 27** of this month at Lawrence Memorial Hospital 10:30 to noon in the Johnson room on **Steps 8 and 9**.

On **November 10**, there will be a similar workshop on **Steps 10 and 11** at the same time and place. Then, on **Thanksgiving Day** we will have our annual **Thank-a-thon** which will consist of hourly meetings from 7 AM until 1:00 in the afternoon with the last group starting at noon. Enjoy the seasonal transformation!

In service,  
Dave D, Arlington  
12 step chair

**MBI MEETINGS DATES – 2018**

**October 13**  
November 17  
December 8

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

**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](http://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:**

**"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. Listen Now - Step Ten | [Download](#)

**VIDEOS AVAILABLE ON OA WEBSITE:**

**Tradition 10 - Spiritual Principle:** Neutrality  
[Click here to play Tradition 10 video](#)  
 [\(https://vimeo.com/261373034\)](https://vimeo.com/261373034)

**NEW! Twelve Step Workbook, Second Edition is now available.**

Composed of questions based on OA's keystone book—*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*—this new *Workbook* has updated references, including page number references, to the new OA *Twelve and Twelve, Second Edition*. PLUS: The full list of questions found in the Step Four chapter of the new OA *Twelve and Twelve* are presented in the new *Workbook*. Find the new *Twelve Step Workbook, Second Edition* (#992) in the OA bookstore. Also available from the OA bookstore as a downloadable, interactive PDF e-Workbook.

**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*. [Download](#) to discover proven ways to incorporate the Twelve Steps of OA into a way of living.

**"Been Slipping and Sliding" Updated** OA's helpful relapse-prevention document ["Been Slipping and Sliding? A Reading and Writing Tool"](#) is now updated with page references for the OA *Twelve and Twelve, Second Edition*. [Download](#) and support your abstinence with these thirty prompts to help you work your program.

**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](http://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](http://oa.org/files/pdf/asa-q3-2018-bw.pdf)

**Anyone can write an article for Lifeline!**

**March (Deadline: 11/15/18) Click for More Info**

**Making Meetings Strong** What makes your meeting strong? The Traditions? Share your meeting's successes.

**Recovery in the Workplace?** How has recovery helped make your working life manageable?

**The Twelve Steps and Twelve Traditions of Overeaters Anonymous Second Edition** How has the new Second Edition of our keystone book refreshed and refocused your program?

**Submit a Lifeline story directly** through [oalifeline.org/lifeline-submission/](http://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**

**MBI Steps 8 & 9 workshop**, Saturday, 10/27 from 10:30 to noon in the Johnson room at Lawrence Memorial Hospital, Medford. OA 12 & 12 will be used, followed by 2 speakers and open sharing.

**MBI Steps 10 & 11 workshop**, Saturday, 11/10 from 10:30 to noon in the Johnson room at Lawrence Memorial Hospital, Medford. OA 12 & 12 will be used, followed by 2 speakers and open sharing.

**Thanksgiving Day** we will have our annual **Thank-a-thon** which will consist of hourly meetings in the Johnson room from 7 AM until 1:00 in the afternoon with the last group starting at noon.

**MA / NH STATE INTERGROUP NEWS**

**NEW Meeting: North Shore Intergroup.** Focus: Study of OA steps & traditions using second edition of OA 12 & 12, Thursdays 7-8pm at Lawrence Memorial Hospital, Gallagher Room. Q's or more info: Bea (708)-745-4849

**Ocean & Bay Intergroup workshop, "The Promises"**. Saturday, 11/3 from 1pm to 4pm at the George C. Arnold Conf. Ctr, 3 Regan Court, Cranston, RI. [Click here for flyer](#)

**MetroWest Intergroup, "12 Steps in 5 Hours"**. Saturday, 11/10 from 9am-2pm at Newton-Wellesley Hospital, Shipley Auditorium, Bowles Conf. Ctr, 2014 Washington St, Newton, MA <http://www.metrowestoa.org/wp-content/uploads/2018/09/12in5Flyer2018.pdf>

**North Shore Intergroup IDEA day special focus mtg.** Sat., 11/17, from 1pm-3pm at First Congregational Church, Sanborn St., Reading. Registration opens at 12:30pm. Sugg. Donation \$3. For more info contact Claire (978)-387-8188.

**South Coastal Intergroup** - The Wednesday morning Braintree meeting at St. Clare Church has a new time, 11am-12pm, starting on September 12, 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](http://www.oaregion6.org). (Region 6 trustee contact: [Region6trustee@gmail.com](mailto:Region6trustee@gmail.com))

**Oct. 12, 2018: Online registration closes. Registration will be \$75 at the door.**



Click the picture above to go to the Convention Website at [oaregion6.org/2018/](http://oaregion6.org/2018/) for latest details.

**OA WORLD SERVICE NEWS & EVENTS:**

**Friday, October 12<sup>th</sup> – Twelfth Step Within Day**  
A day to focus on carrying the 12<sup>th</sup> Step message to reach out to OA members in relapse or still suffering. **Next: Monday, November 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](http://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](http://www.oambi.org); [www.oaregion6.org](http://www.oaregion6.org); [www.oa.org](http://www.oa.org)

**The next MBI Meeting Dates – Save the Dates!**  
**Saturday October 13, 2018**  
**Saturday, November 17, 2018**  
**10:30 A.M. – 12 P.M. - Lawrence Memorial Hospital**  
**Gallagher Conference Room**

**BOARD & COMMITTEE CHAIRS \***

**MBI CHAIR**  
 Mary P. (Quincy)

**VICE-CHAIR**  
 open

**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**  
 P.O. Box 74,  
 7 CENTRAL ST., SUITE 209  
 ARLINGTON, MA 02476  
 (781) 641-2303  
 EMAIL: [info@oambi.org](mailto: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 605-475-5910, Access Code: 105047#

**Wednesday 8-9pm** (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