



OVEREATERS ANONYMOUS®

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MASS BAY INTERGROUP

MBI Newsletter

November 2018

Page 1

MBI CHAIR REPORT – November

Step 11: Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.

Spiritual principle: Spiritual Awareness.

This step is all about increasing our connection with that Power that is greater than us, beyond our human understanding. Some of us come to OA with acceptance of the concept of God. But, that is not a requirement. The October Lifeline has numerous articles on this step. Some of them were written by people who do not relate to the concept of God, who found that power in OA itself (Lifeline, Oct. 2018, p. 11), or in "the underlying spirit of the Traditions" (p. 13), and in other ways. Many I know in OA relate to their HP as a feminine power. It is up to each of us to discover that power that is greater than us.

The OA 12 and 12, the Big Book and the AA 12 and 12 all have chapters on this step. They all provide instructions that are helpful for practicing step 11 and each one is different. The OA 12 and 12 ends with a promise: "Our Higher Power is the only source of help that is always available to us, always strong enough to lift us up and set our feet on the path of life. Prayer and meditation are our links to this unfailing source. Practiced regularly, they open our lives to the comfort we sought in food but could never find." (OA 12 and 12, 1st edition, p. 98)

I had a relationship with God from the time I was a child. In OA, I have found that my

HP/God wants me to pray and to ask for help. My HP has helped me find a much healthier relationship with food than I had before OA. Now, every challenge is an opportunity to pray, an opportunity to ask my HP for help and direction.

Meditation is described as listening to our HP. "The only way to do meditation wrong is not to do it at all." (OA 12 and 12, 1st edition, p. 96) The October 14th VOR lesson (VOR, p. 288) is written on this quote. This lesson is very simple, very accepting. It encouraged me to meditate, to be more patient about practicing meditation.

This step ends with a prayer: "praying only for the knowledge of His will for us and the power to carry that out." It is a simple focus for our spiritual practice.

At our October MBI meeting we elected officers for 2019. Cathy B (Lowell) will be our new Chair, Paulina S. (Lexington) will be our Vice-Chair, Cathryn C. (Georgetown) will continue as Corresponding Secretary, Beth P. (Newton) will be our Recording Secretary and Mary P. (Quincy) will be our Treasurer.

Thank you all for your support of MBI.

Together we recover, Mary P (Quincy)

OA Tradition 11

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication."

INDEX

Committee Reports	Page 1-3
Update from World Service	Page 4
Upcoming Events (Please announce)	Page 5
MBI and telephone meeting info.	Page 6

MBI NEWS !

MBI TREASURER REPORT -Sept. 2018

Income \$4044.80 ckbal10/4 \$9720.33
 Expenses \$1000.11 savbal10/4 \$4005.61

\$3044.69 Income over expenses

Retreat income was most of our September income at \$2625.00 (15 people at \$175 each), \$1402.80 received in group donations, and \$17.00 for MBI 7th tradition. Thanks to the 10 groups who contributed this month, a list appears below. Since most of the retreat income would be paid out to the Espousal Retreat Center in October, this is not what we will have post-retreat. The October balance listed above is a pre-retreat number (retreat dates Oct. 5-7).

Expenses for September were lower than usual at \$1000.11, with office rent at \$445.00, \$155.68 for Verizon, and \$161.25 for Marina, who was away for part of the month so I (Jean) filled in at the office a few days. Other expenses were \$26 for website, \$50.00 for webmaster, \$71.58 for office supplies, \$50.00 donation to the hospital for MBI meeting room and a workshop, \$35.00 filing fee to the state (yes, our tax forms were done), and \$5.60 for postage.

Upcoming expenses for October include the retreat center (37 people at \$170 each, less our \$5290), our quarterly donations to R6 and WSO \$250.00 each, retreat refunds, retreat expenses, R6 travel expenses, and we should be getting a bill from the accountants. We are in good financial shape post-retreat.

Respectfully submitted,
 Jean B., MBI Treasurer

Group Donations September 2018

- \$150.00 Reading Tues. AM BBSS
- \$25.00 Chelmsford Sat.PM
- \$60.00 Stoneham Sun.AM
- \$46.00 Anonymous
- \$532.80 Newton Wellesley Sat.AM
- \$111.00 Weymouth Thurs. AM
- \$55.00 Medford Fri. PM
- \$255.00 Medford Sun. 8AM
- \$120.00 Stoneham Mon. PM
- \$48.00 Anonymous

\$1402.80 Total donations

THANK YOU!

MBI OFFICE REPORT – September 2018

Things were busy at the MBI office in September due to the upcoming retreat over Columbus Day weekend. Emails, checks, phone messages were coming in, but between us, Marina and I kept it all covered. Thanks

everyone, for your patience while we were busy!

Jean B., office chair

PS: A gentle reminder to all sending donations, please check the website www.oa.org to make sure your meeting is part of MBI. I recently returned a donation from a meeting that was listed on the OA website but was not part of MBI, it had no intergroup affiliation, and I suggested the meeting determine which intergroup it would like to belong to as a meeting can join any intergroup willing to have it. I don't need your meeting number (I don't think the OA website has that kind of search capability), just town, day and time. Thanks for supporting MBI!

MBI OFFICE ACTIVITY REPORT-October

Phone Calls received	6
Emails received	44
Emails sent	46
Checks Received	7
Goldenrod flyers	-
Newsletters mailed	5

Professional Outreach and Public Information Committee Report -October

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! Call for Newcomer packets, pamphlets, meeting directories and Phone meeting directories. Post as you think of it and maybe save a life! Service strengthens recovery and saves lives!!!

Original Material

To the tune of "the Brady Bunch" TV show theme song..

Here's "Bill's story" Of an alcoholic,
 Hopeless type unless Power with no limit,
 Spouse and earner during the Great Depression,
 Though Bill was very sick.
 Here's "a Vision for You",
 From a Yankee Doctor, Only child, ivy leaguer, he drank a bit,
 Spouse and earner, in Vermont while drinking, he could not stay quit.

'til the one day when the Banker met the Doctor, And their talk lead to much more than a hunch, That their "shares" would one day form a Fellowship, Drinkers, Debtors, Gamblers and our OA bunch.

Refrain: Our OA bunch, we don't eat brunch, that's the way we became an OA bunch.

Respectfully submitted, Cathy B (Lowell)

MBI BYLAWS REPORT - September 2018

I reviewed the bylaws section of the manual and found the following:

Officers

p.6-8, Chair, Vice chair – no changes

Clerk (recording secretary)

- 1. ok
- 2. is done by treasurer along with CPA firm (move to section 9 under treasurer)

Corresponding Secretary

- 1. Is done by the MBI office
- 2. may be done by the corresponding secretary, the chair, or designated person
- 3.ok
- 4. not being written by corresponding secretary at present, move to chair?
- 5. we don't have a list of IR &AR, the sign in sheet is blank and filled in at the meeting, not computer updated. Move to chair?
- 6. can review newsletter, chair has final say.
- 7. move to chair (see 6 above)

Treasurer

- 1.,2.,3. are ok
- 4. not being done in December (annual meeting now in October), review of year done in January.
- 5. ,6. ,7.,8. are ok
- 9. ok, done with accountants, add #2 from clerk here, 10.,11. ok

Committees p.8

- A. ok, B. ok
- C. delete this, we don't have monthly committee meetings at the MBI meeting any more.

Intergroup Reps and alternates p.9

- A., B., C. Ok
- D. Ok, but not often done. Remove?
- E. delete, not done, F. Ok

Region 6 reps p.9-10

- G., H., I., J.,K.,L. ,M.,N., are ok
- O. not being followed. Delete?
- P. ok
- Q. not being followed. Change this?

WSBC delegates p.10-11

- A, B., C., D, E. are ok
- F. change September election to June election (see B above), G. ok
- H. not being followed, I. ok

Financial structure, Major Policy Matters, Amendments, Parliamentary authority, and Dissolution p. 11-12

All ok

The following bylaws are to be voted on:

Bylaws to be amended:

Clerk (recording secretary)

2.Is done by the treasurer along with the CPA firm, move to section 9 under treasurer

Corresponding Secretary

- 1. Is done by the MBI office
- 2.May be done by the corresponding secretary, the chair, or designated person
- 5. take out, move to chair, we don't have a printed list any longer.

- 6. review newsletter, chair has final say.
- 7.move to MBI chair (see 6 above).

Treasurer

- 4. Review of year is done in January, annual meeting is now in October.
- 9. done with accountants, add #2 from clerk here

Committees p.8

C. delete last sentence, we don't have co-chairs

Intergroup Reps and Alternates p.9

no changes

Region 6 Reps p.9-10

- O. keep but change to 2 consecutive
- Q. leave it but follow it

WSBC delegates p.10-11

- F. change September election to June election (see section B).
- H. change to 2 consecutive

Other portions of bylaws on p.6-12 are ok and remain as is.

Respectfully submitted,
Jean B., bylaws chair

12 STEP REPORT – October

As we begin November, it makes sense to even more clearly feel, notice, and validate our gratitude: for and with those we share our lives with, program, the universe, and Higher Power.

The steps 8 and 9 workshop went very well. All the sharing was deep, heartfelt, and powerful.

On Saturday **November 10**, there will be a workshop on **Steps 10 and 11** from 10:30 to noon in the Johnson room at Lawrence Memorial Hospital. Also, the step 12 workshop will be scheduled for December. Remember the **Thank-a-thon on Thanksgiving Day**. Hourly meetings will begin at 7 AM and end at 1:00 PM. in the Johnson room at Lawrence Memorial Hospital These meetings will be every hour on the hours with the last meeting starting at noon.

In grateful service,
Dave D, Arlington
12 step chair

MBI MEETINGS DATES – 2018

November 17

December 8

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

Report from IGOR Workshop September 27-28 Followed by Region 6 Assembly September 29.

I attended my first IGOR Workshop and Region 6 Assembly with Cathy B and Bobbie M.

My first impression was WOW!!! I have scoured OA.org extensively and was so very impressed by how Don presented the mountains of information. It seemed that every possible bit of information was outlined. It really focused on the wealth of knowledge that is available to us. I also got to see the original survey created by the Westchester NY Intergroup, but by Friday I was already exhausted!!

The main idea that I got is that it is crucial that we work with newcomers. This was reiterated in the question -- What do I do to make the newcomer feel welcome at their first meeting? Then - what do I do to follow up?

On Saturday, I was slightly overwhelmed by the Assembly itself. In the meeting for newcomers I volunteered to read and realized that I had volunteered to read in the opening of the assembly afterwards. It was nice to see how region 6 works - although as all of us - imperfectly.

Back in the assembly, one important concept was the explanation of the difference between a simple majority and group conscience. A vote of 36 to 34 out of 70 is not group conscience and may need to have a continued discussion until perhaps 68-2 is the outcome, if not unanimous. We all voted, but I did not record the outcome.

Respectfully submitted.
Jeanne K, Cathy B & Bobbie M

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 Eleven](#)

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of His will for us and the power to carry that out." Step Eleven workshop speakers share their individual stories of recovery, how they work Step Eleven, and how they use their spiritual relationship with a Higher Power in everyday life situations. **"God can, I can't, I think I'll let Him."** The literature referenced was

the *Alcoholics Anonymous (Big Book)*, *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, and the *Twelve-Step Workbook of Overeaters Anonymous*—the questions asked come from the workbook. <http://www.oa.org/wp-content/podcasts/step-11-Nove-8-2015.mp3>

VIDEOS AVAILABLE ON OA WEBSITE:

Tradition 11

[Click here for Tradition 11 Video at https://vimeo.com/261372040](https://vimeo.com/261372040)

[New Guidelines! Help and Hope for Small Meetings](#)

All OA meetings are a source of experience, strength, and hope, but small meetings may face challenges unique to their size or location. OA's new pdf offers inspiration, practical suggestions, and resources to support members in building fellowship and strong groups—at any size. https://oa.org/files/pdf/Small_Meetings_Guide_lines.pdf

[Work the Twelfth Step with OA's new PI Resource List](#)

Created by the PI/PO Committee, this comprehensive directory lists the many, many, many resources available to members, groups, and service bodies carrying "this message to compulsive overeaters." Free and downloadable, the *PI Resource List* at <https://oa.org/files/pdf/PI-Resource-List-2018.pdf> has link information for multiple resource categories, including guidelines, PI posters, podcasts, OA's Facebook pages, and more. Save, share, and reach out!

Step Ahead, Fourth Quarter 2018 Issue

Get the Fourth Quarter 2018 issue of *A Step Ahead* and get the latest news about OA world services. Download *A Step Ahead* today in [color](#) or printer friendly [black and white](#) and share it with your group



[April Lifeline \(Deadline: 12/15/18\) Click for More Info](#)

Topics: The Twelve Steps of OA, Overcoming Isolation; Reaching Out for Help and Hope. **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

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.

MBI Step 12 workshop, (date to be announced) from 10:30 to noon in the Johnson Room at Lawrence Memorial Hospital, Medford. OA 12 & 12 will be used, followed by two speakers and open sharing.

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

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. <http://www.oanorthshoreintergroup.org/wp-content/uploads/2018/10/idea-day-flyer-2018.pdf>

Western Mass Intergroup Marathon, "Living the Steps" Saturday, 1/12/19, 8:30 to 3:00 pm (Snow Date 1/19/18), St. David's Episcopal Church, 699 Springfield Street Feeding Hills, MA 01030. <http://www.oawmass.org/wp-content/uploads/2018/10/marathon-2019-flyer.pdf>

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)

Greater New York Metro Intergroup Retreat, "Powerless, Not Hopeless", 1/18/19-1/20/19, The Guest House, Chester, CT 06412. Details on their website: oanyc.org



Region 6 Convention

10/18/19-10/20/19 in White Plains, NY. Super Early Bird Registration is \$35 until 11/25/18. More details available at oaregion6.org.

Click the image to open the Convention website in a new tab.

Flyer: <http://oawestchnry.org/wp-content/uploads/2018/10/2019-Convention-Super-Early-Bird-FINAL.pdf>

OA WORLD SERVICE NEWS & EVENTS:

Monday, November 12.- 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:** Wednesday, 12/12.

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.

IMPORTANT ! NEW PO BOX FOR WSO
World Service Office
PO Box 44727
Rio Rancho, NM 87174-4727
USA

The next MBI Meeting Dates – Save the Dates!
Saturday November 17, 2018
Saturday, December 8, 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
 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