



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

February 2019

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## MBI CHAIR REPORT – February

### Concept Two - Conscience

“The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.”

What is conscience? That inner feeling or voice that is considered as acting as a guide to the rightness or wrongness of one’s behavior. Conscience is the inner sense of what is right or wrong in one’s conduct or motives. In the food, that is, in untreated addiction and compulsive food behavior, I could not feel or hear my conscience. There were feelings and instincts within me but they were numbed by excess food, excess weight, and shame. My “guilty conscience” did not guide me to right/healthy behavior, it kept my thoughts and [limited] actions negative and harmful. “Sugar highs and crashes”, food and flour fog, and compulsive binges and purges took the place of the feelings and inner sense of connection with others and the next right behavior.

In recovery, with abstinence and the treatment of our disease, each OA member’s conscience can be felt and heard to allow each member’s next right action. With more than sixty thousand individual members from 6,500 land based groups in more than 75 countries, and with members of virtual meetings(phone, on line, etcetera) how do we know/learn what is “right” or “wrong” for OA as a whole?

In OA we seek a **group conscience**, that is, if not a unanimous, then a significant consensus

of viewpoints of whether to support or oppose certain changes or actions within or by a group [meeting], Intergroup, Region and for the entire, worldwide membership of OA.

In order to get a group conscience at a group meeting level, we convene a business meeting, every 3 months and members who attend the meeting regularly get a voice and a vote. Sometimes the group conscience wants to make changes in the group meeting format or changes in the service positions. As we know, there is no president, queen or king of OA and each member, whether in a group with lots of regularly attending members or with only a few, has the opportunity to speak and each member has one vote. There are “no VIPs” other than each member being a VIP.

OA group conscience from the many meetings connected to an Intergroup happens in a similar way. Each meeting can send a Representative to the monthly Intergroup meeting and voice the group’s point of view on Mass Bay Intergroup action plans for service. And so on within the OA service structure which is represented by an upside down/inverted pyramid. The OA members who regularly attend MBI group meetings elect a Representative to attend the semi-annual Region 6 assemblies. MBI is eligible to send one “rep” with one vote at Region 6 assemblies, for every 15 meetings connected to the Mass Bay Intergroup. The members who attend the monthly Mass Bay intergroup meetings also elect 1 Delegate for every 10 meetings connected to the Intergroup. The Delegates attend the annual World Service business and have one vote each. The Delegates have heard from the Intergroup and the group meetings what the significant consensus is about motions that will be heard at the business conference. However,

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Delegates are able to vote their individual "conscience" after hearing from the other Delegates at the business conference.

The ability to vote one's conscience is yet another gift of recovery and serves OA across the world. To be teachable and of sane and happy usefulness as a trusted servant is humbling and an honor. It means yet another OA member has been freed from the bondage of food and of self. Bondage that did not allow the member to feel or hear her/his own feelings or inner voice. Thank you OA and thank you for the 12 Concepts of World service which begin with each individual member and contribute to the broad span of members who are the "top" of the OA service structure. In grateful service, Cathie B.

**Step 2:** Came to believe that a Power greater than ourselves could restore us to sanity.

**Spiritual Principle:** Hope

***OA Tradition 2***

***"For our group purpose there is but one ultimate authority--a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."***

**MBI NEWS !**

**MBI Treasurer's Report December 2018**

\$1151.00 Inc. chkg. bal. 1/3/19 \$3499.41  
 \$1863.01 Exp. savgs. bal. 1/3/19 \$4005.71  
 \$712.01 Expenses exceed income

December, end of the year, and my last report as treasurer before I turn it over to Mary P. from Quincy who will be doing these reports starting in January. Our income was all donations this month, \$1101.00 from groups, \$50.00 from the MBI 7<sup>th</sup> tradition collection. A list of groups donating will appear below, thank you to all who supported MBI. Please remember to send your donations to MBI, PO Box 74, Arlington MA 02476-0001 and indicate which group is sending the check or money order by listing the meeting town/day. One reason why our December expenses were higher than usual is that our annual bill from our accountants came in for \$897.00. Other expenses were routine: \$29.25 for website, \$50.00 for webmaster, \$50.00 contribution to the hospital for use of meeting rooms for MBI and workshop, \$445.00 for office rent,

\$156.06 for Verizon, \$29.99 for office supplies, 71 cents for postage (for an envelope that took 2 weeks to arrive), and \$205.00 to Marina for office work and a holiday bonus MBI voted for her. Upcoming expenses in January will be our office insurance policy, quarterly donations to Region 6 and World Service, and 1099s for Pat and Marina (already done by Jean). I am working on "how to do treasurer" instructions for Mary and we will be going to the bank to take me off the account, get a debit card for Mary, and get Cathie B. on the account as new MBI chair, she may want a debit card as she also represents us at Region 6 and WSBC. Looking back at the end of December 2017/January 2018, we have more in the checking account now than last year, but we also haven't paid a deposit for the new retreat yet. Thank you for allowing me to be of service. I am in the process of packing up the file boxes that go back to 2004 (from Neil, who was treasurer before my first term in 2006), these will gradually be re-homed. I may continue to serve MBI in another capacity, will see if I am needed anywhere.

Respectfully submitted in gratitude and service,  
 Jean B., outgoing MBI treasurer

**Group Donations December 2018**

\$335.00	Waltham Wed. PM
\$175.00	Reading Tues. AM BBSS
\$50.00	Boston noontime meetings
\$85.00	Anonymous
\$25.00	Chelmsford Sat. PM
\$200.00	Readville/Hyde Park Wed. PM
\$231.00	Dedham Mon PM
<b>\$1101.00</b>	<b>Total</b>

**MBI Office Report January 2019**

The office is running well. Marina is preparing for the Addictions Conference in early March by going through the suitcases to determine what literature we have and what we will need to order, if anything. WSO sent an email that a new Newcomers booklet was being produced that will replace the Newcomers packet. The new booklet would include (some or all, unclear) of the individual pieces (for example 15 Questions) that are now in the packet. At MBI, we do our own version of the packet because we don't include Dignity of Choice that the WSO version had, and it sounds like the new booklet would include sample food plans. Our version also includes an MBI

meeting list which the World Service version does not. World Service is selling the new booklet for \$1. We may order a copy to look it over and to see what it includes. Meetings can order their own literature from World Service and it might be helpful to advise meetings just what this new booklet contains in case they decide to order some since they are cheaper than the MBI version and 1 booklet might be easier for a newcomer to read than a bunch of shorter pamphlets. It is not clear if WSO is trying to reduce inventory of pamphlets, as they have declared a moratorium on new literature. We will have to wait and see what this will mean for us since we include pamphlets in our professional outreach packets for medical, therapeutic, clergy, and employee assistance programs.

Office contact info: email: [info@oambi.org](mailto:info@oambi.org), phone: 781-641-2303, mail: PO Box 74, Arlington MA 02476. The office at 7 Central St., Arlington is open very limited hours, so please be patient as we try to respond to your request as quickly as possible!

In service, Jean B. Office committee

**MBI OFFICE ACTIVITY REPORT- Jan. 2019**

Phone Calls received	11
Emails received	47
Emails sent	25
Checks Received	10
Meeting directories mailed	3
Newcomer Packets	31

Yours in fellowship, Marina

**Professional Outreach and Public Information Committee Report -January** Service Saves Lives!!! Call Marina at the **MBI office, 781-641-2303** or email **Marina 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 at 978-866-9454 and/or come to the February 16 MBI meeting to help in this noble service. Also available are Newcomer packets, pamphlets, meeting directories and Phone meeting directories.

**Service is Spiritual & Appreciated!!**  
Respectfully submitted, Cathie B (Lowell)

**Opportunity for Service!!** OA MBI will run an information table at a Harvard Medical School Treating the Addictions conference Friday, March 1, and Saturday, March 2. The event will be held at the Fairmont Copley Plaza in Boston. Parking will be reimbursed. Volunteer

slots are available from 8 to 10 am, 10 am to 12 pm, 12 pm to 2 pm, 2 pm to 4 pm and 4 pm to approximately 5:15 pm both days. Opening shifts include table setup, which may be more extensive Friday, and closing shifts table cleanup, which may be more extensive on Saturday. Please contact Beth P at (978) 807 2937 or [giranachronism@gmail.com](mailto:giranachronism@gmail.com) for more details.

**MBI Bylaws Committee Report Jan. 2019**

The work on the current bylaws was completed at the Dec. 2018 MBI meeting, all that is left is to incorporate the changes into the current document and then produce new copies. The material does need to be approved by the Region 6 Trustee before we can post it. I have sent an email to the R6 trustee to ask her the best way to do this (paper copy by snail mail, Word doc by email?) Interpolating the new material should not make the bylaws much longer than the current 12 pages. More will be revealed next month.

In service,  
Jean B. Bylaws chair

**12 Step within Report Jan. 2019**

Step Two, coming to realize that a power greater than ourselves can restore us to sanity, is a bit of a surprise. The restoration is to sanity, not sobriety. Sobriety happens with surrender, and as I engage with each of the 12 steps every day I can think more and more clearly.

The January Step One workshop was full of recovery and was very well attended. It felt like a happy start to this year and ongoing growth. The Step Two workshop is on February 23, and the Step Three workshop is on March 9. Both are in the Johnson room at Lawrence Memorial Hospital from 10:30 to noon. ODAAT,  
Dave D., Arlington 12 Step Chair

**MBI MEETINGS DATES -2019**

- January 19, 2019**
- February 16, 2019**
- March 16, 2019**
- April 6, 2019**
- May 18, 2019**
- June 15, 2019**
- July 20, 2019**
- August 17, 2019**
- September 14, 2019**
- October 12, 2019**
- November 16, 2019**
- December 14, 2019**

**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.

**Step 2: "Came to believe that a Power greater than ourselves could restore us to sanity."** This week's workshop leader discusses each aspect of Step Two, sharing her experience, strength and hope. "Ours is a spiritual program, not a religious one." (p. 13, *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*.) Step Two "is a bridge" between Step One and Step Three, and the "hoop you have to jump through is a lot wider than you think." Give the OA program a chance to work for you. References include the "The Twelve Steps and Twelve Traditions of Overeaters Anonymous" (Step 2), *Voices of Recovery* (January 9th and 10th), *For Today* (March 28th), *Lifeline Magazine* – February 2011 and February 2014 and AA's *The Twelve Steps and Twelve Traditions* (Step 2).

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

**VIDEOS AVAILABLE ON OA WEBSITE:**

**Tradition 2** [Tradition Two Video](#) | [Download](#)

[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](https://oa.org/files/pdf/PI-Resource-List-2018.pdf) at <https://oa.org/files/pdf/PI-Resource-List-2018.pdf>. Save, share, and reach out!

**["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.

**Step Ahead, Fourth Quarter 2018 Issue**

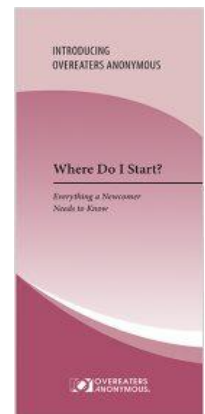
Get the Fourth Quarter 2018 issue of *A Step Ahead* and get the latest news about OA world services. In this issue, you'll find important and useful information about:

- World Service Business Conference 2019
- Successful service ideas practiced in other OA regions
- The result of OA's first-ever Annual Appeal (hint: it's terrific)
- Meeting strengthening ideas that work
- New and updated recovery resources from the World Service Office and more!



**Now available for \$1.00: Where Do I Start? Everything a Newcomer Needs to Know (#705) is OA's new pamphlet for newcomers.**

Composed from the five pamphlets in OA's Newcomer Packet, *Where Do I Start?* eliminates repetition, packing key information about OA's Twelve Step program of recovery into a single 32-page pamphlet. Includes: the Fifteen Questions, Tools (abridged), Plans of Eating, OA Promise, AA Third and Seventh Step Prayers, "Welcome Home," and so much more.



Groups, service bodies, fellows: Welcome newcomers and help them get started in OA with our new, comprehensive pamphlet. Order *Where Do I Start? Everything a Newcomer Needs to Know* at [bookstore.oa.org](http://bookstore.oa.org).

**[July \(Deadline: 3/15/19\) Click for More Info](#)**

**Generally Speaking** - Write on any topic you find meaningful.

**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 Step 2 workshop**, Saturday, 2/23 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.

**MBI Step 3 workshop**, Saturday, 3/9 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.

**Coming Back to OA: A New Beginning --Part I** - date to be announced

**MBI 4<sup>th</sup> Annual Fall Retreat**, November 8-10, La Salette Retreat Center, Attleboro, MA. More details will be posted on the website as they become available.

**MA / NH STATE INTERGROUP NEWS**

**Unity Day** will be hosted by the Ocean & Bay Intergroup, Sunday, 2/24/19 from 1pm - 4pm at the Ray Conference Center, Butler Hospital, 345 Blackstone Blvd, Providence, RI. <http://oceanandbay.org/>  
 Flyer: <http://www.oambi.org/wp-content/uploads/2019/01/Ocean-Bay-Intergroup-Unity-Day-Flyer.pdf>

**New Hampshire Intergroup workshop**, "Carry the Message" Saturday, 3/9, from 9am-noon, in Concord, NH. <https://oanewhampshire.org>

**NHI workshop**, "Welcome Back, Welcome Home" Saturday, 3/31, Elliot Hospital, One Elliot Way, Manchester, NH 03103.

**Central Mass Intergroup/Region 6 workshop** -- "Carry the Message" Saturday, 4/6/19, 9am-11:30am at the Unitarian Universalist Church, 90 Holden Street, Worcester, MA.  
<http://www.centmassint.org/events.html>

**Western Mass Intergroup 41<sup>st</sup> annual retreat**, "A Guided Journey Through the 12 Steps of OA", 5/31-6/2/19.  
<http://www.oawmass.org/events/2018-wmi-oa-retreat>

**Metrowest Intergroup Retreat**, 6/7-6/9.  
<https://metrowestoa.org/>

**REGION 6 NEWS & EVENTS**

**NEW ADDRESS FOR REGION 6 DONATIONS:**  
**Region 6 Treasurer**  
**P.O. Box 644, Peabody, Mass 01960**

**2019 Region 6 Assemblies:**  
 April 12-13: Red Lion Inn, Wolf Road, Albany, NY – formerly the Radisson On Wolf Road.  
 September 20-21: Hilton Garden Inn, Albany Medical Center, New Scotland Rd., Albany, NY

**Region 6 Convention** 10/18/19-10/20/19 in White Plains, NY.  
 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))

**OA WORLD SERVICE NEWS & EVENTS:**

**Sat., Tuesday, 2/12/19 – Twelfth Step Within Day** A day to focus on carrying the 12<sup>th</sup> Step message and reach out to OA members in relapse or still suffering. **Next:** Tuesday 3/12/19.

**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.

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

Respectfully submitted, Cathryn C.

**The next MBI Meeting Dates – Save the Dates!**  
**Saturday February 16, 2019**  
**Saturday March 16, 2019**  
**10:30 A.M. – 12 P.M. - Lawrence Memorial Hospital**  
**Gallagher Conference Room**



**BOARD & COMMITTEE CHAIRS \***

**MBI CHAIR**  
 Cathie B. (Lowell)

**VICE-CHAIR**  
 Paulina S. (Lexington)

**CORRESPONDING SECRETARY**  
 Cathryn C. (Georgetown)

**RECORDING SECRETARY**  
 Beth P. (Newton)

**TREASURER**  
 Mary P. (Quincy)

**COMMITTEE CHAIRS**

**OFFICE**  
 Jean B. (Revere)

**PROFESSIONAL OUTREACH  
 & PUBLIC INFORMATION**  
 Beth P.

**COMMUNICATIONS**

**Newsletter:**  
 Jeanne K. (Chelmsford)

**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