



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

May 2019

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## MBI CHAIR REPORT - May

### Concept Five of the Twelve Concepts of OA Service:

"Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered."

#### Principle: Consideration

The spiritual principle embodied by Concept Five, is "consideration." It is fitting to be reviewing Concept Five this month, before going to meet with other OA members from around the world, elected as Delegates to the annual OA World Service Business Conference, in order to conduct the business of OA.

"Conference" brings together members with all kinds of experiences, each a "trusted servant" of the OA members in their respective Intergroups. However, each also has their own opinion and point of view. It is one of the great pleasures of "conference" to hear out other members' concerns. Just when I think I understand a motion and decide I can support it as something for the good of OA, a member will speak up and share their opinion that makes me reconsider.

Each of us has "the right to be listened to with consideration, regardless of whether or not other OA members agree." The group, assembly or "conference" is "obligated to listen carefully in order to reach a broad consensus." Although this can be time consuming, "we respect and support each other in the conviction that full discussion leads to the best decisions."

It is a great privilege to me today to hear how other members understand or think about a motion or issue. It is yet another gift of

recovery. In the food, it was impossible for me to consider others. Everything outside of me and my binge foods or compulsive eating was a nuisance. Every comment was an attack on me personally. Every difference of opinion or disagreement was perceived as a rejection. My fragile ego took that rejection as permission to stay stuck in and withdraw into my compulsive eating and compulsive food behaviors.

The world was only 2 dimensional, all or nothing, right or wrong, good or bad, thin or shame-full.

Consideration reminds me that I am not alone. No one member has all of the answers for OA as a whole. We each have a right to be heard whether it be about an issue at a group meeting, Intergroup, in the Region or in the actions of the Board of Trustees. It does not always mean that I will get things the way I think I want them, but in OA, Concept Five does ensure that I have a right of petition and to say my piece. That right and the "courteous regard" and respect for each other that it fosters, enables me to do more than just tolerate others but actually invite opposing or alternative viewpoints. Consideration is vital to getting to significant consensus which "builds strength, unity and cooperation." I am grateful to each of us in OA and in recovery, for your consideration.

In grateful service, Cathie B.

**Step 5:** Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

**Spiritual Principle:** Integrity

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**OA Tradition 5**  
***"Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers."***

**MBI NEWS !**

**MBI Treasurer's Report March 2019**

\$868.35 Income	\$1787.26 Expenses
\$918.91 Expenses exceeded income	
Checking bal. 3/31/19	\$4286.55
Savings Bal. 3/31/19	\$4005.81

In March, \$17.35 of our income was for Newcomer Pamphlets/Packets. \$20 was from the 7<sup>th</sup> Tradition collection at our MBI meeting. \$66 was from three Step Workshops (accumulated by Dave, given to me at Step 3 Workshop on March 9<sup>th</sup>). \$765 was from group and one anonymous donation(s). The list of groups who donated in March is at the end of this report. **Thanks to all of you who are supporting MBI.**

Our March expenses included: Sainly Solutions was paid \$16.25 for web site hosting. Three volunteers for our table at the Harvard Medical School Treating the Addictions Conference, March 1 and 2, were reimbursed for parking and travel expenses, totaling \$73.50. We purchased a pamphlet holder at Staples that we used for the Addictions Conference and will use as needed for future events at \$26.29. We reimbursed the Registration fees of \$298 for our two World Service Business Conference delegates (May meeting), and the flights for one at \$434. We paid Lawrence Memorial Hospital \$25 for hosting our MBI meeting and \$25 for the Step 3 Workshop. Jeanne K was paid \$50 for her work on the MBI website and Marina was paid \$232.50 for her work 2/9 through 3/8/19. We paid the Post Office \$5.19 for mailing Goldenrod flyers. Our Verizon cost was \$156.53. I paid the office rent (\$445 for March and \$455 for April) -- these checks did not clear before the end of the month but I am including March's rent in these expenses.

If you would like to ask questions about any of this, contact me through the office email ([info@oambi.org](mailto:info@oambi.org)) or phone (781-641-2303).

Marina will forward your questions to me and I will get back to you. Thank you, Jean B, for your continued advice and support—your help is much appreciated. Thank you, Jeanne K and Marina for your diligent service to MBI.

Respectfully submitted, Mary P., MBI Treasurer

**Group Donations March 2019**

\$20.00	Anonymous
\$25.00	Chelmsford, Sat. 2pm
\$400.00	Reading, Sat. 7:30pm
\$120.00	Medford, Sun. 8am
\$200.00	Reading, Wed. AM
<b>\$765.00</b>	<b>TOTAL</b>

**MBI Office Committee Report March 2019**

The office is running well. Marina prepared the materials needed for the Addictions Conference in early March. Jean is filling in (mostly remotely) for the second half of March while Marina is on vacation, please be patient with any requests.

Respectfully submitted, Jean B., Office chair

**MBI OFFICE ACTIVITY REPORT- April 2019**

Phone Calls received	5
Emails received	47
Emails sent	24
Checks Received	20
Newsletter mailed	4
Meeting lists sent	1
Professional packets sent	1

Yours in Fellowship, Marina

**12 Step Report April - 2019**

I think walking into a meeting is to step into the realm of searching and fearless moral inventories. The step four workshop went well, there were seven attendees and powerful sharing. The sun is beginning to shine as we move into May and on the 25th of May we will hold the step five workshop, from 10:30 AM to noon in the Johnson room at Lawrence Memorial Hospital. One day at a time!

Dave D, 12 Step Chair

**Professional Outreach Committee Report - March**

We are seeking volunteers to help with professional outreach. If you're interested in carrying the OA message to doctors, nurses, nurse education programs, medical schools, therapists, employee assistance program staff, spiritual advisors, clergy and more, call Marina at the MBI office, [781-641-2303](tel:781-641-2303), or email [info@oambi.org](mailto:info@oambi.org) for a FREE packet. You can also come to the next Mass Bay Intergroup meeting in May.

In service, Beth P

**MBI Bylaws Committee Report March 2019**

Not much to report this month. There was discussion at the March 16<sup>th</sup> MBI meeting on the topic of Public Information and Professional Outreach – one committee or two? Leave it up to the committee chairs if they want combined or not? This is an example of why a review of that section of the bylaws booklet is needed and that will be a focus for this year. I expect there will be much discussion as people read what our description says about our committees, what they do, and how they do it. Bear in mind that this material dates back to the days when MBI meetings were longer and we had an hour for the committees to meet on their own before the MBI meeting proper (this older format required more space than we have now, so current committees meet on their own time instead). Suggestions welcome.

Respectfully submitted,  
Jean B., Bylaws 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!***

**April 2019 Webmaster Report**

On 4/16/2019 245 emails were successfully delivered. During the month the usual updates were made including the meeting lists, workshop dates and flyers, links to the WSO newsletter, and the April newsletter and highlights. Since January it seems that bots were signing up for our newsletter, so Sainly Solutions added *Captcha* so that shouldn't happen anymore.

Most popular links <http://www.oambi.org/wp-content/uploads/2019/04/MBI-Newsletter-April-2019.pdf>

<http://www.oambi.org/wp-content/uploads/2019/04/2019-April-Highlights.pdf>

<https://docs.google.com/forms/d/e/1FAIpQLSe06mZeYB7osts1PUk-N8IkjCW35LcGstPUIRqH93HGOb56mQ/viewform> (Survey)

<https://www.oambi.org/wp-content/uploads/2019/03/Flyer-MBI-Retreat-Fall-Into-Recovery-2019.pdf>

Respectfully submitted,  
Jeanne K., Webmaster

**Notes from Region 6 Spring Assembly**

**Recovery is a Verb!**

**All Items Voted on Passed!** The important business at the Spring Assembly was voting concerning the New Business Motion and three Proposed R6 Bylaw Amendments. **Item No. 1- R6 New Business Motion:** Move to add to annual budget charge line "Convention Scholarship" of \$1000 (4 \$250 awards) to attend the yearly Region 6 convention. Motion carried and approved. **Item No. 2- 4 Submission of Proposed R6 Bylaw Amendments 2. Move to Amend Policies & Procedures** - Proposed wording change to Policy #006 Conventions Section # -Chair. Motion carried and approved. **3. Move to Amend Policies & Procedures** - Proposed wording change to Policy #033 The Public Information/Professional Outreach ("PI/PO) Committee. Motion carried and approved. **4. Move to Amend Policies & Procedures** - Proposed wording change to Policy #037 Public Information Blitz by adding a Procedure to the existing Policy. Motion carried and approved.

**IMPORTANT NOTE:** Members cannot apply "for funds to enable attendance" to WSBC only, they have to also apply through the Region. The Intergroup needs to fill out forms for R6 as well as WSBC. The assembly heard more about a plan from WSBC to reduce the trustees from 17 to 12 over 5 years. Essentially, one less trustee will be elected each year as their terms are up. Discussion of concerns

with addressing needs of OA outside of USA/Canada.

Writing Topic: Our writing topic for this assembly was: *In the spirit of the 7th tradition, how do I support all my meetings, face-to-face or virtual.* Responses will be posted on the Region 6 Website.

**Committee reports: Web & Pub:** Welcomed new members. Went over timeline and assignments, procedures for improving timeliness of conference calls and document deadlines. I felt much more a part of the committee this time. (Jeanne K.)

**12th Step Within:** Investigating the use of Multimedia as an outreach tool. 12/12 Event very successful. Challenging intergroups to put on at least one Welcome Back to OA workshop during the year.

**IGOR:** Discussed updating contacts. Distribute IG Renewal Training.

**PI/PO:** Submitted 2 amendments to Policy 37 and rewrote the Blitz form, but the form is not online yet. Shortened the Carry the Message workshop and wants to let everyone that money is available. Also, a Newsflash subcommittee was instituted.

**The 2019 convention committee** is working hard for their convention to be held in White Plains, NY. Visit their website at [www.oaregion6.org/2019](http://www.oaregion6.org/2019). We watched a well-enjoyed skit. The intergroups have been asked to sell tickets for help raise money. They also announced that the Convention 2020 will be in Burlington, Massachusetts. Tentatively scheduled for Oct 20-23, 2020.

The afternoon session ended with Beth P. telling us about a fairly successful 3-hr Virtual meeting using Zoom video conferencing. She also gave us some insights about traditions. If the traditions are not being followed we need to "speak up lovingly and clearly." She also informed us about Approved Literature. All AA Literature is not approved. Only AA Conference Literature before 2010. It was noted that Tradition 2's short form is actually longer than the long form!

Gratefully submitted,  
Bobbie M., Cathie B., Paulina S, & Jeanne K.

**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.

**AVAILABLE ON OA WEBSITE: "Admitted to God, to ourselves and to another human being the exact nature of our wrongs."** The Step Five workshop speakers share about how the promises of Step Five came true for them. One speaker qualifies on working the first four Steps to arrive at Step 5; the who, what, where, when, how and why

of doing a Fifth Step; and the necessity of working this Step. The second speaker tells her OA story and the importance of working all the Steps. "As we complete Step Five, we may feel many emotions, among them humility, elation and relief. We often feel nearer than ever before to our Higher Power and more loving and trusting of other people. Whether we feel these things or not, we can rest assured that we are nearer to God and more capable of trusting others." (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous* p. 51) Referenced

Material: *Alcoholics Anonymous* and the *Twelve Steps and Twelve Traditions of Overeaters Anonymous*. Step 5 podcast: [Download](#)

**VIDEOS AVAILABLE ON OA WEBSITE:**

**Tradition 5:** "Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers."

**Spiritual Principle:** Purpose

[Three Minute Traditions from Overeaters Anonymous](#) on [Vimeo](#).

**New Download: Twelve Traditions of OA** OA has discontinued sales of [Twelve Traditions of OA](#) which is now posted to the OA website for free download. This pamphlet still carries the Conference Seal of Approval and can provide an introduction to the Twelve Traditions for members and newcomers. It can be found at [oa.org/documents](http://oa.org/documents) under "Discontinued Literature."

**New! Follow OA on Instagram**



Overeaters Anonymous has expanded its social media presence. Get a bit of OA inspiration or program wisdom—

follow us at [https://www.instagram.com/overeatersanonymous\\_official/](https://www.instagram.com/overeatersanonymous_official/).

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 5 workshop**, Saturday May 25th 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 4<sup>th</sup> Annual Fall Into Recovery Retreat**, November 8-10, La Salette Retreat Center, 947 Park St, Attleboro, MA.

[Flyer – MBI Retreat – Fall Into Recovery 2019](#)

### MA / NH STATE INTERGROUP NEWS

**Western Mass Intergroup 41<sup>st</sup> annual retreat**, "A Guided Journey Through the 12 Steps of OA", 5/31-6/2/19. Flyer: <http://www.oawmass.org/wp-content/uploads/2018/10/WMI-Genesis-Retreat-Flyer-2019-final.pdf>

**Metrowest Intergroup Retreat**, 6/7-6/9 at the Sacred Hearts Retreat Center in Wareham, MA.

<https://metrowestoa.org/>

Flyer: <https://metrowestoa.org/wp-content/uploads/2019/03/Metrowest-OA-Retreat-2019.pdf>

**North Shore Intergroup One Day Retreat**, Saturday 6/22, from 9am-4pm in Ipswich at the Notre Dame Spirituality Center. Flyer will be available on website:

<http://www.oanorthshoreintergroup.org/>

### **Southern Maine Intergroup Retreat**

The 3 Legs of Recovery - **16<sup>th</sup> Annual Biddeford Retreat**, October 11-13, Marie Joseph Spiritual Center Biddeford Pool, Maine.

<http://mariejosephspiritual.org>

### REGION 6 NEWS & EVENTS

#### **NEW ADDRESS FOR REGION 6 DONATIONS:**

**Region 6 Treasurer**

**P.O. Box 644, Peabody, Mass 01960**

#### **2019 Region 6 Assembly**

See Notes from Region 6 Spring Assembly on pages 3-4

Next: 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 all the latest information.

<http://oaregion6.org/2019/index.php/convention-info/>

(Region 6 trustee contact: [Region6trustee@gmail.com](mailto:Region6trustee@gmail.com))

### OA WORLD SERVICE NEWS & EVENTS:

#### **New! Follow OA on Instagram**



Overeaters Anonymous has expanded its social media presence. Get a bit of OA inspiration or program wisdom—follow us

[https://www.instagram.com/overeatersanonymous\\_official/](https://www.instagram.com/overeatersanonymous_official/)

**Sunday 5/12/19– 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:** Wednesday 6/12/19.

**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**

**The next MBI Meeting Dates – Save the Dates!**

**Saturday May 18, 2019**

**Saturday June 15, 2019**

**10:30 A.M. – 12:00 P.M. - Lawrence Memorial Hospital  
Gallagher Conference Room**

**BOARD & COMMITTEE CHAIRS \***

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

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

**CORRESPONDING SECRETARY**  
Open

**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: 605-313-5146 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: 605-313-447, Access Code: 423295#

**Sunday 8-9pm** (Spkr/Disc)  
Dial-In: 515-604-9742, Access Code: 152802#

**Monday 10-11 am** (For Today/ Disc)  
Dial-In: 515-606-5628, Access Code: 361336#

**Monday 6-7pm** (Spkr/Disc)  
Dial-In: 515-606-5432, Access Code: 342177#

**Monday 8-9pm** (BB/ Discussion)  
Dial-In: 605-313-4488, Access Code: 235224#

**Tuesday 9:30-10:30am** (Women's meeting)  
Dial-In: 605-313-5149, Access Code: 964221#

**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: 605-313-5152, Access Code: 171863#

**Wednesday 10-11am** (Spkr/Disc)  
Dial-In: (712) 451-1095, Access code: 106702#

**Wednesday 1-2pm** (Spkr/Disc)  
Dial-In 641-715-0864, Access Code: 494591#

**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: 605-313-514, Access Code: 713226#

**Saturday 8-9am** (For Today/ Disc)  
Dial-In: 605-313-5149, 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