



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

June 2019

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## MBI CHAIR REPORT - June

**Concept Six:** The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

**Spiritual Principle:** Responsibility.

While our 9<sup>th</sup> Tradition states that "OA, as such, ought never be organized", it also allows that we members "may create Service Boards or Committees directly responsible to those they serve."

OA exists in the world in a legal sense and in a physical (members, group/intergroup meetings and Region assemblies) and spiritual sense (fellowship, sponsorship, recovery). OA, Inc. is a non-profit "corporation with paid staff and other expenses". A group conscience of the entire worldwide fellowship of OA is not practical to "administer the business affairs of OA, Inc." Significant consensus of a worldwide fellowship might take months or, not ever be reached at all. Concept Six addresses this issue and notes that "the needs of the group as a whole may sometimes be best served by a smaller group with a well-defined purpose."

So, from the approximately 185 delegates at the World Service Business Conference, 17 are elected to serve as trustees, comprising "the Board of Trustees" or "the Board". Rather than putting every administrative task before a body of 185, "the Board" accepts responsibility in order to ensure that the "business" of OA "flows smoothly and that issues are addressed in a timely manner." Another responsibility of "the Board" is "to oversee the administration" of our OA corporate entity."

Trustees are elected by the OA member delegates from around the world, at the annual

World Service Business Conference. Potential trustees are OA members who submit applications and who meet specific qualifications or "criteria." Potential trustees share how they qualify for OA membership and they outline the service they have done for OA and in other areas of their lives.

One trustee is elected for each of the 11 Regions, however, all 185 delegates vote on the trustee from every region, not solely for the potential trustee from a specific Region but for each and every one of them. Six General Service trustees are also elected and their responsibility as a "GST" is "to oversee the business aspects of OA, Inc." For example, "The Board" currently has responsibility for an action plan aimed at consolidating resources and reducing the number of trustees to 12.

I identify to some extent with accepting responsibility for administrative service that allows business to flow more smoothly. At the Region 6 assembly in September 2018, I was nominated as a "rep" to serve on the Reference sub-committee of the "WSO Bylaws committee". Following a very close vote with 3 other candidates, I was elected as an alternate Rep to the Reference sub-committee. Well, life happened, the Rep could not be at the "WSBC" and the Region 6 chair asked me to move from alternate Rep to Rep. I accepted the responsibility and am all the better for it.

I had some fear but I invited my HP into my thoughts, words and actions. I worked my program and attended the many sub-committee meetings which convened before and after the day long WSBC business meetings. I accepted responsibility and realized that if we 18-20 sub-committee members could specifically address some of the new business motions, then the 185 delegates, including me, could move forward

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with other issues for the good of OA as a whole. I am beyond grateful that I can accept responsibility and contribute to the completion of some of the business of OA.

In grateful service, Cathie B.

**Step 6:** Were entirely ready to have God remove all these defects of character.

**Spiritual Principle:** Willingness

**OA Tradition 6**

***"An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose."***

***Principle: Solidarity***

**MBI NEWS !**

**MBI Treasurer's Report April 2019**

\$2538.08 Income      \$1443.00 Expenses  
 \$1095.08 Income exceeded expenses  
 Checking bal. 4/30/19      \$5021.63  
 Savings bal. 4/30/19      \$4005.84

In April, \$17.00 of our income was for Newcomer Pamphlets. \$32 was from the 7<sup>th</sup> Tradition collection at our MBI meeting. \$22 was from the Step 2 Workshop on 2/23/19. \$1176 was from MBI Fall Retreat registrations. \$1291.08 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 April expenses included: Sainly Solutions was paid \$31.85 for web site hosting. We paid Norton the annual fee of \$61.87 for anti virus protection for our computer. We paid Lawrence Memorial Hospital \$25 for hosting our 4/6 MBI meeting and \$25 for the Step 4 Workshop on 4/27. Jeanne K was paid \$50 for her work on the MBI website. Marina was paid \$135 for her work 4/2 through 4/12. Our Verizon cost was \$156.53. I paid the office rent of \$455 for April. The MBI donations of \$250 to Region 6 and \$250 to World Service were made. We paid the Post Office \$2.75 for

postage (one professional packet and mail to MBI treasurer).

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.

Respectfully submitted, Mary P., MBI Treasurer

**Group Donations April 2019**

\$30.00	Anonymous
\$828.68	Newton-Wellesley Sat. am
\$95.40	Lawrence Mem. Hosp. Fri. 7pm
\$25.00	Chelmsford Sat. 2pm
\$120.00	Lowell Mon. 7pm
\$32.00	Chelsea Men Sat. am
<u>\$160.00</u>	Dedham Mon. For Today
<b>\$1291.08</b>	<b>TOTAL</b>

**MBI Office Committee Report April 2019**

The office is running well.

Marina has been working on the suitcases to have them ready for events and to have enough supplies.

Please remember that the MBI office exists to serve our member groups, assist individuals looking for information, and to support OA in the community. What can we do to help you today?

Respectfully submitted,  
 Jean B., Office chair

**MBI OFFICE ACTIVITY REPORT- May 2019**

Phone Calls received	5
Emails received	47
Emails sent	15
Checks Received	19
Newsletter mailed	0
Meeting lists sent	1
Professional packets sent	3

Yours in Fellowship, Marina

**12 Step Report May - 2019**

In June we begin thinking about the sixth step which is being willing to have higher power remove all our defects of character. I think this step happens to one degree or another in each of the steps. On a daily basis we notice defects as they appear and repeatedly reappear. We change with the support of higher power, program, program fellows, ourselves, and everyone else in our lives. We change as we are willing to surrender. On June 22 a combination six and seventh step workshop will be held in the Johnson room at Lawrence Memorial Hospital from 1030 until noon. There will be 2 speakers, and open sharing after each one, as well as readings from the new edition of the OA 12 and 12. Copies will be available to read from.

Dave D  
Arlington  
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 June.

In service, Beth P

**MBI Bylaws Committee Report April 2019**

Not much to report this month. If there are changes from WSBC that we need to make we will do them following proper procedure. A question has arisen about our upcoming process and requirements for those we choose to send to Region 6 Assembly and WSBC. Should we change what we do? Since we nominate at the May meeting and elect in June, any changes would not take effect immediately, but it is something to think about.

Respectfully submitted,  
Jean B., bylaws chair

**MBI MEETINGS DATES -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!***

**May 2019 Webmaster Report**

On Sun, May 26, 2019 10:21 pm 249 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 May newsletter and highlights.

Most popular links:

[www.oambi.org/wp-content/uploads/2019/05/MBI-Newsletter-May-2019A.pdf](http://www.oambi.org/wp-content/uploads/2019/05/MBI-Newsletter-May-2019A.pdf)

[docs.google.com/forms/d/e/1FAIpQLSe06mZeYB7osts1PUk-N8IkjCW35LcGstPUiRqH93HGOb56mQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSe06mZeYB7osts1PUk-N8IkjCW35LcGstPUiRqH93HGOb56mQ/viewform)

[www.oanorthshoreintergroup.org](http://www.oanorthshoreintergroup.org)

[www.oambi.org/wp-content/uploads/2019/05/May-Highlights-2019.pdf](http://www.oambi.org/wp-content/uploads/2019/05/May-Highlights-2019.pdf)

[www.oambi.org/wp-content/uploads/2019/03/Flyer-MBI-Retreat-Fall-Into-Recovery-2019.pdf](http://www.oambi.org/wp-content/uploads/2019/03/Flyer-MBI-Retreat-Fall-Into-Recovery-2019.pdf)

[oaregion6.org/2019/index.php/convention-info/](http://oaregion6.org/2019/index.php/convention-info/)

Respectfully submitted,  
Jeanne K., Webmaster

**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:**  
**Step Six "Were entirely ready to have God remove all these defects of character."**

Step Six workshop speakers share their individual stories of recovery and the vital part Step Six, "one of the most difficult of the Twelve Steps" (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 53), plays in that recovery process. One of the speakers discusses why she found it so hard to be entirely ready to part with her defects, explains the concept of the payoff that kept her holding on to them and the key of an attitude of willingness: "Having such an attitude we cannot fail" (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 58). The other speaker provides guidance on how to take our Fourth Step defects and resentments and discover the assets many of these defects actually were until our compulsive eating turned them into defects. She helps explain how the Steps help us recapture the assets that were part of ourselves, so we can live happy, joyous and free, without the fear that we will be nothing without these defects. Referenced Material: Listen now or download: [http://www.oa.org/wp-content/podcasts/Step6\\_June142015.mp3](http://www.oa.org/wp-content/podcasts/Step6_June142015.mp3)

**VIDEOS AVAILABLE ON OA WEBSITE:**  
**Three Minute Tradition Six**

**Principle:** Solidarity  
 Solidarity means fellowship arising from common responsibilities and interests; community, undividedness.

[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."

**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* has link information for multiple resource categories, including guidelines, PI posters, podcasts, OA's Facebook pages, and more. Save, share, and reach out!

**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/).

**Lifeline News**

The OA Board of Trustees, at its May meeting, agreed that changes with *Lifeline* magazine are needed. As the number of *Lifeline* subscribers continues to decline, the Board has decided it is time for:

1. OA to create new ways for members to share their stories online.
2. *Lifeline* magazine, both print and online, **to stop publication.**

*Lifeline* subscribers will continue to receive the same great collection of member stories in print and online through December 31, 2020. One-year subscriptions and renewals are available through the end of this year, **December 2019. No new subscriptionS or renewals will be processed starting January 1, 2020. All subscriptions will end on December 31, 2020.**

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 6 & 7 workshop**, Saturday June 22 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

**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/>

**4th Anniversary OA meeting, T.h.i.n.k. Recovery**, Jul 1, 10AM-11:30AM, Saint John's Lutheran Church, Westfield, MA  
\*sponsored by Western MA Intergroup <http://www.oawmass.org>

**Carry the Message workshop North Shore IG**  
August 18, 2019, 1PM-3PM at Church of the good shepherd  
95 Woburn Street, Reading MA 01867

**Steps, Traditions & Concepts workshop**  
9/28/2019, 1PM-4PM, Church of the good shepherd, 95 Woburn Street, Reading, Ma 01867.  
\*North Shore IG

**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>  
Flyer: <http://www.oambi.org/wp-content/uploads/2019/06/OABR-Brochure-2019.pdf>

### REGION 6 NEWS & EVENTS

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

**2019 Region 6 Assembly**  
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/overeatersanonymousofficial/>

**Wednesday 6/12/19– 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:** Friday 7/12/19.

**NEW!! Virtual Region workshops:**  
<https://oavirtualregion.org> The schedule is: 7/14 Steps 1-6, 8/11 Steps 7-12

**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.

**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 July 20, 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**  
 Beth P.

**PUBLIC INFORMATION**  
 Diane C.

**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