



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

August 2019

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MBI CHAIR REPORT - August

Concept Eight: The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.

Spiritual Principle: Delegation

Hello, this is Cathie, a grateful, recovering compulsive overeater and your Mass Bay Intergroup chair for this year. Typically, my monthly report has focused on 1 of the 12 Concepts of service. This month is something different. This month, I want to share some of my experience, strength and hope as your MBI chair.

It is truly hard to believe that I do this service. I do not do it perfectly and certainly do not do it alone. I have a Power greater than myself that is imminently helpful and makes everything in my life go easier and more smoothly, when I keep that conscious contact with it. Actually, I find a simple invitation to my higher Power to come into the action I am taking, is all I need do to get myself out of the way. For me, the only way to describe this is to relate it to how it was for me with the food. When I kept me at the center of everything-my ideas about what foods, amounts, what I needed and did not, I remained overweight, unhealthy, depressed and spiritually bankrupt.

When I let a higher Power work through a Sponsor, I experienced relief-physically-50 lbs were removed, mentally-the depressed criticizing stopped and new ideas presented themselves, and spiritually-some of you may have heard me share that where I saw my 5 brothers as a pain in the neck, recovery allowed me to experience the blessings of relationships with these 5 individuals, 4 of whom have known me my entire life.

So, what happens when you invite higher Power into your service to MBI as chair? Well, I get to hear what "Reps" want to do to carry the message of recovery. For example, I get to support the "Coming back to OA" workshops that are offered twice a year. Also, the Step workshops that the 12th step within committee organizes, every month but this one I think. There is the Thankathon, the MBI 4th annual retreat planning, Public Information and Professional Outreach action plans to support and Region 6 Reps and World Service Delegates to nominate, elect and check in with. There is the MBI treasurer's report to hear as our 7th tradition is allocated to keep all of our MBI sponsored activities, self supporting.

Another member asked me some questions to prompt my completion of this simple report. The best or most interesting part of being chair for me, is hearing ideas to, and helping to bring about ways to carry the message. It amazes me, in a very positive way, to see people apply their experience, strength and hope to the Newsletter, the Workshops, the Region 6 business assemblies and everything that goes into each of those efforts or events.

What has been the most surprising lesson or discovery as chair? I was surprised to learn that members have some very strong negative experiences with some of the OA literature. I was not "brought up" on OA literature. I was given a non OA daily reader and was studying the Big Book with a sponsor. I do not believe I was given a newcomer packet, if I was it is long gone and my sponsor's suggestions and daily contact were my guidance. For me, having looked for answers in dozens of self-help books before OA, my higher Power did not put any pamphlets or even 1 of the books in my path for quite some time. Some members get a lot from the "Just for today" and "before you take the first bite" pamphlets

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and a new book will be out later this year about "body image" and recovery. I trust members will be given their sponsors' experience and suggestions in this area of recovery also.

What has been the most difficult part of this service? Me! I am not cured and I get in my own way, often, dragging out some service commitments and tearing through others alone, which is not sustainable. The group is key to our program's growth.

Finally, if anyone is thinking about ways to do service, please join us at the monthly meeting. It is a welcoming meeting and all service is spiritual. Thank you for letting me share, and chair. Cathie B

Step 8: Made a list of all persons we had harmed and became willing to make amends to them all.

Spiritual principle: Self-Discipline.

***OA Tradition 8
Overeaters Anonymous should
remain forever
nonprofessional, but our
service centers may employ
special workers."***

Principle: Fellowship

MBI NEWS !

MBI Treasurer's Report June 2019

\$2395.80	Income	\$1119.81	Expenses
\$1275.99	Income exceeded expenses		
Checking bal. 6/30/19		\$7555.53	
Savings bal. 6/30/19		\$4005.91	

In June, \$35 of our income was from the 7th Tradition collection at our MBI meeting. \$728 was from MBI Fall Retreat registrations, including \$23 contributed for scholarship funds. \$1632.80 was from group donation(s). The list of groups who donated in June is at the end of this report. **Thanks to all of you who are supporting MBI.**

Our June expenses included: Sainly Solutions was paid \$32.50 for web site hosting. Jeanne Kendall was paid \$50 for her April web site work and \$50 for her May web site work. We

paid \$122 to the Post Office for our annual PO Box fee. Marina was paid \$105 for her work between 5/17 and 6/13. We paid Lawrence Memorial Hospital \$25 for hosting our 6/15 MBI meeting, and \$25 for the Step Workshop on 6/22. Our Verizon bill was \$156.31. I paid the monthly office rent of \$455. We paid the Post Office \$9.00 for postage (\$7.85 for newcomer packets and \$1.15 for mail to MBI treasurer).

Our Checking balance includes \$3579 of retreat registrations including \$53 contributions for scholarships.

If you would like to ask questions about any of this, contact me through the office email (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 June 2019

\$400.00	Reading, Sat. 7am
\$199.80	Medford, Fri. 7pm
\$62.00	Anonymous
\$100.00	Medford, Sat. 9am
\$60.00	Stoneham, Sun. 8:30am
\$330.00	Waltham, Wed. 7pm
\$120.00	Stoneham, Mon. 6:30pm
\$161.00	Dedham, Mon. 7:30pm
\$200.00	Readville/Hyde Park, Wed. 7:30
\$1632.80	TOTAL

MBI Office Report June 2019

The office is running well. One item for discussion is the new OA publication for professionals to help them refer their patients/clients to OA which is intended to replace a couple of the pamphlets we currently include in the packets we send to professionals.

Respectfully submitted,
Jean B., office committee

MBI OFFICE ACTIVITY REPORT- July 2019

Phone Calls received	04
Emails received	51
Emails sent	19
Checks Received	12
Newsletters sent	09
Meeting lists sent	01
Newcomer packets sent	10

Yours in Fellowship, Marina

12 Step Report July - 2019

The July 27 step eight and nine workshop was very emotional and deep, as happens when we do step work and openly traverse the interpersonal landscape of our lives. Working the Steps helps us to make more sense of relationships, to be accountable for our part in them, and to endeavor to keep our side of the street clean. There are no step workshops for August, and we will engage Step 10 on 21 September, at the usual 10:30 to Noon time in the Johnson room at Lawrence Memorial Hospital. The Step 11 workshop is slated for October 19. Our Thank-a-thon is coming on Thanksgiving day from 7 AM till 1 in the afternoon, and Step 12 is slated for Dec. 21. Dave D, Arlington, 12 Step Chair

Professional Outreach Committee Report-

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 for a FREE packet. You can also come to the next Mass Bay Intergroup meeting in August. In service, Beth P

Public Information Committee Report

As the new Chair of the PI Committee I am researching OA information on recommendations for PI . There are several publications from OA with excellent suggestions. Next step is exploring the use of Public Media and the possibility of a pilot project in a small area. More to come... Diane C, PI Chair

Bylaws Committee Report June 2019

There is nothing to report on the bylaws this month, but for those of you familiar with the contents of your bylaws folder, there are some pages at the end of the booklet and inserts that may be relevant to discussion of parliamentary procedure (standing rules of MBI meetings, how to make a motion, and some pages that appear to be from Board of Trustees on basic parliamentary procedure) that will be a topic for the July 2019 MBI meeting. I am also bringing my copy of basic guide to Roberts' Rules of Order. Respectfully submitted, Jean B., bylaws chair

MBI MEETINGS DATES -2019

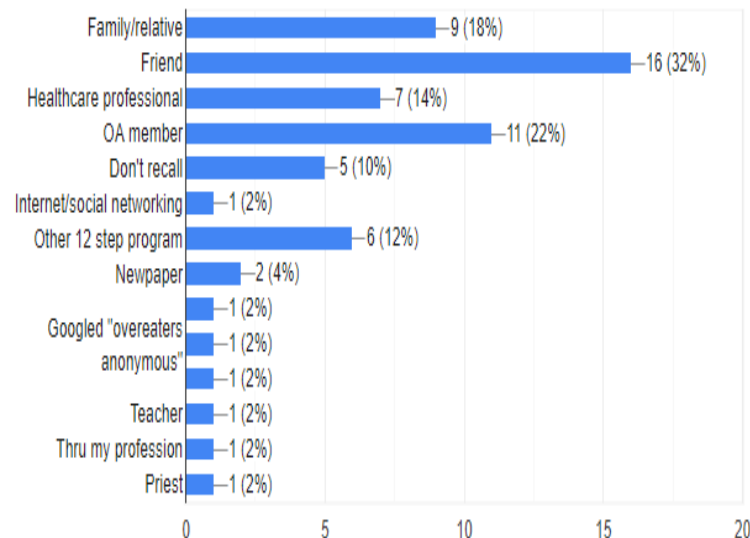
- August 17, 2019**
- September 14, 2019**
- October 12, 2019**
- November 16, 2019**
- December 14, 2019**

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

We are doing a survey of OA members attending Mass Bay Intergroup meetings.

Go to our website at OAMBI.ORG on your computer or phone. At the top of the MBI home page, right under the banner, it says "Click to take survey." Just click and begin the survey. We need your input to decide which of the many possible activities and supports we should pursue first. Please take a few minutes to complete our survey. Below is the response from the first question to date.

Survey Question 1- How did you hear about OA? (50 responses) :



July 2019 Webmaster Report On Fri, July 26, 2019 9:55 pm 241 emails were successfully delivered. 1 person unsubscribed without a reason. Most Popular links:
www.oambi.org/wp-content/uploads/2019/07/MBI-Newsletter-July-2019-1.pdf
www.oambi.org/wp-content/uploads/2019/07/July-2019-Highlights.pdf
<https://forms.gle/qfNrRQdNi1RG68jb8> (Survey)
<https://oanewhampshire.org/events-info/2019-09-nhi-step-11.pdf>

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. Check with your Intergroup Rep to get any WSO information if you don't use a computer.

PODCASTS AVAILABLE ON OA WEBSITE:

Step 8 "Made a list of all persons we had harmed and became willing to make amends to them all." Continuing the series, "The Importance of working all Twelve Steps," the leaders share their personal experiences as sponsor and sponsee in dealing with Step Eight. Emphasis is placed on the concept of making amends—changes—and not just saying I'm sorry. Also stressed is the importance of working with a sponsor, in order to determine if amends are needed, and if so what should be said or done. While Step Eight encourages forgiveness, it also requires the individual to focus on what his or her part was in the situation. to clear off their side of the street, regardless of how the amends are received. Both speakers stress the freedom and relief felt in making the list and becoming willing, without any thought or concern about the future steps. Individual sharing is excellent as members relate their own positive experiences, including the need to add one's own name to the list and then become willing to making amends to oneself. [Listen Now - Step Eight | http://www.oa.org/wp-content/podcasts/step-eight-aug-9-2015.mp3](http://www.oa.org/wp-content/podcasts/step-eight-aug-9-2015.mp3)

NEW! OA Abstinence and Recovery Definitions Updated definitions of "abstinence" and "recovery" in Overeaters Anonymous were adopted at the 2019 World Service Business Conference. The revised policy states: The WSBC 2019 accepts the following definitions: Abstinence: The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Recovery: Removal of the need to engage in compulsive eating behaviors. Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program. (Business Conference Policy Manual, 1988b [amended 2019])

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 \(https://oa.org/files/pdf/PI-Resource-List-2018.pdf\)](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!

New Lifeline topics are now online! Give service to thousands of OA members and strengthen your own recovery with the Tool of writing. Make it a part of your program to share your story with *Lifeline* about once a month or, like some of our writers, settle in for a writing marathon and send many stories at once. Write alone or in a workshop with fellow OA members. *Lifeline* will also feature a new department, "Focus on the Footwork," through which members can share the details of how they work their program. [Download the 2020 topics flyer \(https://oa.org/files/pdf/2020-topics-flyer.pdf\)](https://oa.org/files/pdf/2020-topics-flyer.pdf) to print and share or review the topics on the [Share Your Story page at oa.org](http://oa.org)

Submit your Lifeline Story Before 9/15/19 Deadlines for monthly featured topics are three and a half months prior to the first day of the month of publication. Please indicate the topic and month for which you are submitting the article based on the deadlines in parentheses. Typed letters by email, mail, or fax are preferred. Letters must contain the author's name and address, even if the author wishes to remain anonymous in print. *Lifeline* promotes "unity with diversity" regarding the race, nationality, gender, age, physical challenges, and sexuality of its writers. This **January 2020** issue write about:
 How OA Changed My Life
 My OA Birthday

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 Step 10 workshop, Sept. 21, 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 4th 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

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

NH Intergroup one day workshop/retreat on Step 11 "Expanding Conscious Contact" Saturday, Sept. 7th 10am-2pm at Camp Allen in Bedford, NH, with speakers and breakout experiential sessions. They'll be using the Big Book and OA 12&12, etc. Flyer link:

<https://oanewhampshire.org/events-info/2019-09-nhi-step-11.pdf>

"Sponsorship 101" training workshop hosted by CMI and MWI Sunday, 9/15, 1:30-4:30pm, at the Morse Institute Library in Natick, <https://metrowestoa.org/wp-content/uploads/2019/07/Sponsorship-flyer-v2d.pdf>

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

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)

Southern Maine Intergroup Retreat

The 3 Legs of Recovery - **16th 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>

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.

Thursday 9/12/19– Twelfth Step Within Day A day to focus on carrying the 12th Step message and reach out to OA members in relapse or still suffering. **Next:** Saturday 10/12/19

NEW!! Virtual Region workshops:

<https://oavirtualregion.org> The schedule is:
 9/8 Hybrid meetings, 10/13 On-line and non-real time meetings,11/10 Recovery through the holidays, 12/8 Hot topics

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

For news, events, announcements & info, see the websites:
www.oambi.org; www.oaregion6.org; www.oa.org

The next MBI Meeting Dates – Save the Dates!
Saturday August 17, 2019
Saturday September 14, 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
Cathryn C.

RECORDING SECRETARY
Beth P. (Newton)

TREASURER
Mary P. (Quincy)

COMMITTEE CHAIRS

OFFICE
Jean B. (Revere)

PROFESSIONAL OUTREACH
Beth P.

PUBLIC INFORMATION
Diane C. (Arlington)

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
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