



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

September 2019

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MBI CHAIR REPORT - September

Concept Nine: Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

Spiritual Principle: Ability

Who reserved that room and provided a format for the monthly MBI step workshop? Who organized the annual MBI retreat? Who is the Treasurer for MBI? For Region 6? For worldwide OA? Who develops the websites for the Intergroups, Region, OA.org?

Nearly all of the above are accomplished by OA members doing or giving service. For group meetings, some willing members serve as Greeters or Key holders. Members step up to oversee a group's literature supply and others to be responsible for the 7th tradition. Each of these service positions requires some ability, some more defined than others, and each group defines the duties for each position. Each group also, by means of group conscience, determines any abstinence or other requirements for the service positions at the group level. Some members give service by serving as a Representative "Rep" from the group meeting to the Mass Bay Intergroup monthly meeting.

Intergroups also identify service positions, the duties involved and then, in the Mass Bay (or any other) Intergroup bylaws, any requirements for and election or appointment process for positions. The Mass Bay Intergroup Bylaws identify at least the following service positions: Chair, vice Chair, Treasurer, Corresponding Secretary, and Recording Secretary. There are also committee Chairperson positions for the 12th step within,

Public Information/Media and Professional outreach committees.

There is no formal application process for any of these positions but there are requirements and elections for Board positions. Keeping up the MBI Website, oambi.org, requires specific computer skills and so members with such skills fill such roles easily when they can. However, when there is no member with computer skills available, willing, abstinent OA members have come forward to do and learn what they can. These members have seen their skills grow and their abstinence strengthened by working through something beyond what they thought themselves capable of. For me, this experience parallels abstinence and recovery. I lack the ability to abstain from compulsive eating myself. However, with willingness, I can show up and learn from others. This has resulted in the new ability to abstain, one day at a time.

Region 6 service operates similarly. Intergroup bylaws outline the requirements for and election process of Reps to the Region 6 business assemblies, held twice each year. Region 6 then has Bylaws to define the "board" positions and requirements for service on the board. The Region 6 bylaws define the purpose of each committee.

It is a pleasure to read the applications of members for Region and World service positions. The members are asked to "qualify" as candidates for board positions by sharing, in writing, their personal OA story. The applications also include a place to document specific skills and/or related experience they have for the particular service position. Understandably, in addition to their personal OA story, applications for Treasurer often include education, professional and unpaid experience with banking, money management,

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budgeting or accounting. There are also applications which show a member's growth into a service position. The willing, abstinent OA member whose service to their group meetings, then Intergroup, and Region sometimes "grows" into a humble, trusted, effective leader who applies for the Region 6 vice Chair or Chairperson position. There is a saying, "Higher power does not call the equipped, but does equip those called." Please consider growing in service with a different type of service to your group, Intergroup, Region and/or Worldwide OA.

Respectfully submitted,
Cathie B., MBI Chair

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Spiritual Principle: Love

OA Tradition 9

"Overeaters Anonymous, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."

Spiritual Principle: Structure

MBI NEWS !

MBI Treasurer's Report July 2019

\$3418.46 Income	\$2380.64 Expenses
\$1037.82 Income exceeded expenses	
Checking bal. 7/31/19	\$8593.35
Savings bal. 6/30/19	\$4005.94

For July, \$37 of our income was from the 7th Tradition collection at our MBI meeting. \$18 was paid for Newcomer packets and \$12 for literature. \$1175 was from MBI Fall Retreat registrations. \$2159.57 was from group donation(s). The list of groups who donated in July is at the end of this report. **Thanks to all of you who are supporting MBI.**

Our July expenses: Sainly Solutions was paid \$11.05 for web site hosting; Jeanne K. was paid \$50 for her June website work; Marina was paid \$82.50 for her work between 6/17 and 7/4, and \$75 for her work from 7/9 to 7/18; we paid Lawrence Memorial Hospital \$25 for hosting our 7/20 MBI meeting, and \$25 for

the Step Workshop on 7/27; our Verizon bill was \$156.38; our monthly office rent was \$455; we paid the Post Office \$2.65 for postage (Professional Packets); Lowes was paid \$5.06 for 2 office keys; OA.org was paid \$11 for pamphlets. We paid Tsoutsouras & Co., PC \$982 for preparing our taxes for 2018 (they do give us a \$200 discount on their services).

Our Checking balance includes \$4754 of retreat registrations including \$53 in 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 July 2019

\$120.00	Dorchester, Sat. 9am
\$200.00	Reading, Tues. 9:30am
\$35.00	Anonymous
\$188.70	Wellesley, Wed. 12N
\$125.00	Cambridge, Sat. 9:30am
\$944.67	Newton Wellesley, Sat. 7:15am
\$83.40	Chelmsford, Sat. 2pm
\$79.80	Medford, Fri. 7pm
<u>\$383.00</u>	Lynn, Sat. 8:30am
\$2159.57	TOTAL

MBI Office Report July 2019

The MBI office exists to serve our intergroup, our meetings, and the people who ask us for help. One way we can do this is to keep in touch with our meetings. Marina, our multi-talented office worker, has agreed to begin a project to reach out to MBI member meetings through their listed contact people. Having updated contact information allows people to learn about our meetings and prevents the frustration that could turn a newcomer away from our program. When people call the office looking for meeting information (not everyone has a computer) we should be able to give them accurate information. Please keep your information up to date!

Respectfully submitted,
Jean B., Office Committee

MBI Office Activity Report - August 2019

Phone Calls received	5
Emails received	45
Emails sent	23
Checks Received	8
Newsletters sent	4
Meeting lists sent	none
Professional packets sent	10

Yours in Fellowship, Marina

12 Step Report July - 2019

There were 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

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 September.

In service, Beth P

Public Information Committee Report

Continuing learning process, exploring resources for PI within OA. Attended Northshore Intergroup sponsored program on PO/PI by Region 6 representative on August 18. Very encouraging and informative discussion and will report recommendations at next MBI meeting.

Diane C, PI Chair

MBI Bylaws Report July 2019

Cathie volunteered to reach out to the Region 6 Trustee so that we can get our bylaw updates approved. In the fall I will be reviewing the committee information in the bylaws packet as the next part of the project. Please take a look at that section, suggestions are welcome as to how we can revise the

descriptions to more closely match what we are actually doing.

Respectfully submitted,
Jean B., Bylaws chair

August 2019 Webmaster Report On Thu, Aug 22, 2019 8:39 am pm 246 emails were successfully delivered. 1 person unsubscribed as no longer interested. Most Popular links: www.oambi.org/wp-content/uploads/2019/08/MBI-Newsletter-August-2019a-.pdf www.oambi.org/wp-content/uploads/2019/08/August-2019-Highlights.pdf <https://forms.gle/qfNrRQdNi1RG68jb8> (Survey) <https://www.oambi.org/wp-content/uploads/2019/03/Flyer-MBI-Retreat-Fall-Into-Recovery-2019.pdf>

Respectfully submitted,
Jeanne K., Webmaster

MBI MEETINGS DATES -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 an anonymous 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.

Or click here: <https://forms.gle/qfNrRQdNi1RG68jb8>

See page 7 for the response from the first five questions to date.

Here is your chance to let us know what you would like from us.

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 9 "Made direct amends to such people wherever possible, except when to do so would injure them or others."

" The series continues with discussion of Step Nine. Both speakers describe their own personal experience with doing Step Nine, giving specific examples of amends they have made. In addition, they emphasize the need to make amends in order to refrain from returning to compulsive eating, and to be released of the negative feelings or turmoil created by holding on to the amends. Also discussed is reviewing the list and practicing amends with a sponsor, remembering the principles of forgiveness and love for others, and that the focus of the amends should be on one's own role and behavior, being specific and actually making amends and changes. Suggestions are also provided for making amends to people who have died or are no longer in one's life. The second part of Step Nine is also stressed, ensuring that no further injury or insult occur due to inappropriate amends. [Listen Now - Step Nine](#) | [Download](#)

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!

A Step Ahead Third Quarter 2019 Issue

The new issue of *A Step Ahead* is now online. Learn about the latest OA world service news, including:

- New business and election results from WSBC 2019
- An important announcement about *Lifeline* magazine
- OA's new definition of abstinence and recovery
- OA's new Statement on Public and Social Media
- Messages from our new board chair and treasurer
- Call for cover art ideas for a new OA publication

[Read and translate](#) or [download and print](#).

New! Follow OA on Instagram



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

https://www.instagram.com/overeatersanonymous_official/.

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. *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

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, Veteran's Day Weekend, November 8-10, La Salette Retreat Center, 947 Park St, Attleboro, MA. [Flyer – MBI Retreat – Fall Into Recovery 2019](#)

MA / NH STATE INTERGROUP NEWS

"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.

South Coastal Abstinence Workshop – Saturday, 10/5. 1-4pm, Beth Israel Hospital, Funkhouser Conf. Rm., 275 Sandwich Rd., Plymouth. [Click for flyer](#)
http://docs.wixstatic.com/ugd/4a2a71_8c639a7d862c4e74ba14df3284fc5d7f.pdf

REGION 6 NEWS & EVENTS

Ocean & Bay IG-Body Image and Sexuality in Recovery, Sunday, 9/22, 2-5pm, Calvary United Methodist Church, 200 Turner Road, Middletown, RI 02842 [Click for flyer:](#)
http://docs.wixstatic.com/ugd/4a2a71_b885e8cf480746aa8bd70707f8379b58.pdf

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-](http://www.oambi.org/wp-content/uploads/2019/06/OABR-Brochure-2019.pdf)

[content/uploads/2019/06/OABR-Brochure-2019.pdf](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.

Saturday 10/12/19– 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:** Tuesday 11/12/19.

NEW!! Virtual Region workshops:

<https://oavirtualregion.org> The schedule is: 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 September 14, 2019

Saturday October 12, 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: 605-313-4477, 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 (Big Book Disc)
 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 605-313-5144, 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: 605-313-5143, 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#

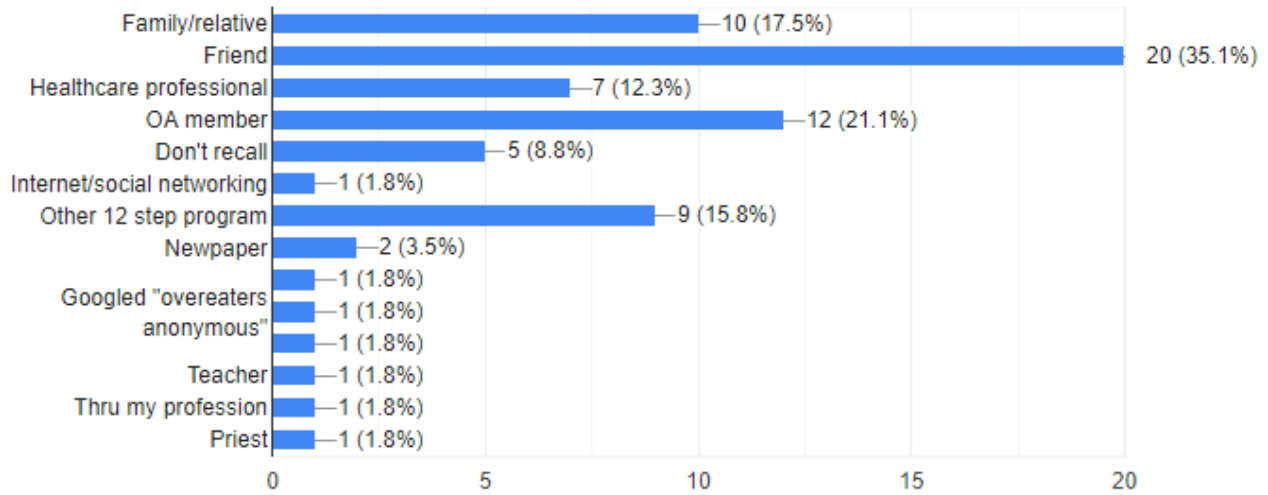
* Dial meeting phone number and follow prompt to enter pin followed by the # sign. Keep your phone muted except to share (meeting leader will give instructions on how to do so). It is requested that those sharing have 90 days or more of continuous abstinence.

* [For a complete list of meetings see www.oambi.org](http://www.oambi.org)

1. How did you hear about OA *Check all that apply.

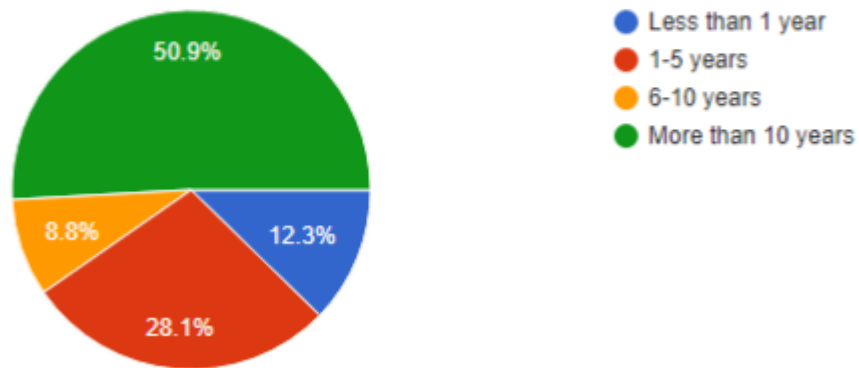


57 responses



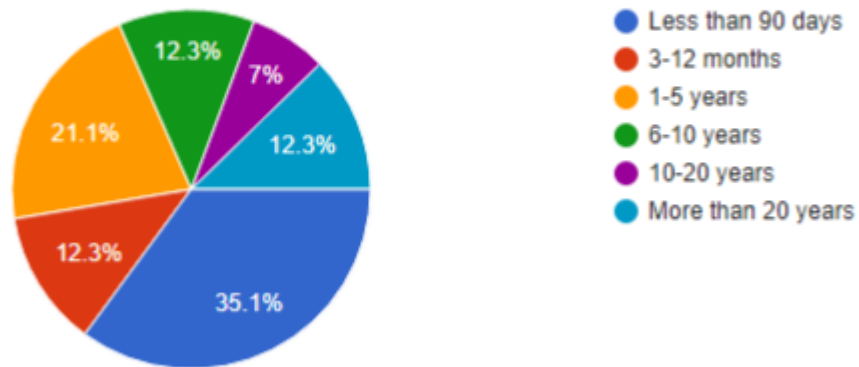
2. How long have you been a member of OA? *Mark only one oval.

57 responses



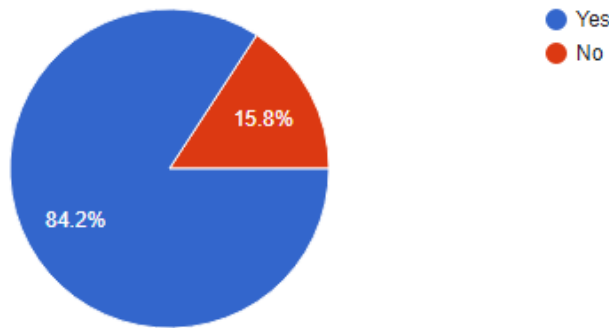
3. What is your length of abstinence? * Mark only one oval.

57 responses



4. Do you currently have a sponsor? * Mark only one oval.

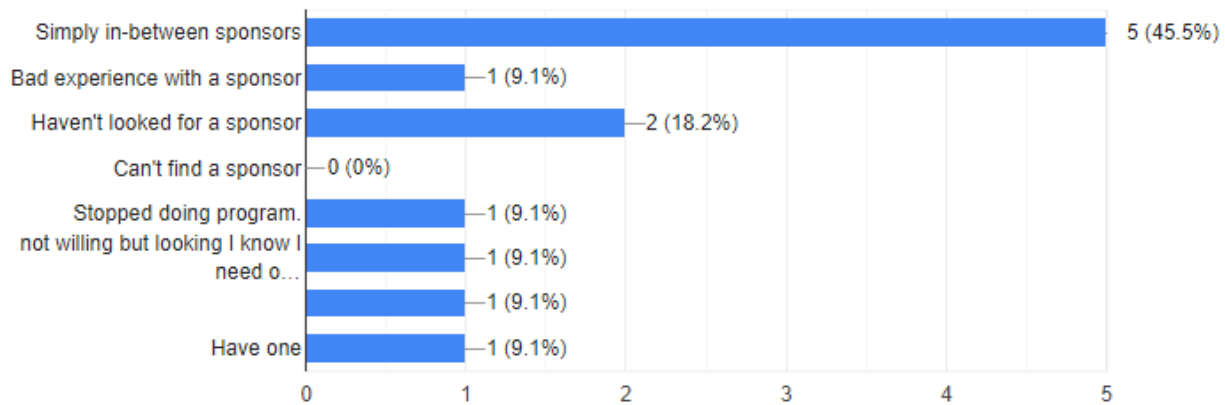
57 responses



4a. If you don't have a sponsor, why not? *Check all that apply.



11 responses



5. What brought you to OA? *Check all that apply.

57 responses

