



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

October 2019

Page 1

MBI CHAIR REPORT - October

Greetings! October is here and I am grateful to notice the colors and changes and to be a part of life.

Service helps me be involved in life and since this is the 10th month of the year, this report focuses on the 10th Concept of OA service.

Concept Ten says: **"Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided."** **The spiritual principle of this Concept is, Clarity.**

In the food, I was always in a muddle. My thinking about food (and really everything) was all mixed up. I thought food was love, entertainment, comfort and a host of other things at different times. I thought the excess weight and other people were my only problems. I thought I "deserved" certain foods, certain "rewards" and for only certain things to happen to me. I was mixed up about my worth and my purpose. I thought other people's lives were my responsibility-to judge and "fix", to worry and complain about and rank mine as better or less than.

In recovery, with the help of a sponsor, a plan of eating, a Higher Power and the Steps, I get clarity about the food and its place in my life. With the "food fog" lifted, and continued abstinence and working of the Steps, I get clarity about my actual responsibility-to myself, to other food addicts and compulsive eaters/overeaters, and to all beings. The phrase that I am responsible to, not responsible for, all beings comes to mind. It is a privilege and not a drudgery to meet my responsibilities in recovery. Life is manageable with clarity, about the food and about my actual responsibilities.

In OA service, we need clarity too. Each member needs to know what actions are to be taken, whether one is the key holder for a meeting, the Literature person, the Rep to Mass Bay Intergroup, Region 6 or a World Service Delegate. This allows each of us to plan our action, to do our part and contribute.

Clarity means that each knows what to do, without a mess or a duplication of efforts. Trusted servants who are interested in knowing what is involved in being an MBI Rep are welcome to call and ask me, to consult the business meeting outline(s) at meetings they attend, and/or to read them in the MBI Bylaws that are online at OAMBI.ORG. Reps or potential Reps may also read the descriptions for service positions within MBI, such as Chair, Vice Chair, Treasurer, Recording and Corresponding Secretaries, Web/Communication and other Committee Chairs. One or more of the service positions may interest you and support your recovery by providing clarity about another or alternative way to serve.

Concept Ten "helps us avoid internal controversy in the same way that Tradition 10 ("OA has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.") protects us from outside controversy." -from "The Twelve Concepts of OA service."

Thank you OA for a program of recovery that allows me/you/us to live in harmony, with food, our respective Higher Power and with each other. A defined plan of eating and plan(s) of action support our recovery, which includes service. The willing, abstinent OA member whose service to their group meetings, then Intergroup, and Region sometimes "grows" into a humble, trusted,

INDEX

Committee Reports	Page 1-3
Update from World Service	Page 4
Upcoming Events (Please announce)	Page 5
MBI and telephone meeting info.	Page 6

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 10: Continued to take personal inventory and when we were wrong, promptly admitted it.

Spiritual principle: Perseverance

OA Tradition 10

"Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy."

MBI NEWS !

MBI Treasurer's Report August 2019

\$1862.40 Income \$946.77 Expenses
 \$915.63 Income exceeded expenses
 Checking bal. 8/31/19 \$9508.98
 Savings bal. 8/31/19 \$4005.97

For August, \$31 of our income was from the 7th Tradition collection at our MBI meeting. \$10 was the 7th Tradition collection from the 7/27/19 Workshop on Steps 8 & 9. \$520 was from MBI Fall Retreat registrations. \$1301.40 was from group donation(s). The list of groups who donated in August is at the end of this report. **Thanks to all of you who are supporting MBI.**

Our August expenses: Our monthly rent was \$455; our Verizon bill was \$157.49; Marina was paid \$142.50 for her work from 7/23 to 8/9/19; Jeanne K. was paid \$50 for her July website work; Jean B. was reimbursed \$40.99 for colored printer ink for printing MBI Fall Retreat flyers; The Commonwealth of MA was paid \$35 for 2018 taxes; we paid Lawrence Memorial Hospital \$25 for hosting our 8/17 MBI meeting; Sainly Solutions was paid \$24.05 for web site hosting; we paid the Post Office \$10.20 for sending our 2018 tax returns and \$6.54 for mailing 10 medical packets.

Our Checking balance includes \$5274 of retreat registrations including \$103 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 August 2019

\$141.00	Chelsea, Sat. 8am
\$40.00	Anonymous
\$200.00	Dedham, Mon. 7:30pm
\$240.00	Reading, Sat. 7:30am
\$200.00	Medford, Sat. 9am
\$142.00	Wellesley, Mon. 9:30am
<u>\$338.40</u>	Newton, Sat. 7:15am
\$1301.40	TOTAL

MBI OFFICE ACTIVITY REPORT - September 2019

Phone Calls received	10
Emails received	24
Emails sent	14
Checks Received	10
Newsletters sent	4
Meeting lists sent	none
Professional packets sent	none

Yours in fellowship, Marina, Office administrator

MBI Office Report August 2019

The office serves MBI as a central point of contact. We have files, filing cabinets, literature for newcomer packets and for professionals, computer, printer, phone line, and some limited storage space. Messages come in, requests are answered, mail is logged in and redistributed, all possible because we have an office and someone (Marina) to work there part-time. I am grateful for the service work that MBI can do because we have an office and I thank those who came before me who saw the need for such a place.

If you need to reach MBI, call and leave a message or send an email or mail us a letter and we will get back to you.

Are you a contact person for your meeting? We are trying to update our contact information with our member meetings. If

you look up your meeting on www.oa.org, see who is listed as contact for your meeting and notify WSO if that has changed. If it says the MBI office as contact, you may want to have your meeting secretary update that listing to include someone from your meeting. Marina will be making some phone calls as part of this project.

Respectfully submitted,
Jean B., Office committee

12 Step Report September - 2019

All our workshops have been well received, but the recent Step 10 workshop was deeply moving for all attendees. Looking forward ..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 October. In service, Beth P

Public Information Committee Report

A wealth of information was given at "Carrying the Message workshop for OA meetings. One suggestion was to include a Tradition 5 review on the regular business agenda and ask the question - "What are we doing to carry the message?" Do we follow up with newcomers, etc?

Diane C, PI Chair

MBI Bylaws Report September 2019

Writing this in September for the September 14, 2019 MBI meeting, there is a touch of fall in the air. Summer is over. Time to get back to working on the bylaws. We finished work on the bylaws section of the manual, next we look at the committee information section on p.14-25 (the policy & procedure manual) and we can see that there are some things that need to be updated. I would request that people review this section and come to the October MBI meeting with ideas for what they would like to see changed. For example, we

don't have a Highlights Committee but we still produce Highlights. The 12 Step Committee doesn't have a travel fund and doesn't run the retreats. Most of our newsletters go out by email rather than by postal mail. So, we need to update this section to reflect what we actually do or change what we do to match the procedures. We have a Retreat Committee that is not in the manual, that should be added.

Respectfully submitted,
Jean B., Bylaws chair

September 2019 Webmaster Report

248 new letters were successfully delivered on Wed, Sep 18, 2019 7:28 am. The monthly updates to the website were completed as usual, including updating the retreat information and survey information.

Most Popular links: <https://www.oambi.org/wp-content/uploads/2019/09/MBI-Newsletter-September-2019.pdf>

<http://www.oambi.org/wp-content/uploads/2019/03/OA-RETREAT-MENU-2019.pdf>

<https://www.oambi.org/wp-content/uploads/2019/09/September-2019-Highlightsa.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

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." We need your input to decide which of the many possible activities and supports we should pursue first.

Or click here:

<https://forms.gle/qfNrRQdNi1RG68jb8> Here is your chance to let us know what you would like from us. Some updated survey responses are on pages 7-8. We have received 64 responses so far.

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 10: Continued to take personal inventory and when we were wrong, promptly admitted it." This week the speakers share their stories of their experience, strength, and hope. Both speakers describe their personal experience with Step Ten. Perseverance is the spiritual principle of this Step. Continuing to do a personal inventory daily helps us identify character defects and feelings that come up unexpectedly and see if we need to make amends to anyone. Working with a sponsor also helps us with the process of Step Ten. We cannot rest on our laurels if we are to continue our journey of recovery on a daily basis.
[Listen Now - Step Ten](#) | [Download](#)

VIDEOS AVAILABLE ON OA WEBSITE:
Tradition 10 - Spiritual Principle: Neutrality
[Click here to play Tradition 10 video](#)
<https://vimeo.com/261373034>)

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

New! Welcome Back Pamphlet Revised and Expanded Stop a relapse or reach out to a "missing face" with OA's newest pamphlet, *Welcome Back: Suggestions for Members in Relapse and for Those Who Care*. Combined from two OA pamphlets (*Welcome Back* and *Members in Relapse*), this new, Conference-approved twelve-page pamphlet is more comprehensive and includes "Suggestions for Members in Relapse," "Suggestions for Those Who Care," "What Helped—In Their Own Voices," space for phone numbers, and more. Look for [Welcome Back: Suggestions for Members in Relapse and for Those Who Care](#) (#185), with the bright yellow cover, in the OA bookstore.

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>) 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 11 workshop October 19, 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.

Our Thank-a-thon will be on Thanksgiving day from 7 AM to 1 in the afternoon, in the Johnson Room at Lawrence Memorial Hospital, Medford. There will be a meeting every hour on the hour. The last meeting starts at 12.

MBI Step 12 workshop December 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. **Last day to register is October 16, 2019!**
[Flyer – MBI Retreat – Fall Into Recovery 2019](#)

<https://www.oambi.org/wp-content/uploads/2019/03/OA-RETREAT-MENU-2019.pdf>

MA / NH STATE INTERGROUP NEWS REGION 6 NEWS & EVENTS

"Carry the Message" workshop coming up 10/27 at Metrowest Medical Center in Framingham
<https://metrowestoa.us12.list-manage.com/track/click?u=72f812a7d9dfe7c9d92174ff3&id=482ab4f79a&e=44dc6f311d>

WMI has a "Hope, Happiness and the Holidays" workshop coming up 11/3 in Southwick, MA
<http://www.oawmass.org/wp-content/uploads/2019/07/OASis-Workshop-11-3-19.pdf>

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

2020 Region 6 Assemblies:
Spring April 17-18, 2020
Fall October 2-3, 2020
Both at Red Lion Inn, Wolf Road, 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.

Tuesday 11/12/19– 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:** Thursday 12/12/19.

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 October 12, 2019
Saturday November 16, 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)

QUESTIONS

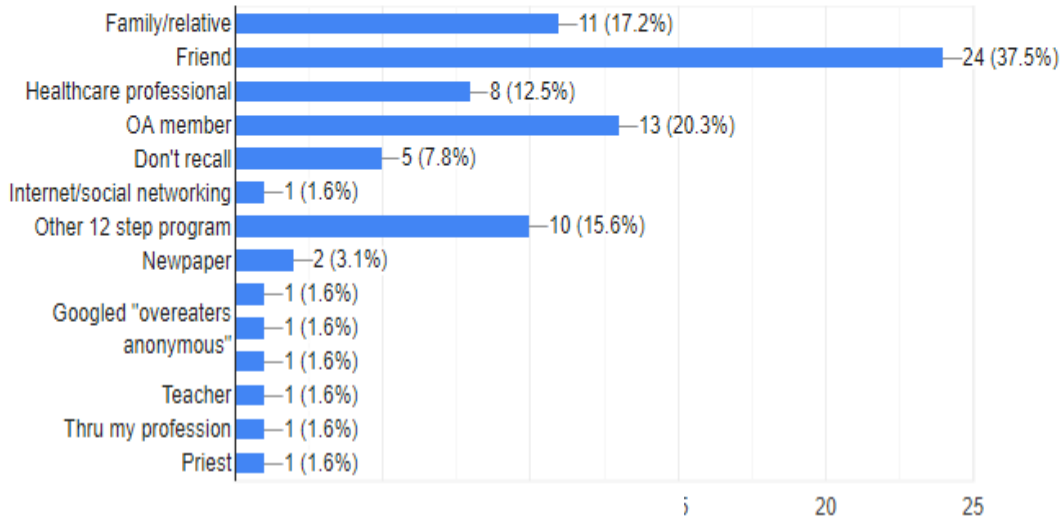
RESPONSES

64

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

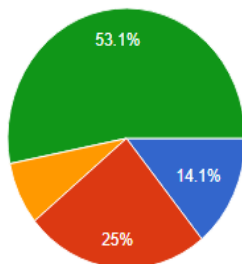


64 responses



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

64 responses

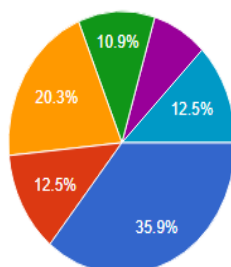


- Less than 1 year
- 1-5 years
- 6-10 years
- More than 10 years

Legend: 14.1% less than 1 year
25% 1-5 years
7.8% 6-8 years
53.1% More than 10 years

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

64 responses



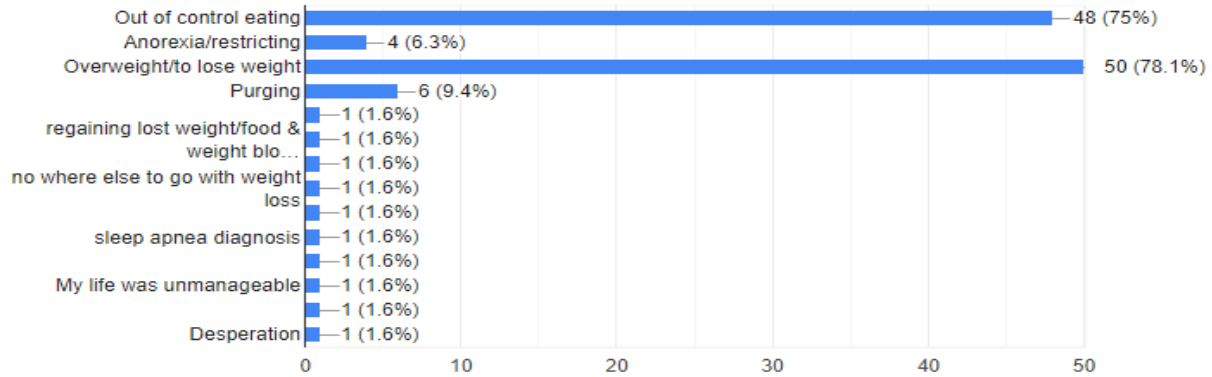
- Less than 90 days
- 3-12 months
- 1-5 years
- 6-10 years
- 10-20 years
- More than 20 years

Legend: 35.9% less than 90 days
12.5% 3-12 months
20.3% 1-5 years
10.9% 6-10 years
18.8% 10-20 years
12.5% More than 20 years

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



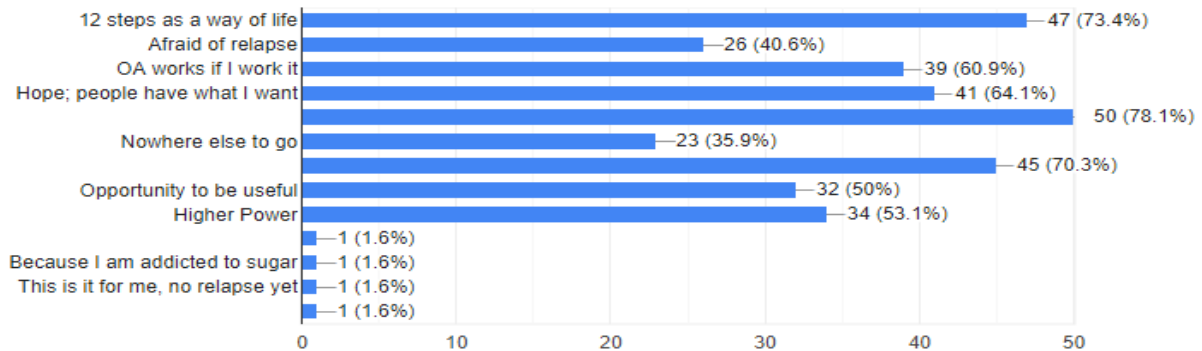
64 responses



6. What keeps you coming back? *Check all that apply.



64 responses



12. What do you think is the most important thing you personally need to do to strengthen your recovery, whether you're abstinent or in relapse? * Check all that apply.



64 responses

