



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

December 2019

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MBI CHAIR REPORT - December

Greetings! It is December 2019, a time to consider Concept Twelve which reads:

"The spiritual foundation for OA service ensures that:

- a) No OA committee or service body shall ever become the seat of perilous wealth or power;
- b) Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
- c) No OA member shall ever be placed in a position of unqualified authority;
- d) All important decisions shall be reached by discussion, by vote, and whenever possible, by substantial unanimity;
- e) No service action shall ever be personally punitive or an incitement to public controversy; and
- f) No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action. "

Once again, the Concept provides clear guidelines for OA service. From a spiritual foundation, there is no vying for power. No individual or group or service position holds power over another or over members. We are freed from a profit motive for service by our OA Traditions and by Concept Twelve, section b. We reach decisions and are freed from "making" decisions or attempting to run the show ourselves. We are no longer alone and we reach out and ask for help/input on issues affecting OA. We take a group conscience by individual votes or via our volunteer or elected "Reps". We aim toward our ideal, "substantial, if not total, unanimity".

The spiritual foundation for OA service ensures that our service actions are guided by right thinking. As time passes, and we continue our OA service from a spiritual foundation, "our thinking will...be more and more on the plane of

inspiration" (Big Book of AA). Service that is on the plane of inspiration, saves lives and fulfills our primary purpose, to carry the message to those who still suffer. Concept 12 and the spiritual foundation and principles encompassed in it, provides "a design for" service "that really works".

Section a builds on our growing "Selflessness". Being freed of the drive to compete, to accumulate, or to attempt to gain power, we are free to be more concerned with the needs of others than with my/our own.

Section b stems from our growing "Realism", our accurate depiction of the fiscal needs of our group or Intergroup. We pay rent, purchase Newcomer packets, AA and OA literature and MBI makes sure there is enough to fund the annual retreat, reimburse travel and/or accommodation expenses for Region 6 Reps at assemblies and for Delegates at the World Service Business Conference. We do not restrict out of fear nor hoard because neither allows our "maximum usefulness".

Section c supports OA's Tradition of "Representation", no one is the president or dictator about OA, the members are the strength of the service structure, each with an individual voice, and in one way or another, a vote.

Section d supports our growing ability to "Dialogue"-to discuss or converse with at least one other person before reaching a decision. We no longer "make" decisions or "reach" them alone. Our Sponsors, our fellow/femme OA members and our contact with our respective Higher Power help us reach, if not completely, substantially, unanimous decisions.

Section e strengthens our growing "Compassion"-our sympathetic concern for the suffering or misfortunes of others. This is such a gift and of course the polar opposite of what I used to do-try to make others suffer or "incite" sometimes unhealthy, controversial and/or

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downright dangerous behavior. **Section f** extends "Respect"—due and deep regard for the feelings, wishes, rights or traditions of others, elicited by their being. No one dictates or defines OA, no one enacts or abolishes anything. In OA, from a spiritual foundation and with the spiritual principles encompassed, we are regarded and extend regard. We are each an equally valued part of our worldwide femme/fellowship.

Overall, my experience these past 12 months is that OA MBI had a wonderful, productive year, highlighted by our La Salette Retreat about the 12 Steps which espoused our spiritual principles, spiritual foundation and fellowship.

May you all enjoy the Holidays and the New Year - One Day At A Time!

Respectfully submitted,
Cathie B., MBI Chair

Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Spiritual Principle: Service

OA Tradition 12

"Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles above personalities."

Spiritual Principle: Spirituality

MBI NEWS !

MBI Treasurer's Report October 2019

\$4844.09 Income \$1129.58 Expenses
\$3714.51 Income exceeded expenses
Checking bal. 10/31/19 \$13,596.63
Savings bal. 10/31/19 \$4006.04

For October, \$30 of our income was from the 7th Tradition collection at our MBI meeting. \$1862.50 was from MBI Fall Retreat registrations and scholarship contributions. \$2941.39 was from group donation(s). The list of groups who donated in October is at the end of this report. **Thanks to all of you who are supporting MBI.**

Our October expenses: Our monthly rent is routinely paid the middle of the month before the month it is being paid for. Writing this report, I realized I did not receive the invoice for our November rent, so no rent was paid in

October—this oversight is being corrected. Our quarterly donations to World Service and to Region 6 of \$250 each were paid. We paid an annual Website Hosting fee to Sainly Solutions of \$225. The Verizon bill was \$157.39; Marina was paid \$126.75 for her work from 9/19 to 10/11/19; Jeanne Kendall was paid \$50 for her September website work; we paid Lawrence Memorial Hospital \$25 for hosting our 10/12/19 MBI meeting and \$25 for the Step 11 Workshop on 10/19/19; we paid \$15.00 to the Commonwealth of MA with our annual Corporate Report; Sainly Solutions was paid \$5.44 for their monthly web site hosting.

On 10/31, our Checking balance included \$7811.50 of retreat registrations including \$153 donated 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 October 2019

\$125.00	Cambridge, Sat. 9:30am
\$150.00	Wellesley, Wed. 12 N
\$100.00	Weymouth, Thurs. 10am
\$95.40	Andover, Sun. 7pm
\$107.00	Chelsea, Sat. 8am
\$100.00	Medford, Sun. 10am
\$405.00	Reading, Tues. 9:30am
\$48.00	Anonymous
\$82.19	Medford, Fri. 7pm
\$271.00	Milton, Wed. 7pm
\$385.20	Newtonville, Sun. 5pm
\$618.00	Medford, Sun. 8am
\$120.00	Stoneham, Mon. 6:30pm
<u>\$334.80</u>	Newton, Sat. 7:15am
\$2941.59	TOTAL

MBI Office Activity Report - Nov. 2019

Phone Calls received	14
Emails received	29
Emails sent	18
Checks Received	10
Newsletters sent	4
Meeting lists sent	4
Professional packets sent	none

Marina, OAMBI office worker, 781-641-2303

Office Committee Report October 2019

The office is running well. Due to my broken ankle and a later muscle injury to my other leg I have not been able to get out to Arlington. I would like to suggest that someone else take up this position next year as it is unclear when or if I will regain my mobility. In addition, I am now an officer in a Virtual Intergroup for 90-day phone meetings and I have heard that one should not hold positions in 2 intergroups at the same time. I think it is time for me to step away from MBI in an active role though I will, of course, be available to share my experience as needed.

Thanks for letting me be of service,
Jean B.

12 Step Report November 2019

I was unexpectedly in the hospital for 3 days before the Thank-a-thon, and unable to attend. However, the way that my program fellows cooperated and rose to the occasion in service and made the event go without a hitch was truly a miracle!!

The next MBI Step 12 workshop is December 21, 10:30 to noon in the Johnson Room at Lawrence Memorial Hospital.

Dave D, Arlington, 12 Step Chair

November 2019 Webmaster Report

256 newsletters were successfully delivered on Wed, Nov 20, 2019 2:34 pm. There were a total of 143 newsletters opened as of Nov. 30. There were 8 new subscribers from the survey. The monthly updates to the website were completed as usual. **Most Popular**

Links:<https://www.oambi.org/wp-content/uploads/2019/11/MBI-Newsletter-November-2019.pdf>

<https://oavirtualregion.org/>

<https://www.oambi.org/wp-content/uploads/2019/11/November-2019-Highlightsa.pdf>

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 January.

In service, Beth P

Public Information Committee Report

We know that some meetings often have newcomers regularly in attendance. Why is that true of some meetings and not others? Do you have information in your local newspaper or Community website? Brochures in the Library? Posters around town? Please share your suggestions and success with us.

dconnor14@comcast.net

Diane C, PI Chair

MBI Bylaws Committee Report Oct. 2019

Sorry I have not been at the last 2 meetings. I have a broken ankle on one leg and a muscle injury on the other, leaving me in pain and unable to get to work. I am still abstinent, but I need to cut back my activity. I will try to get to the MBI meeting in December and hope that the suggestions I made for policies and procedures will be taken up. After that I will step back and allow someone else to carry on. Thank you for allowing me to be of service,
Jean B.

Respectfully submitted,

MBI MEETINGS DATES -2020

January 11, 2020

February 8, 2020

March 14, 2020

April 4, 2020

May 9, 2020

June 13, 2020

July 11, 2020

August 8, 2020

September 12, 2020

October 10, 2020

November 21, 2020

December 12, 2020

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." Or click here:

<https://forms.gle/qfNrRQdNi1RG68jb8>

Here is your chance to let us know what you would like from us. As of Dec. 12, we have received 89 responses so far.

***The Twelve Steps to a Better Holiday Season (from Nov. 2007 Lifeline)(Suggested by Jean B.)**

- 1. We admitted the holiday season has a deeper meaning than devouring food.**
- 2. We came to believe that a Power greater than ourselves could help us see and celebrate the true meaning of the season.**
- 3. We came to believe our Higher Power could help us appreciate the joyfulness of the season as we understand it.**
- 4. We made a searching and thorough examination of our relationship with food during the holidays and other things we enjoy about the season.**
- 5. We admitted to our Higher Power the exact nature of our food habits during holiday seasons past.**
- 6. We became entirely ready to allow our Higher Power to remove our attachment to food as a necessity of the holidays.**
- 7. We humbly asked Him to remove our desire to partake of holiday treats.**
- 8. We made a list of all persons whose presence makes the holiday season joyful for us and with whom we would like to share our joy.**
- 9. We made plans to spend time with those people whenever possible, except when to do so would remove us from our primary purpose of abstinence.**
- 10. We continued to enjoy the company of friends and family and other nonfood aspects of the season.**
- 11. We sought through prayer and meditation to improve our appreciation of the season, praying for knowledge of its meaning and the joy we feel at this time.**
- 12. Having realized that sharing the joy of this season with others far outlasts the fleeting pleasure of food, we gave ourselves the gift of abstinence throughout the holidays and gave others the gift of our full attention and appreciation**

Highlights from MBI's Fall Retreat

- **Wonderful sharing** Unbelievable sharing on each step.
- **Meditation** The morning meditations were relaxing and rejuvenating. I also learned to do an easy 7 minute meditation which I have continued.
- **Music** The trumpet/coronet playing was heavenly!
- Arts & Crafts** Enjoyed Zentangles and hope to share with grandchildren.
- Community:** There was a wonderful feeling of community--most of us being together for about 40 hours (including sleeping time in our own individual rooms), eating together--all abstinent food we didn't have to cook ourselves, some relatively new in OA and

some with many with years of experience and wisdom. Everyone was friendly and welcoming and there were lots leading in various ways--speaking on a step, leading an OA meeting or meditation, yoga, and artistic projects from decorating our name tags and folders to one who taught us Zentangle. So much fun!

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.

Step 12: "Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs." The Step 12 workshop speakers share their individual stories of recovery and how giving service in all its forms has enriched their lives. [Download: http://oa.org/files/mp3/Edited-Step-Twelve-Dec-13-2015.mp3](http://oa.org/files/mp3/Edited-Step-Twelve-Dec-13-2015.mp3)

Work the Twelfth Step with OA's new PI Resource Free and downloadable, at <https://oa.org/files/pdf/PI-Resource-List-2018.pdf> This has link information for multiple resource categories, including guidelines, PI posters, podcasts, OA's Facebook pages, etc.

A Step Ahead Fourth Quarter 2019 Issue Download [A Step Ahead Fourth Quarter 2019 Issue](#). including World Service Business Conference updates,-Information and support for virtual groups, and Professional Exhibit Funds.

New Download: [Twelve Traditions of OA](#) is now posted to the OA website for free download. This pamphlet can provide an introduction to the Twelve Traditions for members and newcomers.

New Lifeline topics are now online! Give service to thousands of OA members with the Tool of writing. *Lifeline* will also feature a new department, "Focus on the Footwork". Download the 2020 topics:(<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

Upcoming Events and Information (CORRESPONDING SECRETARY'S REPORT)

Please make flyers available for your meetings

MASS BAY INTERGROUP NEWS & EVENTS

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.

MA / NH STATE INTERGROUP NEWS

NHI is having their winter retreat at the end of Feb.

<https://oanewhampshire.org/events-info/2020-nhi-retreat.pdf>

REGION 6 NEWS & EVENTS

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

2020 Region 6 Convention "Focus on Recovery" Oct. 23-25 in Burlington, MA. Super early bird registration of \$35 until Nov. 20, 2019.
<https://oanewhampshire.org/events-info/other-intergroups/2020-region-6-early-bird-flyer.pdf>

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

OA WORLD SERVICE NEWS & EVENTS:

2020 World Service Convention: August 20-22 in Orlando, FL at the Renaissance Orlando at Sea World. Theme: Sunshine of the Spirit: 60 Years Around the Sun!

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/.

Sunday 1/12/2020– 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: Wed. 2/12/2020**

OA 60th Birthday - January 20, 2020

NEW!! Virtual Region workshops:

Use this link to read the Virtual Region newsletter and see the schedule for virtual workshops:

<https://oavirtualregion.org/wp-content/uploads/2019/10/2019VSNews4thQuarter-Vol12.pdf>

1/12/2020 Topic: Newcomers

Unity Day is Saturday February 29th, 11:30am Pacific Time, 2:30pm ES. Everyone pauses to give thanks for the world wide Fellowship of OA! 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 January 11, 2020

Saturday February 8, 2020

**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#

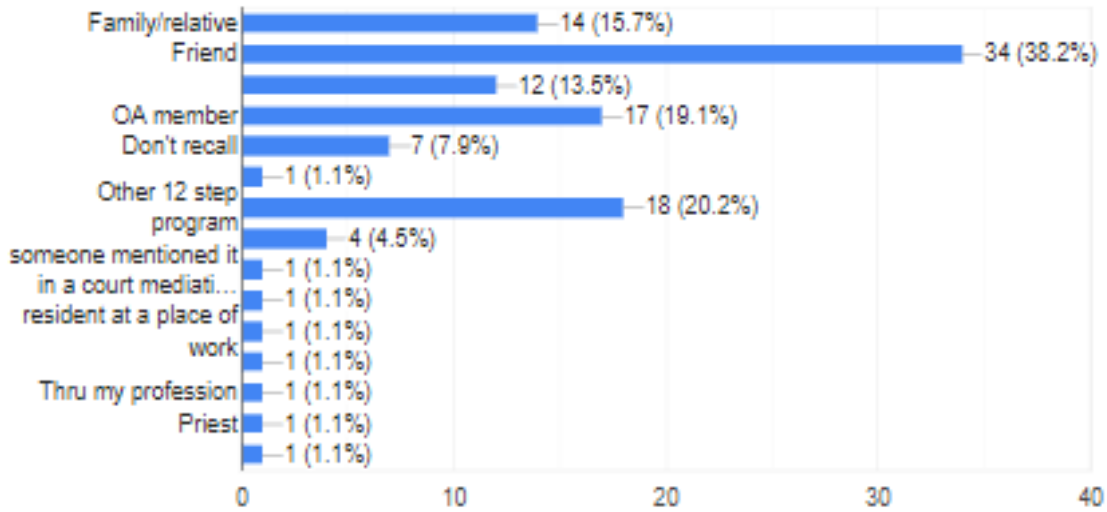
Saturday 4-5 pm (Spkr/Disc)
 Dial-In: 712-451-0921, Access Code: 911188#

* 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.

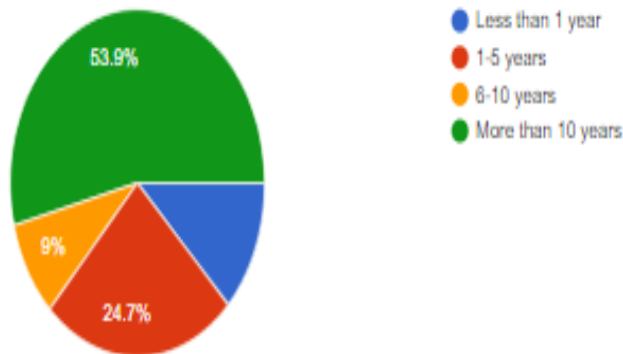
89 responses



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

89 responses

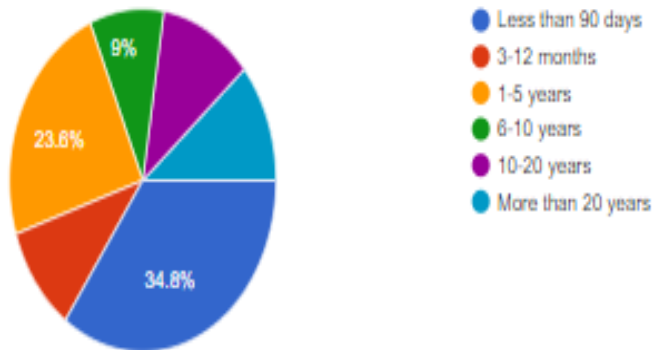
Legend: 14.1% less than 1
25% 1-5 years
7.8% 6-8 years
53.1% More than 10



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

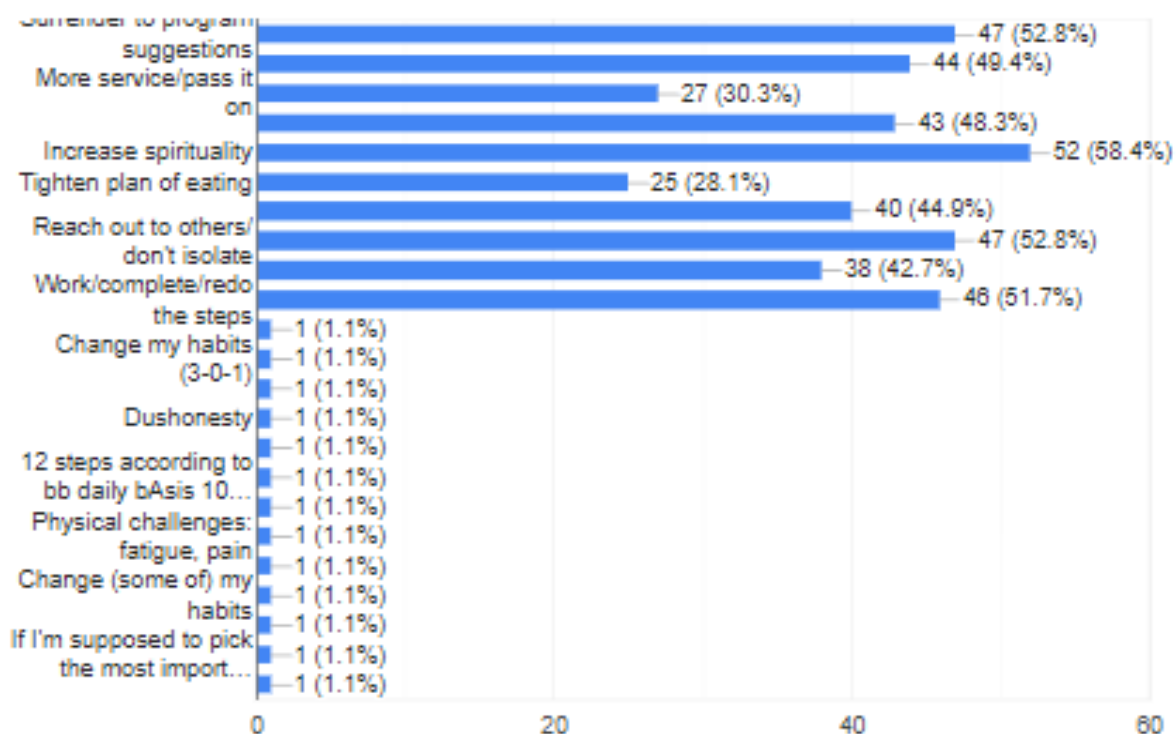
89 responses

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



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.

89 responses



14. What, if anything, could Intergroup do to help you and your meeting? Here are some things people have said in the past. Feel free to add your own suggestions. *Check all that apply.

81 responses

