



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

January 2020

Page 1

MBI CHAIR REPORT - January

Greetings and happy new day! It brings me so much joy to be here, in the day, able to share and recover, one day at a time. How does that happen? How does an addict and compulsive overeater, compulsive eater and compulsive thinker like me get to be here, abstinent and free?

What do I pick up and use to cope when I no longer pick up excessive or addictive or compulsive behavior with, food? I pick up tools. OA offers 9 Tools of Recovery to fill a "spiritual toolkit". The tools make working the 12 Steps, simple. Like the principles we get to practice in all of our affairs, and discipline that helps us grow and experience more freedom, using the tools is always simple but not easy.

While there is some sense of order to the tools, I would like to start with Service, which is always read last at meetings. OA literature states: "Any form of service that helps reach a fellow sufferer adds to the quality of our own recovery. Members can give service by getting to meetings, putting away chairs, putting out literature, and talking to newcomers. Beyond the group level, a member can serve as intergroup representative, committee chair, region representative, or Conference delegate." As OA's responsibility pledge states, "Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible."

My sponsors all shared that the first service is to ourselves. I need to show up to my scale/plan of eating each day and abstain from my compulsive food behavior. That service, continued, one day at a time, can reach fellow sufferers without our knowing it. We never know what seeds of hope and recovery are planted when we show up for ourselves,

feeding our growth, not our compulsion/addiction.

Service saves lives. I know Higher Power got me to OA, and that the service of others showed me abstinence, and what it is in their lives. Service shows me how to work this program of recovery which has a vital component, that I give service to others, where and when I can.

The reason I wanted to start with service is because Mass Bay Intergroup is experiencing a rotation of service. A beloved, long time, trusted member-Jean B. has given service, directly or in support of, every committee and every action plan/event of MBI over the past years. Jean B., thank you for your service which will continue, only in a less formal and less specific way than board member, committee chair and intergroup rep. Jean B., thank you for your service to the previous Region 6 service convention in Burlington, MA and for how that will inform the upcoming convention there this year. I know that your newest service position will help those in recovery and sufferers around the world. Jean B., thank you for your commitment to your recovery and to service to help others who still suffer. Happy new day, friend. We all will miss your presence at our meeting!

Respectfully Submitted,
Cathie B., MBI Chair

Step 1: We admitted that we were powerless over food-- that our lives had become unmanageable.

Spiritual Principle: HONESTY

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

OA Tradition 1

"Our common welfare should come first; personal recovery depends upon OA unity."

Spiritual Principle: UNITY

MBI NEWS !

MBI Treasurer's Report November 2019

\$2481.34 Income	\$9941.79 Expenses
\$7460.45 Expenses exceeded Income	
Checking bal. 11/30/19	\$6306.18
Savings bal. 11/30/19	\$4006.07

For November, \$1287.34 of our income was from group donations. \$1117 was from MBI Fall Retreat registrations and scholarship contributions. \$42 was the 7th Tradition from the November MBI meeting; \$25 was the 7th Tradition from the October Step 11 Workshop. \$10 was purchase of Newcomer Packets by the Stoneham Sunday morning meeting. The list of groups who donated in November is at the end of this report. **Thanks to all of you who are supporting MBI.**

Our November expenses: We paid La Salette Retreat Center \$7865 for the MBI Fall Retreat. We refunded \$705 to three people who were unable to attend the MBI Fall Retreat. We paid \$455 for November office rent. Marina was paid \$240 for her work from 10/17 to 11/15/19 (extra time was necessary to help with calls as the retreat approached). We spent \$158.11 for supplies for the Fall Retreat. Our Verizon bill was \$168.83. New checks cost \$154.29. Office supplies at Staples cost \$71.62. Jeanne Kendall was paid \$50 for her October website work; Saintly Solutions was paid \$48.94 for their monthly web site hosting. We paid Lawrence Memorial Hospital \$25 for hosting our November MBI meeting.

All of the MBI Fall Retreat expenses were paid out of the money collected for Retreat Registrations and scholarship donations. There is \$200.39 remaining which is being left in our bank balance. This is seed money for our 2020 MBI Fall Retreat.

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 November 2019

\$38.00	Chelsea, Sat. 8:00am
\$153.34	Chelmsford, Sat. 2pm
\$66.00	Wellesley, Mon. 9:30am
\$100.00	Weymouth, Thurs. 10am
\$100.00	Medford, Sat. 9am
\$200.00	Stoneham, Sun. 8:30am
\$300.00	Dedham, Mon. 7:30pm
\$150.00	Cambridge, Sat. 9:30am
<u>\$180.00</u>	Dorchester, Sat. 9am
\$1287.34	TOTAL

MBI Office Activity Report - December 2019

Phone Calls received	15
Emails received	60
Emails sent	12
Checks Received	7
Newsletters sent	4
Meeting lists sent	6
Professional packets sent	none
Newcomer packets	26

Marina, OAMBI office worker, 781-641-2303

Office Committee Report November 2019

I want to thank Marina for her work at the office this year. I gave her my keys to the office and the PO Box after the Thankathon as the problems with my legs make it unlikely I will be able to get to Arlington again (the broken ankle is healing but the muscle problems in the other leg continue). MBI is a strong intergroup and I am sure people will step up to do the work that I can no longer do. I wish you all well and I am willing to be a resource if needed but I need to take care of my health.

Thanks for allowing me to be of service this past year,
Jean B., office chair retiring

12 Step Report November 2019

The Twelve-step Step workshops over the course of 2019 were quite successful and powerful. The **Step One Workshop** will begin on January 18 Saturday morning 10:30 AM until noon in the Gallagher room at Lawrence Memorial Hospital. We will have at least two coming back to OA workshops in 2020. We may well have a reprise of the tools workshop we had earlier last year.

Surrender is not giving up nor is it giving in, it is opening to connection based on love rather than fear.

Dave D., Arlington, 12 Step Chair

January 2020 Webmaster Report

257 newsletters were successfully delivered out of 259 subscribers on Wed, Dec 18, 2019 9:53 pm. There were a total of 191 newsletters opened as of 1/3/20. There were 6 new subscribers between 12/14/2019 and 1/3/2020. One subscribed from the survey. One person unsubscribed citing abuse. This is the first time that I have ever seen a complaint, but the person did not give any more information. The monthly updates to the website were completed as usual, including meeting changes, Step 1 flyer and Unity Day Flyer.

Most Popular Links:

- oambi.org/wp-content/uploads/2019/12/MBI-Newsletter-December-2019.pdf
- oambi.org/wp-content/uploads/2019/12/December-2019-Highlights.pdf
- OAMBI.ORG
- docs.google.com/forms/d/e/1FAIpQLSe06mZeYB7osts1PUk-N8lkjCW35LcGstPUIRqH93HGOb56mQ/viewform

Respectfully submitted
Jeanne K., webmaster

Professional Outreach Committee

We are planning to create a Speaker List for PO opportunities. We have some new volunteers, but we are always in need of 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 February. In service, Beth P

Public Information Committee Report

We plan to follow up on OA award for "Best of Arlington" in Arlington Magazine for possible article, prize collection? We will also work to determine most relevant form of public outreach. Discussion about Meetup as a viable meeting listing place. Beth to follow up about Meetup costs, feasibility to publicize MBI meeting.

dconnor14@comcast.net
Diane C, PI Chair

MBI Bylaws Committee Report MBI Bylaws Committee Report October 2019

Sorry I have not been at the last 2 meetings. I have a broken ankle on one leg and 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. After that I will step back and allow someone else to carry on.

Thank you for allowing me to be of service, Jean B.
Cathie and Jean to meet to review Region 6 trustee response to proposed bylaw changes. Policy and Procedures Manual updates do not require Region 6 approval; Jean suggests an MBI vote and is available to answer questions.
Submitted from Secretary's Dec. Minutes
Ed. note: Jeanne K. made agreed upon updates and posted updated bylaws on OAMBI.org.

MBI MEETINGS DATES -2020

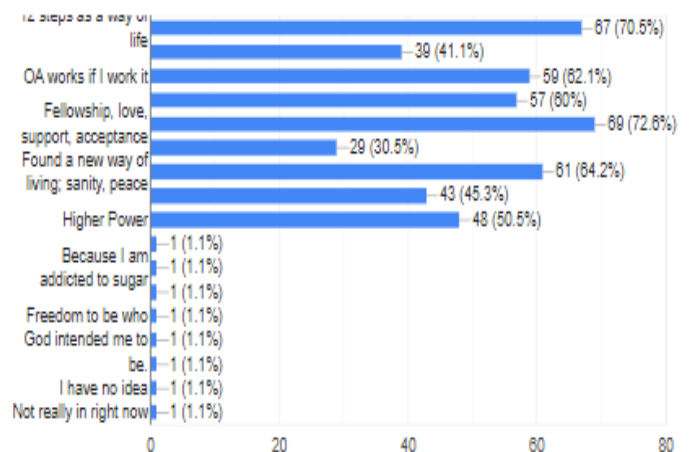
- January 11, 2020
- February 8, 2020
- March 14, 2020
- April 4, 2020
- May 9, 2020
- June 13, 2020
- July 11, 2020
- August 8, 2020
- September 12, 2020
- October 10,2020
- November 21, 2020
- December 12, 2020

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

We are almost done with our survey of OA members affiliated with MBI. Go to OAMBI.ORG on your computer or phone. At the top of the MBI home page, under the banner, "Click to take survey." Or click here: <https://forms.gle/qfNrRQdNi1RG68jb8> Now may be your last chance. As of Jan 1, we have 95 responses(Our goal is 100)
(First line is: Steps as a way of life)

6. WI

95 responses



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 1: " We admitted that we were powerless over food-- that our lives had become unmanageable. Workshop leaders emphasize the importance of the Steps by reading the Introduction to the Twelve Steps "...Since our program is based on the Twelve Steps, we would like to offer here a study of those Steps, sharing how we follow them to recover from compulsive eating. We hope in this way to provide help for those who still suffer from our disease..." The speakers discuss each aspect of Step One, sharing their experience, strength, and hope on how Step One relates to their beginning and ongoing recovery. References *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, *The Twelve -Step Workbook of Overeaters Anonymous, Voices of Recovery*, (January 1), and the story, "Freedom of Choice" (*Abstinence, 2nd Edition*). http://www.oa.org/wp-content/podcasts/Step1_Jan11.mp3

VIDEOS AVAILABLE ON OA WEBSITE:
Tradition 1 A 3 minute video on Tradition 1. [Click here for video](#) or <https://vimeo.com/226014444>

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.

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-](https://oa.org/files/pdf/2020-topics-flyer.pdf)

[flyer.pdf](#)) to print and share or review the topics on the [Share Your Story page](#) at oa.org

Growing Our Membership Worldwide Workshop Added

At the 2019 WSBC, the Region Chairs Committee furthered OA's plan to encourage membership growth by presenting the [Growing Our Membership Worldwide Workshop](#)—now available for any member, group, or service body to download and use. Workshop materials include a pamphlet for attendees, a leader's guide, and questions to facilitate brainstorming. The workshop can be found at oa.org/documents under "Workshops and Skits."

OA Group Inventory and Strong Meeting Checklist Updated

oa.org/files/pdf/oagroupinventory.pdf and oa.org/files/pdf/strongmtgchecklist1.pdf, both available for download on oa.org, have been recently refreshed—see how they can help you check in, both with yourself and your fellow members, at your upcoming meetings. These checklists are intended help foster a focused and supportive group environment to help carry the message to all attendees as we work our program together.

A Step Ahead Fourth Quarter 2019 Issue

Get the latest world service news, including important updates from the OA Board of Trustees, in the latest issue of **A Step Ahead: Read and translate A Step Ahead online** or download a <https://oa.org/files/pdf/asa-q4-2019.pdf> to share with your group!

Unity Day Literature in podcast: *Twelve Steps and Twelve Traditions of Overeaters Anonymous, First Edition*, p. 107

A Common Solution: Diversity and Recovery, p. 8 and p.2
Twelve Steps and Twelve Traditions of Overeaters Anonymous, First Edition, p. 110

OA Inc. Bylaws, Subpart B, Article V

Twelve Steps and Twelve Traditions of Overeaters Anonymous, First Edition, p. 117

Podcast: [Play in new window](#) | [Download](#)

Upcoming Events and Information
(CORRESPONDING SECRETARY'S REPORT)

Please make flyers available for your meetings

MA / NH STATE INTERGROUP NEWS & Events

Step 1 Workshop January 18 Saturday morning 10:30 AM until noon in the Gallagher room at Lawrence Memorial Hospital.

Metrowest Intergroup Step 11 workshop 1/26, 1:30-4:30pm at Spaulding Hospital Cambridge, 1575 Cambridge Street, 1st floor boardroom

Unity Day will be co-hosted by MBI and North Shore Intergroup 2/29 from 1-4pm at the North Andover Senior Center, 120 R Main St., North Andover, MA. <https://www.oambi.org/wp-content/uploads/2018/01/Revised-Flyer-UNITY-DAY-2020.pdf>

New Hampshire Intergroup will be having their winter retreat 2/28-3/1/20 at the Barbara C. Harris Camp & Conference Center in Greenfield, NH. <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 R6 Convention "Focus on Recovery" Oct. 23-25, Burlington, MA. Registration is now \$55.00. <https://oaregion6.org/2020/>

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

NEW!! Virtual Region workshops:
<https://oavirtualregion.org/events/workshops/>
Schedule: 1/12/2020 Topic: Newcomers, 2/9 Men in OA, 3/8 Body Image

OA WORLD SERVICE NEWS & EVENTS:

January 20 is OA's 60th Birthday!

2020 World Service Business Conference
 April 20-25 in Albuquerque, NM at the Embassy Suites Albuquerque Hotel. Theme: OA Celebrates 60 Years! Looking into the Future! To make hotel reservations: https://embassysuites.hilton.com/en/es/groups/personalize/d/ABQEMES-OEA-20200419/index.ihtml?WT.mc_id=POG

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 instagram.com/overeatersanonymous_official/.

Wed. 2/12/2020 – 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: Thurs. March 12, 2020**

Unity Day
 OA members worldwide will pause to reaffirm the strength inherent in OA's unity. In honor of <https://oa.org/podcasts/unity-day/>, the last Saturday of February (Feb. 29) at 11:30 a.m. PST, we now offer this podcast covering the topic of Unity. Here is a link to the script <https://oa.org/files/pdf/Unity-Day-2018-Script.pdf> in case you would like to read it or translate the podcast. (See page 4 for more info)

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)