



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

**MBI Newsletter**

**April 2020**

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## **MBI CHAIR REPORT - April**

Hello everyone.

It seems like such a long time since March and the March 2020 edition of the MBI Newsletter. So much has changed in our lives and the world. We have lost physical contact with the people, places and spaces where we found, and shared, experience, strength and hope. We are powerless over all of the changes and losses, yet we are hope-full. The Tools, Steps and Traditions of our OA program help us access, as needed, an infinite power, far greater than ourselves, to restore us to sanity.

I have been writing about the Tools of the OA program this year and so, this month, I am writing about meetings. This is such a higher power moment in some ways. Of all the 9 Tools, the pandemic has impacted my committed meetings the most obviously. My plan of eating, the vast majority of my contact with my sponsor and sponsees, the OA literature, the AA Big Book, writing, my individual action plan, and use of the telephone are thankfully, still highly accessible. However, my committed meeting places, where I have gone 3-4 times a week for the past number of weeks, are closed to our usual "gatherings of 2 or more compulsive overeaters." We cannot simply relocate physically this time because, as we know, the gathering itself is an issue.

I know that there are established and wonderful phone/virtual meetings but like many members, I wanted to stay connected with people who have seen and heard me, and whom I have seen and heard, through the years. "Well, that's exactly what" members made happen.

It has been such a gift and a pleasure to get the Call or Zoom information for MBI affiliated,

in person meetings that chose to meet virtually for now. Some groups' conscience decided that they wanted the temporarily virtual meeting information posted on the MBI website and available to whoever saw it. Other groups chose to use word of mouth amongst the regularly attending members and their sponsees, to keep the meeting "local" and familiar.

It is wonderful to hear long-timers who shared that they have never been to a phone meeting in all of their years in program but when given the chance to stay connected to their committed meetings and "peeps", they "show up." These members are ongoing powers of example and examples of their Higher Powers at work in them. I am so grateful they are willing to call, Zoom, adapt and continue to share their experience, strength and hope.

I have also heard from members whose recovery started at local MBI, in person meetings, but continued in the different cities, states and countries they moved to. It has been beautiful to have them back, for a time, and for them to be able to attend their old, home meeting, while it is temporarily virtual and accessible.

In one committed meeting, the speaker who lives far away, in a remote area, shared about never having been to a face to face meeting. The speaker went on to say how being in the Zoom "meeting room", and getting to see whoever was sharing or reading, was like having attended a face to face meeting-from 2,000 miles away.

We convened the March MBI business meeting on the phone and in April we will meet in a Zoom virtual "conference room". An MBI member is personally hosting the meeting but MBI has purchased a Zoom account so that

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any MBI in person meeting can meet virtually, without any cost, during the pandemic.

The MBI sponsored monthly Step 4 workshop will meet virtually, as did last month's on Step 3. The workshop is Saturday, 10:30am-Noon, on the phone or via Zoom.

Region 6 "Reps" were notified that the OA Region 6 Spring assembly was cancelled. It was scheduled for Saturday, 4/18/2020, in Albany, New York and is the first of the 2, semi-annual, Region wide business meetings convened every year. Region 6 encompasses parts of Southern Canada, all of New England, New York, and Bermuda. The essential, time sensitive business will be conducted via phone, Zoom and email. We will miss the in person fellowship with the Reps from across the Region. I know I am amazed and grateful that we can still do what needs to be done.

For a number of reasons, we only recently heard that the annual OA World Service Business Conference "WSBC", was cancelled. The Board of Trustees has an Action Plan so we can meet virtually and get the requisite business done. One of the 3 Delegates MBI is eligible to send to the "WSBC" is newly elected. She will not have the experience of in person fellowship with OA members from all over the world, this year. However, she is still doing service, reviewing the resumes of the OA member candidates for Trustee and considering four(4) motions about some OA literature changes. All of the 181 Delegates have a way to ask questions, get information, and cast their votes. It is very different, a bit sad, and ultimately, amazing that we can still gather at all as the planetary group conscience of OA.

I sincerely thank each and every one of you, whether you host or chair, attend an MBI temporarily virtual, or an established, permanently virtual meeting, your showing up makes the meetings happen. A couple of sayings come to mind, "Meeting makers make it" and "Zero meetings in 7 days, makes one weak." Thank you for helping to keep our local MBI meetings going and for making virtual meetings easy to access.

I hope and pray for our collective, maximum wellness and for the quickest, most comprehensive end to suffering.

Peace and unity,

Respectfully Submitted,  
Cathie B., MBI Chair

**Step 4:** Made a searching and fearless moral inventory of ourselves.

**Spiritual Principle:** Courage

**OA Tradition 4**

***"Each group should be autonomous except in matters affecting other groups or OA as a whole"***

***Spiritual Principle: Autonomy***

**MBI NEWS !**

**Vice Chair Report:**

AA info about changes to meeting customs due to pandemic – sanitizing rooms, creating contingency plans such as contact lists with phone, email and social media info, and online /virtual meetings. Each group was to decide on canceling in-person meetings, per location and state policies. Similar information on OA website.

Paulina, Vice Chair

**MBI Treasurer's Report February 2020**

\$2253.79 Income	\$3808.23 Expenses
\$1554.44	Expenses exceeded Income
Checking bal. 2/29/20	\$5405.17
Savings bal. 2/29/20	\$4006.17

For February, \$2161.79 of our income was from group donations. \$34 was the 7<sup>th</sup> Tradition from the February MBI meeting. \$39 was from purchase of literature. \$19 was the 7<sup>th</sup> Tradition at the Step 1 Workshop on 1/18/20. The list of groups who donated in February is at the end of this report. **Thanks to all of you who are supporting MBI.**

Our February expenses: We reimbursed Jeanne K. \$1343.86 for her flights (\$529.69) and hotel room (\$814.17 for two delegates) for the upcoming World Service Business Conference. We paid \$777 for MBI's office insurance for this year. We spent \$459.20 for additional literature from OAWS. We paid \$455 for February office rent. Marina was paid

\$262.50 for her work from 1/27/20 to 2/7/20; extra time was needed this month to go through and to order literature for the Addiction Conference, make new newcomer packets and update the MBI meeting list. Our Verizon bill was \$167.95. We paid Staples \$149.99 for a new computer for our office (bought during the year end sale 12/99). We paid Lawrence Memorial Hospital \$75 (\$25 for our 2/8 MBI meeting, \$25 for the Coming Back to OA Workshop 2/15, and \$25 for the Step 2 workshop on 2/22/20). We paid the Post Office \$59.03 for stamps and postage. Jeanne Kendall was paid \$50 for her January website work. Sainly Solutions was paid \$8.70 for their monthly web site hosting.

If you would like to ask questions about any of this, contact me through the office email ([info@oambi.org](mailto: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 February 2020**

- \$200.00 Cambridge, Sat. 9:30am
- \$100.00 Medford, Sat. 9am
- \$79.20 Chelmsford, Sat. 2pm
- \$100.00 Medford, Sun. 10am
- \$109.20 Newtonville, Sun. 5pm
- \$407.39 Newton, Sat. 7:15am
- \$51.00 Anonymous
- \$50.00 Winthrop, Thurs. 7pm
- \$84.00 Andover, Sun. 5pm
- \$89.00 Chelsea, Sat. 8am
- \$75.00 Weymouth, Thurs. 10am
- \$457.00 Medford, Sun. 8am
- \$180.00 Dorchester, Sat. 9am
- \$180.00 Reading, Wed. 9:30am
- \$2161.79 TOTAL**

**MBI Office Activity Report March 2020**

Phone Calls received	5
Emails received	80
Emails sent	18
Checks Received	8
Newsletters sent	4
Meeting lists sent	1
Professional packets sent	none
Newcomer packets	1

Marina, OAMBI office worker, 781-641-2303

**Office Committee Report February 2020**

Marina self-isolating.  
Cathie, Chair

**MBI Bylaws Committee Report March 2020**

Still no chair person. Policies and procedures are the next planned update. No word yet on trustee approval of existing changes.  
Jeanne K.

**12 Step Report March 2020**

“Coming Back” workshop timing was a challenge because it was the weekend before school vacation and Valentine’s Day.( Bobbie)

Small but powerful Step 2 workshop in Feb. The Step 3 workshop went very well, was well attended and despite some confusion about Zoom numbers, we surrendered and deeply considered step three.

The 4th Step workshop is set up : Saturday, 4/25/20, 10:30-noon, starting 15 minutes before hand to work out any bugs in the Zoom platform , Zoom meeting ID is 918-0809-4305, password 790766. Go to [zoom.us](https://zoom.us) and click join meeting, and enter the above data when prompted. To enter the meeting by phone only call 646-876-9923 And enter the meeting ID and the password respectively when prompted. There is a waiting room and the host will let you in either case,

Dave D., Arlington, 12 Step Chair

**April 2020 Webmaster Report**

On Fri, Mar 20, 2020 at 3:47pm the March newsletter was sent successfully to 254 subscribers. In March, we had 3 new subscribers. The monthly updates to the website were completed as usual, including many meeting change notifications , and adding phone and ZOOM capabilities to many meetings.

In addition, Since March 21, I, along with Mary, have been researching the best way to receive donations electronically at oambi.org Note: Even before the covid-19, someone had asked why we didn't have a way to donate to MBI online. Our host, Sainly Solutions recommended Stripe and after research I agree.

**Most Popular Links:**

- <https://www.oambi.org/wp-content/uploads/2020/03/MBI-Newsletter-March-2020a.pdf>
- <https://www.oambi.org/>

<https://www.oambi.org/wp-content/uploads/2020/03/March-2020-Highlights.pdf>

<https://oaregion6.org/2020/>

Respectfully submitted  
Jeanne K., webmaster

**Professional Outreach Committee**

Report on Harvard Treating the Addictions conference in March: only one of two days of the event was held due to the pandemic, but that day (Friday) was productive. Mary talked to three people in attendance at the conference who were also in OA, which was a first in her experience. Beth talked to some attendees who were seeking more information about OA for themselves and not just their patients. Beth will start spreadsheet of PO contacts in Google Docs. Cathy and Marina can supply existing lists. \$459 literature costs in February primarily for PO to restock suitcase for Harvard event and to send follow up mailings. Marina put info about specific orders /charges in shared Google Docs folder. In service, Beth P

**Public Information Committee Report**

The order for more STOP flyers was put on hold until face to face meetings resume. A PI contact with experience in outreach to newcomers and young people was made in Florida.

[dconnor14@comcast.net](mailto:dconnor14@comcast.net)  
Diane C, PI Chair

**MBI MEETINGS DATES –2020**

- April 18, 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!***

**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](http://www.oa.org). Check with your Intergroup Rep

to get any WSO information if you don't use a computer.

**WSBC 2020** Due to unprecedented global public health concerns, WSBC 2020 will now be conducted online via email notification and online voting services. The election of trustees and consideration of literature proposals will be the only business conducted during this year's Conference. The Conference will officially open April 13 via email and will continue until the business is completed, anticipated to be by the end of April.

**Ask-It Basket 2010-2019 Archive Updated**

Dive deep into OA's Steps, Traditions, and bylaws by reading through nearly a decade of trustee answers to member questions, compiled handily in our [Ask-It Basket Archive](#). We've updated our Archive document to include the most recent two years of responses (2018 and 2019), and revised any references to the Second Edition of the OA Twelve and Twelve and web links to both cited OA website locations and literature locations for purchase. The Board of Trustees takes questions from our membership very seriously, and this Archive provides a closer, more detailed look into how questions of program, whether personal or pursuant to more general issues, can shed light on the hope and freedom found pursuing OA's Twelve Steps.

**All Podcasts Have Been Updated**

**ALL podcasts can be found at:**

<http://overeatersanonymous.libsyn.com/>

There are dozens of topics, speakers, etc. Here a couple of links - there are too many to count!

**Step zero:**

This introductory workshop focuses on the nature of the disease of compulsive eating and what it takes to be willing to go to any length to recover. Some call this **Step Zero**.

<http://overeatersanonymous.libsyn.com/introduction-step-zero>

**Step One:**

<http://overeatersanonymous.libsyn.com/step-one>

**Tradition One:**

<http://overeatersanonymous.libsyn.com/united-we-stand>

**Upcoming Events and Information  
(CORRESPONDING SECRETARY'S REPORT)**

Please make flyers available for your meetings

**CHECK WITH YOUR LOCAL GROUPS OR CHECK INTERGROUP WEBSITES FOR FACE TO FACE MEETING CANCELLATIONS AND INFO ON TELEPHONE AND ZOOM OPTIONS DURING THE COVID-19 GOVERNMENT RESTRICTION** Go to [OA.org](http://OA.org) to change your meeting profile if your face to face meeting has been changed to a phone meeting.

**MA / NH STATE INTERGROUP NEWS & Events**

**MBI 4th Step workshop:** Sat., 4/25/20, 10:30-noon, Zoom meeting ID is 918-0809-4305, password 790766. Go to [zoom.us](https://zoom.us), click join meeting, enter the above data when prompted. Phone only call 646-876-9923, same ID and password.(Can call at 10:15)

**MBI 5th Step workshop:** Sat., 5/16/20, 10:30-noon, Zoom meeting ID is 918-0809-4305, password 790766. Go to [zoom.us](https://zoom.us) - Same info as 4th Step workshop.

**Metrowest Intergroup has cancelled their spring retreat.** Refunds will be issued.

Go to <https://metrowestoa.org/latest-news/> For information on upcoming virtual workshops and links to the MWI and other intergroup virtual meeting lists. Connect to many meetings via telephone and zoom!

**Cape Cod Intergroup One Day Retreat:** May 3 retreat has been cancelled. Refunds will be issued.

**Western Mass Intergroup 42<sup>nd</sup> Annual Retreat:** "A Guided Walk Through the 12 Steps". June 5-7 in Westfield MA. *As of press time, this is still being held. Check their website for updates*  
<https://www.oawmass.org/events/2018-wmi-oa-retreat>

**North Shore Intergroup 9th Annual Retreat.** Saturday, June 20, Ipswich, MA. has been cancelled. Refunds will be issued.

**MBI Fifth Annual Retreat: "Fall Into Recovery".** November 13 @ 3:00 pm - Nov 15 @ 12:00 pm. La Salette Retreat Center, Attleboro, MA

**REGION 6 NEWS & EVENTS**

**ADDRESS FOR REGION 6 DONATIONS:**

**Region 6 Treasurer  
P.O. Box 644,Peabody, Mass 01960**

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

**2020 Region 6 Assemblies:**

Fall October 2-3, 2020, Red Lion Inn, Wolf Rd, Albany, NY

**2020 R6 Convention "Focus on Recovery"** Oct. 23-25, Burlington, MA. Registration is now \$55.00.

<https://oaregion6.org/2020/>

**NEW!! Virtual Region workshops:**

<https://oavirtualregion.org/events/workshops/>

**Schedule:** 5/10/20 Utilizing an OA Toolkit in a Virtual World, 6/14/20 Recovery through Grief and Traumatic Times

**OA WORLD SERVICE NEWS & EVENTS:**

**2020 World Service Business Conference Canceled due to COVID-19**

**Remote voting to take place April 13-29.**

Theme: OA Celebrates 60 Years! Looking into the Future!

<https://oa.org/world-service-business-conference/>

**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!

<https://oa.org/world-service-convention/>

**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/](https://www.instagram.com/overeatersanonymous_official/).

**Tues., 5/12/2020 – Twelfth Step Within Day** A day to focus on carrying the 12<sup>th</sup> Step message and reach out to OA members in relapse or still suffering. **Next: Fri., June 12, 2020**

**World Service Office  
PO Box 44727  
Rio Rancho, NM 87174-4727  
USA**

**For news, events, announcements & info, see the websites:**

[www.oambi.org](http://www.oambi.org); [www.oaregion6.org](http://www.oaregion6.org); [www.oa.org](http://www.oa.org)

**The next MBI Meeting Dates – Save the Dates!**

**Saturday, April 18, 2020**

**Saturday, May 9, 2020**

**10:30 A.M. – 12:00 P.M. - ZOOM**

**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**  
 Open

**PROFESSIONAL OUTREACH**  
 Beth P.

**PUBLIC INFORMATION**  
 Diane C. (Arlington)

**COMMUNICATIONS**  
**Newsletter:**  
 Jeanne K. (Chelmsford)

**Webmaster:**  
 Jeanne K. (Chelmsford)

**12 STEP**  
 Dave D. (Arlington)

**BYLAWS**  
 Open

**\* 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](mailto: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)