



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

**MBI Newsletter**

**May 2020**

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## **MBI CHAIR REPORT - May**

Greetings, it's May!

It has been close to 2 months since the pandemic State of Emergency began in Massachusetts. I hope and trust that you are all as safe and well as possible. I invite you to share, if you choose to, a paragraph or two for the MBI Newsletter about your recovery and experience in the past 2 months, or about any recovery related topic. Also, please feel free to check out the monthly Mass Bay Intergroup meeting this Saturday, 5/9/2020 from 10:30-noon, via Zoom or calling in.

I have been writing about the Tools of Recovery this year and this month's tool is the Telephone. The Tools pamphlet tells us, "member to member contact helps us share on a one-to-one basis and avoid the isolation that is so common among us. Many members call, text or email their sponsors and other OA members daily." (p 3).

The telephone is an important lifeline for me. By using the telephone to call, text, email, Zoom or Face-Time, I can maintain a safe physical distance from others and still "avoid the isolation..." I get to share with my sponsor for our scheduled 15 minutes 5 times per week. We participate in the same (temporarily) virtual meeting by phone another day of the week. I get text messages letting me know when to call some OA members to say hello. Most recently, there have been lots of emails from Region 6 about virtual workshops and the upcoming virtual Region Convention.

Both Region 6 and World Service conducted all required business via email. The Representatives from Intergroups in Region 6, from southern Canada, Bermuda, New York State and all of New England, met via Zoom

conference last Friday night. This kept up our tradition of meeting as a group at the World Service Business Conference, and allowed us a chance to get to know each other a bit more.

It has been wonderful to be able to virtually attend some MBI meetings that I could not attend in person due to time or location/distance. I may be physically separate, even isolated, from other compulsive eaters and food addicts, but I do not have to live in isolation ever again. When I use this tool of the telephone, I can and do "stay connected." I can reach out, ask for help if/when needed, and extend what help I can, to others.

In the food, I avoided the telephone. I screened what calls came in, usually moping that they were for my roommate, or angry that they were for me at "a bad time." I was never ready to address anything in the present. I created a fantasy of the perfect time, when I would be thinner, taller, prettier, healthier and just better, then I would answer the phone and know what to say.

Filled with resentment and unable to escape that "peculiar mental twist" of my thinking, I was trapped in my head and in my home for years. I was afraid of the answering machine, dreading that there were no messages, and dreading that there were. Thanks to abstinence, my higher power and my first OA sponsor, I practiced using the phone as a tool when I am experiencing "those highs and lows" of life. Today, I can use the phone in the present. I can call, ask questions, get more information as needed or listen and share. In recovery, I am heard and I can hear what others are actually saying.

There is a saying that an unshared problem is doubled, and a problem that is shared, is halved. I have experienced that to be true. In

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this time of social distancing and physical isolation, we are blessed with a tool that connects us as frequently and closely as we want it to. The more we use it, the more we deepen our connections. The telephone has preserved my connections with OA friends who have moved to other states. The telephone unites us, whether by phone meetings with members from all over the world, or calls to individual members.

I am very grateful for the telephone. It is an incredibly useful tool that I can and do use several times a day.

Respectfully Submitted,  
Cathie B., MBI Chair

**Step 5:** Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

**Spiritual Principle:** Integrity

**OA Tradition 5**

***"Each group has but one primary purpose--to carry its message to the compulsive overeater who still suffers."***

***Spiritual Principle: Purpose***

**MBI NEWS !**

**Vice Chair Report:**

Discussed dealing with anger and resentment during challenging times.

Paulina, Vice Chair

**MBI Treasurer's Report March 2020**

\$1959.80 Income      \$1033.20 Expenses  
 \$926.60 Income exceeded Expenses  
 Checking bal. 3/31/20      \$6414.27  
 Savings bal. 3/31/20      \$4006.21

In March, \$1933.80 of our income was from group donations. \$18 was from purchase of literature. \$8.00 was from postage for the literature. The list of groups who donated in March is at the end of this report. **Thanks to all of you who are supporting MBI.**

Our March expenses: We paid \$455 for our March office rent. Marina was paid \$157.50 for her work from 2/11/20 to 3/13/20. Our Verizon bill was \$138.15. We paid Staples \$71.99 for printer toner. We paid \$63.74 for Norton Virus Protection. Jeanne Kendall was

paid \$49 for her February website work. Sainly Solutions was paid \$35.89 for their monthly web site hosting. Cathy C. was paid \$26, and Beth P. was paid \$20 for their parking for the Addiction Conference. We paid \$15.93 to Zoom for a Standard Pro monthly plan.

Jeanne K. and I have been working with Aaron at Sainly Solutions and our bank on establishing a way for donations to be made through our website. 7<sup>th</sup> Tradition contributions can also be made by check as usual. Individual donations will be listed as "anonymous".

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 by 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 March 2020**

\$200.00      Weymouth, Thurs. 10am  
 \$342.00      Reading, Sat. 7:30am  
 \$125.00      Anonymous  
 \$325.00      Reading, Tues. 9:30am  
 \$400.00      Dedham, Mon. 7:30pm  
 \$88.20      Wellesley, Mon. 9:30am  
 \$453.60      Newton, Sat. 7:15am  
**\$1933.80      TOTAL**

**MBI Office Activity Report April 2020**

Phone Calls received	8
Emails received	81
Emails sent	47
Checks & Cash Received	21
Newsletters sent	4
Meeting lists sent	2
Professional packets sent	none
Newcomer packets	none

Marina, OAMBI office worker, 781-641-2303

**Office Committee Report April 2020**

Marina is visiting the office once a week, on Friday, to get the mail, which Verna is checking and bringing in daily from the post office (Verna has the extra office and P.O.Box keys and she lives nearby). Verna is also

spraying them with alcohol, so there is no longer the need for quarantining the letters for three days before opening. She's also using post stamps (checking the postage needed, and rounding up for letters heavier than 1oz) to avoid physically visiting the post office during social distancing. Cathryn has offered to help with voice mail 2 months ago. Cathie B and Paulina also volunteered to help. Cathryn will actually start helping in May.

Yours in fellowship, Marina

**MBI Bylaws Committee Report March**

**2020** Still a work in progress; seeking new committee chair.  
Cathie B.

**12 Step Report April 2020**

This pandemic has made program even more important for all of us. I am happy to see the variety of zoom and telephone meetings that are very well attended and highly inspirational. I heard it said, "Not only is my life unmanageable (by me), it's unrecognizable." In fact the fourth step workshop had a record number of attendees, over 15 if I recall correctly. The fifth step workshop will be on Zoom May 16, 2020 from 10:30 to Noon. (Using a HIPAA-compliant account for added security going forward) See the link on page 5 and on [OAMBI.ORG](http://OAMBI.ORG)

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.

**Our online 7th Tradition is live!**



Respectfully submitted  
Jeanne K., webmaster

**Professional Outreach Committee**

MBI was granted \$475 from Region 6 for our PO efforts. We will wait to receive the funds before a final decision on how we'll supplement them with committee budgets. We plan to put the grant toward a new set of standalone banners and a tablecloth for table displays at PI/PO events.

*If you would like to be added to the PO Speaker List, volunteer at a conference, or generally assist us in carrying the OA message to doctors, nurses, nurse education programs, medical schools, therapists, employee assistance program staff, spiritual advisors, clergy and more, please email the office at [info@oambi.org](mailto:info@oambi.org). Please also consider attending the next Mass Bay Intergroup meeting to hear the latest MBI professional outreach news and initiatives in person.*  
In service, Beth P

**Public Information Committee Report**

STOP flyers re-order has been put on hold until social distancing precautions are relaxed and the flyers can be used at in-person meeting places. Also on the PI front, Cathie suggested the creation of an electronic document similar to MWI's list of virtual meetings, which will be more accessible and easily updated than the current website list, and potentially printed to send out with newcomer packets.

[dconnor14@comcast.net](mailto:dconnor14@comcast.net)

Diane C, PI Chair

**MBI MEETINGS DATES –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!***

**Region 6 Assembly Reports**

I am so grateful to be able to be of service for Region 6. Doing service is one of my favorite tools of the OA 9 Tools of Recovery. I believe it keeps me abstinent. My first Assembly was in person in Albany. It was very exciting to be a "newbee" and to be part of such a wonderful organization. I was able to witness group

conscience at work to the max! So many OA members willing to be of service for the greater good of OA. This year we were not able to meet in person and I missed seeing everyone. The Region 6 Board and committees members were able to pull it off without a hitch and had everything on line. I was amazed by the amount of work that went into preparing the reports from each committee so that the reps could make an informed decision on how to vote. My assignment for both years is to be a member of the Web & Publications Committee. I am looking forward to another great year of service on the committee and to OA. Thank you, Marie M.

For me the region 6 Assembly went from a day trip to Albany sandwiched between 2 west coast trip to a barrage of emails, reading, and voting on line. Zoom made it possible to be included. It was nice to sit in on the board meeting. But the best was being able to attend the Web & Publication committee and meet the new R6 webmaster. I was happy to get an assignment and start working. It was nice to see most of the committee members. Jeanne K.

**WSBC 2020 Report**

Although disappointed by not being able to go to WSBC, I was overcome by the volume of documents to read. The experience was still very good. I thoroughly enjoyed reading about the applicants for trustee, and the literature that needed to be approved. I was really excited about the changes in the literature. The whole method of reading, submitting questions, reading answers and then voting was very well done and spaced appropriately. However, the highlight of the week was being on a zoom meeting with all the delegates from region 6. All of us first timers (virtually given our green dots) were enthusiastically welcomed! I also am on the Bylaws committee and have participated in our first task - voting for a Chair & Vice Chair! Jeanne K.

**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.

**New Meeting Transition Guidance**

Here is an excerpt: "Our OA Promise says, "I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness . . ." Thanks to our Higher Power, we are witnessing that even these hectic, unprecedented times can be navigated through the experience, strength, and hope of our Fellowship! We are thankful for members who are jumping in with both feet to create telephone, online, and non-real-time meetings."

[Click here for the rest of the document.](https://oa.org/app/uploads/2020/04/Meeting-Transition-Guidance.pdf)  
<https://oa.org/app/uploads/2020/04/Meeting-Transition-Guidance.pdf>

**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 Two:**  
<http://overeatersanonymous.libsyn.com/step-two>

**Step Three**  
<http://overeatersanonymous.libsyn.com/step-3>

**Step Four**  
<http://overeatersanonymous.libsyn.com/step-4>

**Tradition Two:**  
<http://overeatersanonymous.libsyn.com/whos-in-charge>

**Tradition Three:**  
<http://overeatersanonymous.libsyn.com/all-together-now-we-are-reaching-out-our-hands>

**Tradition Four**  
<http://overeatersanonymous.libsyn.com/there-are-no-mustsbut-is-it-good-for-oa-as-a-whole>

**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/virtual meeting.

**MBI INTERGROUP NEWS & Events**

**MBI 5th Step workshop** : May 16, 2020 10:30-NOON EDT Time. Join Zoom Meeting  
<https://us02web.zoom.us/j/87900066451?pwd=b05BR0UvV0kva0ZOcjNaZ3pOTlhUT09>  
Meeting ID: 879 0006 6451 Password: 369375  
Or call 1-929-205-6099, same ID & password

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

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

**Metrowest Intergroup virtual workshops** are being held every Sunday at 1:30 pm. Go to: <https://metrowestoa.org/latest-news/> for additional information.

**Western Mass Intergroup June 5<sup>th</sup> retreat** has been cancelled. Refunds will be issued.

**North Shore Intergroup June 20<sup>th</sup> retreat** has been cancelled. Refunds will be issued.

**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. Find information about hotel accommodations, the schedule, meal plans and service opportunities. Get all the latest information at: [http://oaregion6.org/2020/wp-content/uploads/2020/01/2020-Convention-Flyer\\_Registration\\_c-1.pdf](http://oaregion6.org/2020/wp-content/uploads/2020/01/2020-Convention-Flyer_Registration_c-1.pdf)

**R6 Convention Update:**  
[https://mcusercontent.com/5ea807caa856d688877aa8342/files/cef37360-67b3-412d-ab0e-767015e6a626/Convention\\_Update\\_APRIL\\_30.pdf](https://mcusercontent.com/5ea807caa856d688877aa8342/files/cef37360-67b3-412d-ab0e-767015e6a626/Convention_Update_APRIL_30.pdf)

**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 Cancelled due to COVID-19 - Remote voting ended April 29.**

**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/).

**Fri., 6/12/2020 – 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: Sun., July 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, May 9, 2020**  
**Saturday, June 13, 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)