



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

June 2020

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MBI CHAIR REPORT - June

Hello. It's June 2020. Summer will officially arrive soon. We have had the pleasure of some warm, sunny days already and the colors of spring are showing more vividly. We have had the range of emotions stirred by events in our personal circles, our communities, country and worldwide. We remain physically separated yet united by our disease and the solution.

Wherever and whenever, the hand and heart of OA is extended to us, unconditionally and perpetually. How do we hold onto that hand and feel our feelings, when the disease fills us with fear, doubt, and insecurity? We work the 12 Steps. We admit, believe, make a decision, and then, we write.

"Most of us have found that Writing has been an indispensable tool for working the Steps." (The Tools of Recovery, pg.4) I certainly did, and still do. I could not write my 4th step or moral inventory until I was abstinent. I tried. I was working the Steps in another program. My sponsor asked me to make a list of people I resented. She even said her name might be on the list. I dismissed that and wrote down the names of 2 people I blamed. I left the 2 names there for 6 months, wanting to write the next part of the inventory while my sponsor urged me to pray and write down the names that came out.

Finally, the sponsor asked what was in the way, and I told her, food and excess weight. I was then led to OA where I started writing down, the night before, what amounts and specific foods I would be eating the next day. I also started writing a "Gratitude list", i.e. 10 things I was grateful for. I wrote down the food nightly and my 10 gratitudes, daily. I went back to the inventory and wrote down

1,500 individual or group names(models, singers, dancers, married people, moms)! It helped so much.

I then wrote for an hour a day, inviting my Higher Power to help me write not as I would write but as my HP would have me write. It was incredibly helpful and enlightening. I wrote lists of institutions and principles I resented. Then I wrote the causes and effects of my resentments. I wrote "turnarounds" and truly began to "see situations more clearly." I was not blaming myself or others. I was gaining a new understanding of my "actions and reactions".

I wrote a sex conduct, and a fears inventory. I wrote responses to some questions about both then gave away that 4th Step. Later, I wrote the names of people I had harmed. I continued to write who and what I was grateful for and more, in a journal.

I "rested on my laurels" and found I had piled up new resentments. I wrote another moral inventory. Writing remains an indispensable tool, with a valuable place in the spiritual toolkit we gain access to in OA.

I am grateful for the privacy that allows me to write freely in safety. When I was about 12 or 13, my mother found some writing I had not meant for anyone to see. I lost privileges and was given consequences for using some vulgar language. I pray and trust that we each are shown a way "to put our difficulties down", on paper or a screen or something so that it "becomes easier to see situations more clearly and perhaps discern any necessary action. "

Although I postpone and delay, I am truly grateful that I get to write this monthly reflection for our Mass Bay Intergroup newsletter. Please contact an MBI "Rep" or the

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office if you would like to send some of your OA writing for publication in the MBI newsletter. In unity, with prayers for peace, healing and "complete recovery".

Cathie B.
MBI Chair

Step 6: Were entirely ready to have God remove all these defects of character.

Spiritual Principle: Willingness

OA Tradition 6

"An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose."

Principle: Solidarity

MBI NEWS !

Vice Chair Report:

Currently I am working to put together a survey committee.
Paulina, Vice Chair

MBI Treasurer's Report April 2020

\$3122.88 Income	\$1491.78 Expenses
\$1631.10 Income exceeded Expenses	
Checking bal. 4/30/20	\$8351.87
Savings bal. 4/30/20	\$4006.24

In April, \$1779.02 of our income was from group donations. \$1343.86 was refunded expenses for the cancelled WSBC by Jeanne K. The list of groups who donated in April is at the end of this report. **Thanks to all of you who are supporting MBI.**

Our April expenses: We paid \$455 for our April office rent. We sent our quarterly donations of \$250 to OA World Service and \$250 to Region 6. Our Verizon bill was \$169.06. Marina was paid \$157.50 for her work from 3/20/20 to 4/17/20. Jeanne K. was paid \$99 reimbursement for her WSBC registration fee (WSBC cancelled) and \$50 for her March website work. Sainly Solutions was paid \$29.36 for their monthly web site

hosting. We paid \$15.93 to Zoom for a Standard Pro monthly plan, and \$15.93 for a second Standard Pro monthly plan.

Thanks to a lot of work by our webmaster, Jeanne K, and less by myself, we now have the ability to receive 7th Tradition contributions through our website. 7th Tradition donations can also be made by check as usual. Individual donations will be listed as "anonymous" unless they are made for a specific meeting. All donations for specific meetings will be grouped, and that has started this month.

If you would like to ask questions about any of this, contact me through the office email (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 April 2020

\$100.00	Dorchester, Sat. 9am
\$67.17	Chelmsford, Sat. 2pm
\$103.00	Chelsea, Sat. 8am
\$282.00	Wellesley, Wed. 12 Noon
\$298.60	Newtonville, Sun. 5pm
\$100.00	Medford, Sun. 10am
\$96.60	Newton, Sat. 7:15am
\$96.80	Stoneham, Sun. 8:30am
\$4.59	Medford, Sat. 9am
\$19.26	N Andover, Mon. 6pm
\$120.00	Cambridge, Sat. 9:30am
\$100.00	Lynn, Sat. 8:30am
\$10.00	"COVID", anonymous
<u>\$381.00</u>	Anonymous (9)
\$1779.02	TOTAL

MBI Office Activity Report May 2020

Phone Calls received	7
Emails received	56
Emails sent	14
Checks & Cash Received	5
Newsletters sent	4
Meeting lists sent	1
Professional packets sent	none
Newcomer packets	none

Marina, OAMBI office worker, 781-641-2303

Office Committee Report May 2020

The office has continued operations normally mostly remotely. Verna has continued to bring the mail to the office, where Marina picks it up once a week.

Respectfully submitted, Marina”

MBI Bylaws Committee Report May 2020

Still a work in progress; seeking new committee chair and help to read through the Policies and Procedures manual. Not as formal a process as changing Bylaws but attached to Bylaws. Required changes include updating the duties for Chair and Treasurer and changes to committee names such as Unity with Diversity instead of Young People.

Cathie B.

12 Step Report May 2020

The step five workshop went very well, it was well attended and the sharing was very deep and interesting. The step six workshop is on Saturday June 20, from 10:30 to noon and the Zoom numbers are the same as for last month

Dave D., Arlington,12 Step Chair

May 2020 Webmaster Report

On Sun, May 24, 2020 3:53 pm the May newsletter was delivered to **266 Recipients. Newsletter Statistics: 124** Opened, **25** Clicked, **0** Unsubscribed, Successful deliveries **259** - 97.4%, Total opens 304, Last opened 6/3/20, Abuse reports **0**

New 7th Tradition button update: We received about 56 contributions through our website from April 22 to June 2. (some of them were testing.)

We did have a member unable to make a contribution, but she contacted Marina, and I was able to give enough information to Saintly Solutions and Stripe to make sure (as humanly possible) that there are no more glitches. **So please, if you have a problem let us know!**

Most Popular links:

<https://www.oambi.org/wp-content/uploads/2020/05/MBI-Newsletter-May-2020.pdf>

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

<http://OAMBI.ORG>

<https://www.oambi.org/wp-content/uploads/2020/05/May-2020-Highlights.pdf>
<https://oavirtualregion.org/events/workshops/>

Online 7th Tradition is live!



Respectfully submitted
 Jeanne K., webmaster

Professional Outreach Committee

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. 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

Diane proposes to step down as PI chair and recombine PI/PO committees. Volunteers to take on tasks as a 'doer' rather than committee chair. Cathie adds that R6 and Virtual Region have taken the PI lead during the pandemic. Marina put together virtual meeting list; Cathie, Marina, Beth and Jeanne will keep info updated on that document and on the MBI website.

dconnor14@comcast.net
 Diane C, PI/PO Committee

MBI MEETINGS DATES –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!

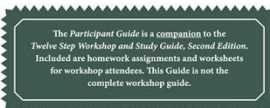
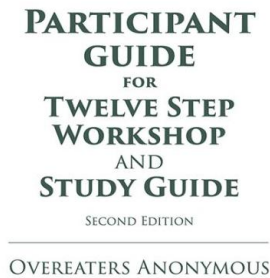
NEWS FROM OA WSO For news from the World Service Office, to order books and pamphlets, to get all meeting information, for Podcasts about OA, to learn about writing opportunities, and much more - see - www.aa.org. Check with your Intergroup Rep to get any WSO information if you don't use a computer.

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. [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>

Now Available: Twelve Step Workshop and Study Guide, Second Edition PLUS Participant Guide NEWLY UPDATED

with references to the OA Twelve and Twelve, Second Edition — the Twelve Step Workshop and Study Guide, Second Edition (#960-2) is our most in-depth resource for leading groups or individual



sponsees on a journey through OA's Twelve Steps to a life of recovery. This guide has leader scripts, working-the-Steps Worksheets, and selected readings from OA-approved literature. Also available on Apple iBooks, Amazon Kindle, and Barnes & Noble Nook devices.

NEWLY AVAILABLE, the Participant Guide for Twelve Step Workshop and Study Guide, Second Edition (#965) has the important pages attendees and sponsees need in order to participate in the Twelve Step Workshop and follow along with the leader.

The Participant Guide includes Step Homework and Readings, working-the-Steps Worksheets, and a helpful Step Four Glossary. With the Participant Guide, workshop attendees and sponsees can focus on the Step work, without

the distraction of the leader's script. **FIND BOTH** Twelve Step Workshop and Study Guide, Second Edition (#960-2) and Participant Guide for Twelve Step Workshop and Study Guide, Second Edition (#965/#966) in the OA [bookstore](#).

ALL updated podcasts can be found at:

<http://overeatersanonymous.libsyn.com/>
 There are dozens of topics, speakers, etc. Here a couple of links **Step Five**
<http://overeatersanonymous.libsyn.com/step-5>

Step Six
<http://overeatersanonymous.libsyn.com/step-6>

Tradition Five:
<https://overeatersanonymous.libsyn.com/always-to-extend-the-heart-and-hand-of-aa>

Tradition Six:
<https://overeatersanonymous.libsyn.com/keeping-our-meetings-focused-on-the-primary-purpose>

World Service Convention 2021 Convention Theme: TBD Dates: August 26-28, 2021 (tentative)

Due to ongoing public health and economic changes, the 2020 World Service Convention, scheduled for August 20-22 in Orlando, Florida USA, has been canceled.

Refunds of registration and banquet fees will be processed over the next few weeks and will be issued in the same manner in which payment was made. Please allow the WSO staff one month to complete the refund process. For those who have made hotel reservations, the hotel will cancel your reservation and send you a cancellation confirmation. World Service Convention will be rebooked for August 2021 and will take place at the same hotel in Orlando. The tentative new dates are August 26-28, 2021.

Please check oa.org for updates and join the Convention email list at conventioninfo@oa.org. In your email, include your full name, email address, state/province/territory, and country. Your information will be kept confidential to the World Service Office.

**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 to change your meeting profile if your face to face meeting has been changed to a phone/virtual meeting.

MBI INTERGROUP NEWS & Events

MBI 6th Step workshop : June 20, 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.

North Shore Intergroup June 20th 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)

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. Get all the latest information at: <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

NEW!! 2020 First Virtual Region Convention:

"Many Languages, One Virtual Recovery", Saturday, June 20 from 8:30 am to 11 pm & Sunday, June 21 from 6 am to 8 pm. Registration open until June 18. <https://oavirtualregion.org/conv2020/>

Virtual Region Second Sunday e-workshops, 3 pm – 4:30 pm:

<https://oavirtualregion.org/events/workshops/>
Schedule: 6/14 Recovery through Grief & Traumatic Times, 7/12 Acceptance is the Answer, 8/9 New Sponsor workshop
(Check out their website for other upcoming events)

OA WORLD SERVICE NEWS & EVENTS:

World Service Convention

2020 World Service Convention, scheduled for August 20-22 in Orlando, Florida USA, has been canceled.

Tentative Dates for Convention next year:

August 26-28, 2021

See page 4 for more info.

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/).

Sun., July 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., August 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; www.oaregion6.org; www.oa.org

The next MBI Meeting Dates – Save the Dates!

Saturday, June 13, 2020

Saturday, July 11, 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
 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)
Zoom ID#- 88360650133
 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)