



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

July 2020

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## MBI CHAIR REPORT - July

Hello! Welcome July 2020. This is such an amazing time of year. The sunshine has been dazzling, the weather hot and humid, and sometimes cool and cloudy. The daylight until 8-9pm, the blue and the starlit skies, and the colors of so many plants and flowers abloom have been generous gifts this month.

The 4<sup>th</sup> of July has just passed. The day recognized as the birthday of America, Independence day, and/or Freedom day. I really appreciate the wonderful analogy to OA. Our OA program really is a "Freedom Plan". Every moment of abstinence, every "step" in recovery, is freedom.

It seems a contradiction that admitting my powerlessness over food and turning my will and my life over to the care of a Higher Power, sets me free. In fact, the more I trust and rely on my Higher Power, the freer I am. I get freed of the phenomena of craving, the compulsive food behavior and that crushing "bondage of self". I am freed of the fragile pride that mistook isolation for independence and self-centeredness for freedom.

So, as the members of the 1<sup>st</sup> Continental Congress declared the Independence of the then 13 US colonies, and wrote it down for us to reference, refine, and celebrate these 244 years later, we in OA also have such written declarations of our freedom from the food, in the form of OA and AA literature.

Literature, defined as "books and other written works, especially those considered to have creative or artistic merit or lasting value" and as "books or writings published on a particular subject", is the Tool in the spotlight this month. Here are some of the OA and AA

publications that I have experience with, and I believe meet the definition of literature.

The AA "Big Book", Alcoholics Anonymous: this Book quite simply changed my life. It held directions I never knew were there when I read it on my own. It holds the 42 personal stories of other addicts/ alcoholics whose lives have been saved and transformed. It has useful definitions and descriptions of my disease and insane behavior. It has a pathway out of the guilt and shame of compulsive food behavior, to "a life of sane and happy usefulness" for me and "countless others". It is a guide to freedom and a book of immeasurable "lasting value."

The OA Brown book: this book is a collection of personal stories specific to food addiction, compulsive eating and/or compulsive food behaviors. Although not as transformative for me as the "Big Book", it is a powerful testament of OA members' experience, strength and hope.

For Today: this is a great daily reader and reminder. I started reading it years after I got to "the rooms." It has an index of the topics addressed on different days, and there are OA meetings that incorporate the day's reading into the meeting format and focus.

Voices of Recovery, OA 12 and 12, the "Before you take the next Compulsive Bite" pamphlet and the "Just for Today" trifold are more of our literature, i.e. publications on a specific topic, that can be very helpful and supportive. There is literature directed especially "to the Man, Teen, Anorexic/Bulimic, the Health care professional", specifically about "the Tools" and more.

Literature is a wonderful tool. Whether it is a pocket card, pamphlet, Lifeline(e)magazine or

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a book, it “provides insight into our problem of eating compulsively, strength to deal with it, and the very real hope that there is a solution for us.” (“the Tools of Recovery” pamphlet, pg. 5). It is our very own (and collective) declarations of independence.

Cathie B.  
MBI Chair

**Step 7:** Humbly asked Him to remove our shortcomings.

**Spiritual principle:** Humility.

**OA Tradition 7**

***“Every OA group ought to be fully self-supporting, declining outside contributions”***

***Principle: Responsibility***

**MBI NEWS !**

**Vice Chair Report:**

Planning for ad hoc survey committee with Cathie B. Raised possibility of a seminar or workshop to go over survey results with members to decide how to implement plans that reflect survey results. Action plan needed. Paulina, Vice Chair

**MBI Treasurer’s Report May 2020**

\$1873.40 Income	\$1155.48 Expenses
\$717.92 Income exceeded	Exceeded Expenses
Checking bal. 5/31/20	\$8703.29
Savings bal. 5/31/20	\$4006.27

In May, \$1398.40 of our income was from group donations. \$475 was the amount of a Professional Outreach grant from Region 6. The list of groups who donated in May is at the end of this report. **Thanks to all of you who are supporting MBI.**

Our May expenses: We paid \$455 for our May office rent. Sainly Solutions was paid \$353.44 for updating our website (this was more than usual because they installed our 7<sup>th</sup> Tradition donation capability). Our Verizon bill was \$167.68. Marina was paid \$97.50 for her work from 4/25/20 to 5/17/20 and \$157.50 to replace a lost check dated 3/17/20. Jeanne K. was paid \$50 for her April website work. We paid \$15.93 to Zoom for a Standard Pro monthly plan, and \$15.93 for a second Standard Pro monthly plan.

Receiving donations through the MBI website is going relatively well. There have been some

problems that have been resolved by Sainly Solutions and Jeanne K. If you have difficulty making donations through the website, please leave a message at the MBI office for Jeanne K. 7<sup>th</sup> Tradition donations can also be made by check as usual. Individual donations are listed as “anonymous” unless they are made for a specific meeting. All donations for specific meetings are grouped and reported as a total for that meeting.

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 May 2020**

\$67.86	Andover, Sun. 5pm
\$53.19	Cambridge, Sat. 9:30am
\$40.18	Chelmsford, Sat. 2pm
\$100.00	Dedham, Mon. 7pm
\$88.52	Dorchester, Sat. 9am
\$48.30	Medford, Sun. 8am
\$53.49	Medford, Sat. 9am
\$64.53	Newton, Sat. 7:15am
\$34.91	Newtonville, Sun. 5pm
\$77.64	Milton, Wed. 7pm
\$44.39	N Andover, Mon. 6pm
\$19.26	N Andover, Sat. 8am
\$48.60	Reading, Mon. 6:30pm
\$58.08	Reading, Tues. 9:30am
\$11.44	Reading, Wed. 6pm
\$14.37	Reading, Sat. 7:30am
\$88.74	Stoneham, Sun. 8:30am
\$11.44	Stoneham, Mon. 6:30pm
\$50.00	Wellesley, Wed. 12N
<u>\$423.46</u>	Anonymous (10)
<b>\$1398.40</b>	<b>TOTAL</b>

**MBI Office Activity Report June 2020**

Phone Calls received	5
Emails received	36
Emails sent	14
Checks & Cash Received	4
Newsletters sent	4
Meeting lists sent	none
Professional packets sent	none
Newcomer packets	none

Marina, OAMBI office worker, 781-641-2303

**Office Committee Report June 2020**

The office activity was slow in June. Once the "Donate" button started to be operational, the number of checks got reduced. Verna continues to bring the mail from the post office to the Office. Marina takes the mail on Sundays and sends it to Mary usually on Tuesday.

The banners and table cloth have arrived and are nicely stored in the office now.

Yours respectfully,  
Marina

**MBI Bylaws Committee Report June 2020**

No word from trustee on changes. Won't wait any longer to make wording changes, make updated bylaws available to meetings and have members and get rid of old copies.

Cathie B.

**12 Step Report June 2020**

I believe the word for the day is surrender. There are so many things that we need to surrender: incredible numbers of everyday events, things, and aspects of relationships with people are not the way they used to be. We need to use our HP-given ability to perform service even more than before! The step six workshop in June went very well. There were 11 attendees, and the speaker did a wonderful job. The step seven workshop is on Saturday, July 18, 2020. There will be two speakers and it starts at 10:30, ends at noon and is a zoom meeting. Zoom information for this meeting is on the MBI website and in this newsletter.

Dave D., Arlington, 12 Step Chair

**June 2020 Webmaster Report**

On Wed, June 17, 2020 12:49 pm the June newsletter was delivered to **262 Recipients**. **Newsletter Statistics: 94** recipients opened, **56** Clicked, **0** Unsubscribed, Total opens 237, Last opened 7/5/20, Abuse reports **0**. **New 7th Tradition button update:** We received 20 contributions through our website from June 3 to July 4, all without problems. **If you have a problem let us know!**

**Most Popular links:**

<https://www.oambi.org/wp-content/uploads/2020/06/MBI-Newsletter-June-2020.pdf>

<https://www.oambi.org/wp-content/uploads/2020/06/June-2020-Highlights.pdf>

<http://OAMBI.ORG>

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

**Online 7th Tradition is live!**



Respectfully submitted  
Jeanne K., webmaster

**Professional Outreach Committee**

In PO news, we have ordered and received the new banners and tablecloth thanks to the Region 6 grant. We look forward to being able to use them whenever in-person events resume!

*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**

Marina and Diane working on mailing project.

[dconnor14@comcast.net](mailto: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!**

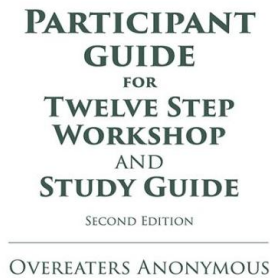
**NEWS FROM OA WSO** For news from the World Service Office, to order books and pamphlets, to get all meeting information, for Podcasts about OA, to learn about writing opportunities, and much more - see - [www.aa.org](http://www.aa.org). Check with your Intergroup Rep to get any WSO information if you 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>

**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: Step Seven:**

<https://overeatersanonymous.libsyn.com/step-seven>

**Step Eight:**

<https://overeatersanonymous.libsyn.com/step-eight>

**Tradition Seven:**

<https://overeatersanonymous.libsyn.com/the-many-ways-to-contribute-to-aa>

**Tradition Eight:**

<https://overeatersanonymous.libsyn.com/suit-up-show-up-be-a-part-of-and-share-the-load>

**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 [aa.org](http://aa.org) for updates and join the Convention email list at [conventioninfo@aa.org](mailto:conventioninfo@aa.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. 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 7th Step workshop:** Sat.,7/18, 10:30-noon, <https://us02web.zoom.us/j/87900066451?pwd=b05BR0UvV0kva0ZOcjNaZ3pOTIhUT09> Zoom meeting ID is 879 0006 6451, password 369375. Go to [zoom.us](https://zoom.us) and 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 Sponsorship Wrkshp:** Sat.,8/15,10:30-12, <https://us02web.zoom.us/j/87900066451?pwd=b05BR0UvV0kva0ZOcjNaZ3pOTIhUT09> Zoom meeting ID is 879 0006 6451, password 369375. Go to [zoom.us](https://zoom.us) and 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 Fifth Annual Retreat: "Fall Into Recovery".** Very tentative November 13-15, La Salette Retreat Center, Attleboro, MA. Next date 10/2021.

**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.

**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 Assembly:**

Fall October 2-3, 2020, Red Lion Inn, Wolf Rd, Albany, NY. **Note:** Check oaregion6.org for latest info – may be held as a virtual or hybrid event.

**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](http://oaregion6.org/2020/wp-content/uploads/2020/01/2020-Convention-Flyer_Registration_c-1.pdf)

**R6 Convention Update:** [https://oambi.org/wp-content/uploads/2020/07/Convention\\_Update\\_APRIL\\_30.pdf](https://oambi.org/wp-content/uploads/2020/07/Convention_Update_APRIL_30.pdf)

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

<https://oavirtualregion.org/events/workshops/>  
Schedule: 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. Refunds will be issued. For further information go to <https://oa.org/world-service-convention/>

**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/).

**Wed., August 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: Sat., September 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, July 11, 2020**  
**Saturday, August 8, 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)  
**Zoom ID#- 88360650133**  
 Dial-In: **1-669-900-9128**, 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: 646-876-9923, Zoom ID# 72909580027

**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)