



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

August 2020

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MBI CHAIR REPORT - August

Hello! It's August and a chance to share about the tool: Action Plan. This is yet another amazing tool that when used, transforms long, overwhelming "to do" lists and ephemeral "wish lists" into plans for purposeful action to get us where we need to be. We can act instead of react, and we can do what is needed instead of hurting ourselves with food.

The short version of this tool states: "An Action Plan is the process of identifying and implementing attainable actions, both daily and long-term, that are necessary to support our individual abstinence and emotional, spiritual and physical recovery. While the plan is ours, tailored to our own recovery process, most of us find it important to work with a sponsor, fellow OA member and/or appropriate professional to help us create it. This tool, like our plan of eating, may vary widely among members and may need to be adjusted as we progress in our recovery." ("The Tools of Recovery", pg. 5).

The Action Plan is quite elegant. It is a process, it evolves and changes and becomes what it needs to be. Most of us find that we need our higher Power and another person, to help us with this. Otherwise, when I go it alone instead of experiencing a process, I feel like a failure and nothing changes. Within the process, I have help to identify and establish, what actions will support or sustain recovery and positive change.

It is equally important that the actions are attainable. I can ask HP for help and use the other eight tools. I can work through the Steps with a Sponsor and practice the principles in all of my affairs. I can show up at the scale and for meetings. I cannot, control the food, grow 3-5 inches or make others do what I want. An Action Plan keeps my thoughts,

words and actions in reality, and in the present.

An Action Plan may be about my daily actions, or about long-term. Eating the food I committed is part of a daily Action Plan, working the Steps and practicing the principles are long-term.

A member recently shared that Action Plan was originally proposed as Exercise. The delegates to the OA World Service business meeting that year discussed the pros and cons of making exercise itself a tool. While exercise can be incredibly helpful to our physical, emotional and spiritual recovery, it can also be done compulsively and destroy health and serenity.

The Delegates made amendments and agreed to Action Plan as a tool instead. By doing so, the Delegates gave us a tool that "may vary widely among members" and support each person, as needed. With help from a sponsor and/or a professional, some members plan to exercise regularly while others may identify boundaries around the frequency, duration or even type of exercise.

A newcomer might have an Action Plan to shop the outer aisles at the grocery store, to wash, prep, and weigh and measure the food. Another member's Plan "might address medical, dental or mental health issues." Action Plan has been another incredibly helpful tool for me that supports all aspects of recovery, in different ways, daily, and long term.

Cathie B.
MBI Chair

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Step 8: Made a list of all persons we had harmed and became willing to make amends to them all.

Spiritual principle: Self-Discipline.

OA Tradition 8

"Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers."

Spiritual Principle: Fellowship

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 June 2020

\$613.16 Income	\$1655.96 Expenses
\$1042.80 Expenses exceeded Income	
Checking bal. 6/30/20	\$7699.24
Savings bal. 6/30/20	\$4006.31

In June, \$598.16 of our income was from group donations. \$15 was for the purchase of a book. The list of groups who donated in June is at the end of this report. **Thanks to all of you who are supporting MBI.**

Our June expenses: \$600.31 was spent to purchase a new MBI tablecloth and banner (\$475 of this purchase was paid with the Professional Outreach Grant we received from Region 6 in May). We paid \$455 for our June office rent. Our Verizon bill was \$167.66. Sainly Solutions was paid \$146.81 for updating our website (this was more than usual because they helped straighten out a problem with our online donation process in May). We paid \$134 for our annual Post Office box rent. Marina was paid \$86.25 for her work from 5/18/20 to 6/21/20. Jeanne K. was paid \$50 for her May website work. We paid \$15.93 to Zoom for a Standard Pro monthly plan, and Beth cancelled the second Zoom Standard Pro monthly plan.

Receiving donations through the MBI website has gone smoothly this month. If you have any difficulty making donations through the website, please email our webmaster at webmaster@oambi.org and leave a message

at the MBI office for Jeanne K. 7th Tradition donations can also be made by check as usual by mailing checks to MBI at PO Box 74, Arlington, MA 02476. 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) 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 June 2020

\$33.93	Andover, Sun. 5pm
\$33.93	Boston, Fri. 12:14pm
\$56.12	Chelmsford, Sat. 2pm
\$93.16	Chelsea, Sat. 8am
\$20.00	Dorchester, Sat. 9am
\$24.15	Newton, Sat. 7:15am
\$24.15	Newtonville, Sun. 5pm
\$50.00	Milton, Wed. 7pm
\$29.04	Reading, Tues. 9:30am
\$9.48	Reading, Wed. 6pm
\$96.90	Stoneham, Sun. 8:30am
\$55.00	Weymouth, Thurs. 10am
<u>\$72.30</u>	Anonymous (4)
\$598.16	TOTAL

MBI Office Activity Report July 2020

Phone Calls received	4
Emails received	72
Emails sent	33
Checks & Cash Received	7
Newsletters sent	4
Meeting lists sent	none
Professional packets sent	none
Newcomer packets	none

Marina, OAMBI office worker, 781-641-2303

Office Committee Report July 2020

The main event this month was the upgrade of the office computer from Windows 7 to Windows 10. It was not a smooth process, but with the invaluable help of our fearless webmaster, Jeanne, it got done.

There are still a few checks trickling in. The bulk of the 7th tradition donations are done via the web interface.

Respectfully submitted,
Marina - OAMBI office worker
 PO Box 74, Arlington, MA 02476
 office - 781-641-2303

MBI Bylaws Committee Report July 2020
 Committee discussed possible changes to MBI Policy and Procedure manual to be discussed at August meeting. One date needs to be added to Bylaws.
 Cathie B.

12 Step Report July 2020

In these trying times higher power can show up in unexpected places. A key to welcoming HP is being open. The step seven workshop actually was reasonably attended, with more normal numbers for the summer. A sponsorship workshop is taking place from 10:30 to noon on Saturday, August 15. There will be three speakers, and people looking for sponsors, people looking to hear about experience, strength, and hope gained by and from sponsorship, and sponsors with time available are encouraged to attend. The step eight workshop is Saturday, August 29 at the same time, and the zoom information for each workshop is posted later on in this flyer.

ODAAT
 Dave D., Arlington, 12 Step Chair

July 2020 Webmaster Report

On Thurs, July 16, 2020 5:24 pm the July newsletter was delivered to **263 Recipients**. Website updated with latest newsletters, highlights, meeting list and events.

Statistics: 99 recipients opened, **26** Clicked, **1** Unsubscribed, Total opens 243,

New 7th Tradition button update: We received 22 contributions through our website from July 7 to Aug 4. Occasionally a donation will not go through the first time if there is a connection problem along the way. Usually trying again at a later time will work.

If you have a problem let us know!

Most Popular links:

<https://oambi.org/wp-content/uploads/2020/7/MBI-Newsletter-Julya-2020.pdf>

<https://oambi.org/wp-content/uploads/2020/07/July-2020-Highlights.pdf>

<https://oaregion6.org/wptest/wp-content/uploads/2020/07/Region-6-Convention-Update-July-v2.pdf>

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

Respectfully submitted
 Jeanne K., webmaster



MBI MEETINGS DATES - 2020

September 12, 2020
October 10, 2020
November 21, 2020
December 12, 2020

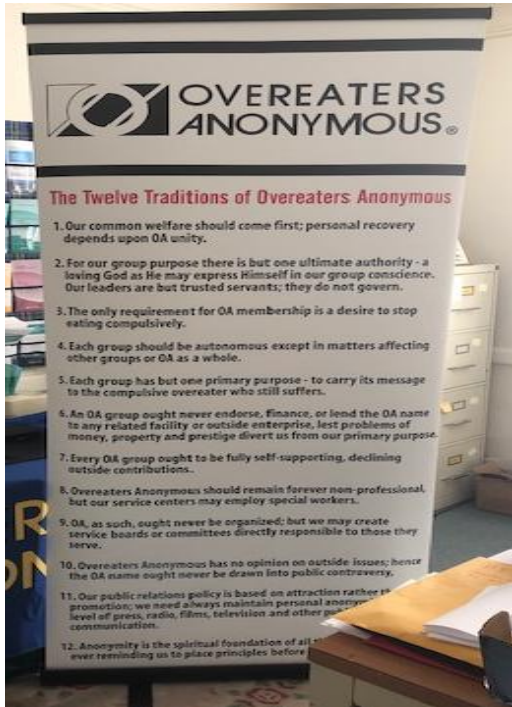
Come join us at MBI for Service and Fellowship! All are welcome!!! Please come and bring your ideas!



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. 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- July

Marina and Diane working on mailing project. Question of how to target diabetes educators, gathering materials. Hopefully will be sent by end of August / Sept 1. Marina delivered materials to Diane on July 21st.

dconnor14@comcast.net

Diane C, PI/PO Committee

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.

NEW Resource Temporary Sponsors: Newcomers' First Twelve Days: Temporary Sponsorship is a vital part of the OA recovery process, as it builds a tight-knit, trusting fellowship and invests purposefully in newcomers. To this end, our newest resource intends to bolster relationships with newcomers—and instill confidence in those new to sponsoring—by partnering those new to OA with a “temporary sponsor” to guide them through the pivotal first days of their OA journey. Stamp out feelings of intimidation about sponsorship and jump-start a newcomer’s experience with our helpful

introduction to program, [Temporary Sponsors: Newcomers’ First Twelve Days](#). This free downloadable guide is one of the newest pieces of literature to receive the Conference-approved Literature Seal of Approval during WSBC 2020. Download this new resource at oa.org/sitemap under “Group Resources” and take it to your next meeting to share with other members.

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>

ALL updated podcasts can be found at: <https://overeatersanonymous.libsyn.com>

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

Step Nine: <https://overeatersanonymous.libsyn.com/step-nine>

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

<https://overeatersanonymous.libsyn.com/service-structure-not-power-structure>

World Service Convention 2021 Convention Theme: TBD Dates: August 26-28, 2021 (tentative)
 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. Go to OA.org to change your meeting profile if your face to face meeting has been changed to a phone/virtual meeting.

MBI Sponsorship Workshop

Sat., 8/15, 10:30-12 Join Zoom Meeting
<https://us02web.zoom.us/j/87900066451?pwd=b05BR0UvV0kva0ZOcjNaZ3pOTlhUT09> Zoom meeting ID is 879 0006 6451, password 369375. Go to 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 10:10) – Dave will be on the mtg 20 min early to help people with technical issues. Questions? call/text Cathryn C. 603-661-6712.

Flyer: <https://oambi.org/wp-content/uploads/2018/07/Sponsorship-Workshop-flyer8-15-2020.pdf>

MBI 8th Step workshop: Sat, 8/29, 10:30-noon. 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 (Can call at 10:10) Phone only call 646-876-9923, same ID & passwd

MBI Fifth Annual Retreat: "Fall Into Recovery" is planned for Columbus Day Weekend October 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)

2020 Region 6 Assembly:

Fall October 3, 2020 Virtual meetings **Note:** Check oaregion6.org for latest info.

2020 R6 Convention: "Focus on Recovery", R6 Convention: "Focus on Recovery", Oct. 23-25, Burlington MA has been cancelled as a live event, and will be held virtually. See

<https://oaregion6.org/wptest/wp-content/uploads/2020/07/Region-6-Convention-Update-July-v2.pdf> for details. Flyer: <https://oaregion6.org/wptest/wp-content/uploads/2020/07/OA-Convention-Virtual-2020-flyer.pdf>

Virtual Region Second Sunday e-workshops, 3 pm – 4:30 pm: <https://oavirtualregion.org/news-events/events/vrworkshops/>

Schedule: 9/13 19 Symptoms to Relapse, 10/11 Demystifying the OA Service Structure. (Check out their website for other upcoming events)

OA WORLD SERVICE NEWS & EVENTS:

World Service 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.

OA's Instagram page has been removed.

Wed., August 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: 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; www.oaregion6.org; www.oa.org

The next MBI Meeting Dates – Save the Dates!
Saturday, August 8, 2020
Saturday, September 12, 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: **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)