



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

**MBI Newsletter**

**September 2020**

**Page 1**

## **MBI CHAIR REPORT - September**

Greetings!

It is astounding to me but one day at a time, here it is, September 2020. I remain humbled by the impact the pandemic continues to have on the world. I also remain enormously grateful that we can still meet and share our experience, strength and hope. Thank you each and all for your service. Whether you attend, arrange, and/or host Zoom or phone meetings, monthly Step workshops, or the recent Sponsorship day virtual event, your service saves lives.

My OA program is my lifeline, it keeps me connected to our Fellowship and my higher power so that I don't hurt myself with food. I don't know you all and we don't need to know each other's last names, occupations, affiliations or achievements. We help each other by coming together anonymously, "simply as compulsive overeaters." (the Tools pamphlet, pg.7)

Anonymity is an extraordinary tool! It is referred to in Tradition Eleven as our public relations policy. We OAers attract by our actions and example, we don't promote by self aggrandizing or by criticizing people's choices. It is also referred to in Tradition Twelve as "the spiritual foundation of all the Traditions." The Traditions are about how we as an OA group/Fellowship, interact with others. Anonymity keeps our inter-actions on a spiritual basis, rather than a commercial, political, religious or individual basis.

Anonymity is a guarantee, a protection, and a reminder. To me, in the way that faith and fear cannot both be primary at the same time, neither can anonymity and personality or popularity contests. Anonymity guarantees that we are grounded in and guided by principles.

Anonymity protects us from fads, would be dictators, and from exploitation for profit. When tempted to accept a large monetary donation or to broadcast OA as a lifesaving program of recovery by connecting it to some outside enterprise, anonymity is a reminder to place principles before even the most charismatic personality.

Anonymity is already an exceptionally useful tool and yet it is still so much more. The OA pamphlet "The Tools of Recovery" says anonymity is a safeguard from gossip (pg. 6) How is anonymity a safeguard? Well, we come together as compulsive eaters, compulsive overeaters, food addicts, anorexics, bulimics, etc.

Anonymity allows us to feel safe to admit our powerlessness over food, share honestly about our behavior, and identify with others. We work the steps, experience a spiritual awakening and practice the principles of the Twelve Steps in all of our affairs. We clean up our side of the street and "continue" to work Step Ten to keep it clean. We work to live in recovery, truth, and in the sunlight of the spirit--all excellent safeguards from gossip!

Also, the protection that anonymity provides us is something we want available to others. We respect and keep in confidence what is shared on a one to one basis and at OA meetings.

Anonymity is also an assurance, that "only we, as individual OA members, have the right to make our membership known within our community." (pg. 6) Only the individual has the right, some may not realize or respect that right but it still the right of only the individual member.

Finally, anonymity is an equalizer. "We are all equal in the Fellowship whether we are

## **INDEX**

Committee Reports	Page 1-3
Update from World Service	Page 4
Upcoming Events (Please announce)	Page 5
MBI and telephone meeting info.	Page 6

newcomers or long timers...Our outside status makes no difference in OA", if it is even known. "We have no stars or VIPs. We come together simply as compulsive overeaters." (pgs.6,7). Thank you higher power for the powerful, multi-purpose tool of Anonymity.

Cathie B., MBI Chair

**Step 9:** Made direct amends to such people wherever possible, except when to do so would injure them or others.

**Spiritual principle:** Love

**OA Tradition 9**

**"OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."**

**Spiritual Principle: Structure**

**MBI NEWS !**

**Vice Chair Report:**

The survey results were sent out in a Google doc as well as a summary in a PDF.

Paulina, Vice Chair

**MBI Treasurer's Report July 2020**

\$1890.27 Income	\$1524.66 Expenses
\$365.61 Income exceeded Expenses	
Checking bal. 7/31/20	\$7978.60
Savings bal. 7/31/20	\$4006.34

In July, \$1890.27 of our income was from group donations. The list of groups who donated in July is at the end of this report.

**Thanks to all of you who are supporting MBI.**

Our July expenses: We paid \$455 for our July office rent. We made our quarterly donations of \$250 to OAWS and \$250 to Region 6. Our Verizon bill was \$167.66. We paid \$147.69 for Windows 10 software to update our computer. Marina was paid \$138.75 for her work from 6/23/20 to 7/19/20. Jeanne K. was paid \$50 for her June website work. \$25 was paid to MetroWest IG when a member made an online donation through the MBI website by mistake. We paid \$15.93 to Zoom for a Standard Pro

monthly plan, and Beth repurchased a second Zoom Standard Pro monthly plan for \$15.93. Sainly Solutions was paid \$8.70 for hosting the MBI website.

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](mailto:webmaster@oambi.org) and leave a message at the MBI office for Jeanne K. 7<sup>th</sup> 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](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 July 2020**

\$98.82	Andover, Sun. 5pm
\$287.25	Cambridge, Sat. 9:30am
\$103.15	Chelmsford, Sat. 2pm
\$68.16	Chelsea, Sat. 8am
\$60.00	Dorchester, Sat. 9am
\$25.00	Lynn, Sat. 8:30am
\$24.15	(MetroWest error donation)
\$30.00	Milton, Wed. 7pm
\$14.24	Newton, Sat. 7:15am
\$48.25	Newtonville, Sun. 5pm
\$44.26	Reading, Tues. 9:30am
\$14.37	Reading, Wed. 6pm
\$30.70	Stoneham, Sun. 8:30am
\$180.04	Stoneham, Mon. 6:30pm
\$19.26	Swampscott, Tues. 7pm
\$365.20	Waltham, Wed. 7pm
\$97.50	Weymouth, Thurs. 10am
\$379.92	Anonymous (4)
<b>\$1890.27</b>	<b>TOTAL</b>

**MBI Office Activity Report August 2020**

Phone Calls received	2
Emails received	54
Emails sent	29
Checks & Cash Received	2
Newsletters sent	4
Meeting lists sent	none
Professional packets sent	none
Newcomer packets	none

**Office Committee Report August 2020**

This month was slow. Few checks, few messages. A radio station proposed to us a free segment to promote our organization. Cathy and Beth will follow up.

Respectfully submitted,

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

**MBI Bylaws Committee Report August 2020**

Still unclear on what further changes are necessary, will double check with trustee. Suggestion to include concepts in the amendment process paragraph on page 12. Cathie and Jeanne will follow up to clarify the info on the website.  
 Cathie B.

**12 Step Report August 2020**

As we adjust to our new realities, higher power seems to be coming through with wonderful and powerful experiences and opportunities. The Sponsorship workshop was quite a success. We had three speakers who gave excellent presentations, and the back-and-forth between the speakers and the attendees was very productive. Participant feedback was quite positive. We had 33 attendees at the height of the meeting. Similarly, we had 7 attendees at the Step 8 workshop which went very, very well with interaction between the speaker and the participants and sharing about Step 8. The Step 9 workshop is on September 26, Saturday, 10:30 am-noon at the usual zoom address which is on the MBI website. I can be reached at 781-835-5017 for more information.

Dave D, Arlington, 12 step chair

**August 2020 Webmaster Report**

On Thurs, Aug 13, 2020 9:00 am the August newsletter was delivered to **265 Recipients**. Website updated with latest newsletters,

highlights, meeting list and events.

**Newsletter Statistics: 103** recipients opened, **0** Unsubscribed, Total opens 245, Last opened 9/3/20. **New 7th Tradition button update:** We received 21 contributions through our website from Aug 5 to Sep 5. 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. There was 1 incomplete that went through on the second try. ***If you have a problem let us know!***

**Most Popular links:**

<https://oambi.org/wp-content/uploads/2020/08/MBI-Newsletter-August-2020a.pdf>

<http://OAMBI.ORG>, <http://OA.org>

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

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

<https://oaregion6.org/wptest/wp-content/uploads/2020/07/OA-Convention-Virtual-2020-flyer.pdf>

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

<https://oambi.org/wp-content/uploads/2020/08/August-2020-Highlights.pdf>

Respectfully submitted, Jeanne K., webmaster

**MBI MEETINGS DATES – 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**

*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

**Public Information Committee Report August**

Materials for the targeted mailing have been gathered. We have received a list of Diabetes Educator organizations in this area and will request a mailing list of local educators.

[dconnor14@comcast.net](mailto: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](http://www.oa.org). Check with your Intergroup Rep to get any WSO information if you don't use a computer.

**NEW PI Resource: Videos!**



OA has developed four public information videos in 8-, 13-, 14-, and 60-second lengths. Please share these videos with your members, groups, and service bodies. Link the videos to your websites, include them in your newsletters and at your public information events, share them with your healthcare providers. **Links to Public Information Videos:**

[OA - 8 Second](#)

[OA - 13 Second](#)

[OA - 14 Second](#)

[OA - 60 Second](#)

**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](http://oa.org/sitemap) under “Group Resources” and take it to your next meeting to share with other members.

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

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

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

**Step 10** is not yet available.

**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](http://oa.org) for updates and join the Convention email list at [conventioninfo@oa.org](mailto: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.

**Third Quarter 2020 A Step Ahead Now Posted**

Get the full scoop on WSBC 2020 and much more OA world service news in the new issue of A Step Ahead!

**In this issue:**

- What is New,
- Call for Twelve Step Workshop & Study Guide Testimonials,
- 2020 World Service Convention,
- Messages from Our Chair & Treasurer,
- Professional Exhibits Fund Update,
- Translation Assistance Fund Deadline Oct 1,
- Ask-It Basket,
- Send Us Your Stories!,
- Current OA Flyers

**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 9th Step workshop:** Sat, 9/26, 10:30-noon.  
Join Zoom Meeting  
<https://us02web.zoom.us/j/87900066451?pwd=b05BR0UvV0kva0ZOciNaZ3pOTIhUT09> Meeting ID: 879 0006 6451 Password: 369375, or call 1-929-205-6099, same ID & password (Can call at 10:15)  
Phone only call 646-876-9923, same ID & passwd

**MBI Fifth Annual Retreat: "Fall Into Recovery"** has been cancelled this year. It is now planned for Columbus Day Weekend October 2021.

**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:**  
October 2-3, 2020 will be held virtually. See the website for more information:  
<https://oaregion6.org/en/>

**R6 Convention: "Focus on Recovery"**, Oct. 23-25, Burlington MA has been cancelled as a live event, and will be held virtually. See <http://oaregion6.org/2020/> for details. Flyer: <https://oaregion6.org/wp-test/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 -- What is the Inverted Pyramid?, 11/15 Abstinence & Keeping It

<https://oavirtualregion.org>

(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.**

**Mon., October 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: Thu., November 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, October 10, 2020**

**Saturday, November 21, 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)