



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

October 2020

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## MBI CHAIR REPORT - October

Greetings! Here we are in autumn 2020. It has been nearly eight months since several of our touchstone MBI OA meetings moved to virtual settings. Thank you everyone for hosting, helping, Zooming and/or calling into the meetings. Every action you take for your recovery is also service, to me and every food addict, compulsive eater and compulsive overeater.

My reflections in the January 2020 newsletter were about Service as a Tool of Recovery. At that time, MBI said goodbye and thank you to Jean B for years of generous, helpful service. A highly trusted servant as Treasurer, Rep, Bylaws and Office committees Chair, and back up staffer at the MBI office, Jean also helped in less formal ways. Having reflected on the 8 other Tools of Recovery in February to September, service is in the forefront once again.

This month though, instead of a thank you, I am extending a personal invitation. You are most cordially invited to visit our monthly meeting! Please join us. There are no prerequisites, feel free to visit, listen, and to get to know what MBI does and how it works! We will meet on November 21<sup>st</sup> and December 12<sup>th</sup>, 10:30am to Noon on Zoom.

Groups are of course most cordially invited to elect a Representative "Rep" to attend and vote at the monthly meetings. Voting for the MBI board members, for Region 6 Reps, for OA World Service Delegates, about MBI spending, and about the agenda items for the World Service Business Conference. However, you do not need to be a group Rep or attend MBI every month to be of service.

You are invited to support MBI's committees from home or for a few hours every now and then if that works best for you. There are a number of different ways to support MBI's Professional Outreach, Public Information, 12<sup>th</sup> Step within, Newsletter and/or Bylaws committees.

Feel free to RSVP by calling the MBI office at 781-641-2303 or simply join us, virtually, at the monthly meeting. We each have a particular talent, interest, skill- a member or members recently created a beautiful flier on line announcing the Sponsorship day zoom Workshop in August! I hope you will accept our invitation. Feel free to contact me, Marina at the MBI office, or anyone listed on the last page of the MBI newsletter about how you are able and willing to do service.

Cathie B., MBI Chair

**Step 10:** Continued to take personal inventory and when we were wrong, promptly admitted it.

**Spiritual principle: PERSERVERANCE**

### ***OA Tradition 10***

***"Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy."***

***Spiritual Principle: NEUTRALITY***

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**MBI NEWS !**

**Vice Chair Report September 2020**

The action item is to follow up on **Metrowest Intergroup** Speaker/Sponsor Bank collaboration.

Paulina, Vice Chair

**MBI Treasurer’s Report August 2020**

\$818.85 Income      \$939.24 Expenses  
 \$120.39 Expenses exceeded Income  
 Checking bal. 8/31/20      \$8029.46  
 Savings bal. 8/31/20      \$4006.38

In August, \$818.85 of our income was from group donations. The list of groups who donated in August is at the end of this report.

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

Our August expenses: We paid \$455 for our August office rent. Marina was paid \$221.25 for her work from 7/21/20 to 8/24/20. Our Verizon bill was \$169.17. Jeanne K. was paid \$50 for her July website work. We paid \$15.93 to Zoom for a Standard Pro monthly plan, and \$15.93 for our second Zoom Standard Pro monthly plan. Sainly Solutions was paid \$11.96 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 August 2020**

\$38.82      Andover, Sun. 5pm  
 \$38.82      Cambridge, Sat. 9:30am  
 \$10.00      Dorchester, Sat. 9am

\$9.48      Medford, Sun. 8am  
 \$24.15      Medford, Sun. 10am  
 \$48.60      Medford, Sat. 9am  
 \$60.00      Milton, Wed. 7pm  
 \$67.86      Newton, Sat. 7:15am  
 \$109.91      Reading, Tues. 9:30am  
 \$48.60      Reading, Wed. 9:30am  
 \$72.00      Reading, Sat. 7:30am  
 \$14.37      Stoneham, Sun. 8:30am  
 \$100.00      Waltham, Wed. 7pm  
\$176.24      Anonymous (4)  
**\$818.85      TOTAL**

**MBI OFFICE ACTIVITY REPORT Sept. 2020**

Phone Calls received	5
Emails received	36
Emails sent	13
Checks & Cash Received	1
Newsletters sent	4
Meeting lists sent	none
Professional packets sent	none
Newcomer packets	none

**Office Committee Report September 2020**

The office work has continued this month at a slow pace. Most of the contributions are now online. Verna is still bringing in the few letters from the Post Office.

Marina has streamlined the Verizon bill paying, which is the same month after month, by moving it online. The statements are now electronic and the payments are automatic, using Marina's bank card.

A few people call and ask about in person meetings, and Marina has been directing them to the many Zoom meetings.

Respectfully submitted,  
**Marina - OAMBI** office worker  
 PO Box 74, Arlington, MA 02476  
 office - 781-641-2303  
 cell - 617-797-7544

**MBI Bylaws Committee Report September**

Jeanne K was given date for determining service positions on page 7, June MBI meeting. Bylaws should spell out steps, traditions and concepts. PI/PO/Diversity P&P update to be discussed at October meeting. Cathie B.

**12 Step Report September 2020**

Staying in the moment and not doing any deep or even shallow dives into my ocean of

resentments is one of the gifts of program. This process also can become a living amends, and speaking of amends the step nine workshop went very well. The **Step 10 workshop** is on the 24th of October, Saturday, from 10:30 AM till noon. The Zoom information for that meeting is on the [oambi.org](http://oambi.org) website, and the **Thankathon** coming up on Thanksgiving day (mentioned on page 5) will also be on that same Zoom address, accessible by phone or computer. I am looking forward to seeing a lot of you there.

Dave D, 12 Step Chair

**September 2020 Webmaster Report**

On Wed., Sept, 16, 2020 at 3:53 PM the September newsletter was delivered to **262**

**Recipients.** Website updated with latest newsletters, highlights, meeting list and events.

**Newsletter Statistics:** **93** recipients opened, **45** Clicked, **0** Unsubscribed, Total opens 177, Last opened 10/1/20, Abuse reports **0**.

**New 7th Tradition button update:** We received 19 contributions through our website from Sep 6 to Oct 1. 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/2020/09/MBI-Newsletter-September-2020a.pdf>

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

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

<https://oambi.org/wp-content/uploads/2020/09/September-2020-Highlights.pdf>

Respectfully submitted, Jeanne K., webmaster

**MBI MEETINGS DATES –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/Public Information Committee Report September 2020**

MBI has established a **Working Group** to follow up on PI/PO and Diversity outreach initiatives. We meet virtually, roughly bi-weekly, between MBI meetings, and we're seeking volunteers to help us fulfill our 12th-step duty to carry the OA message to compulsive overeaters, particularly to those under-represented among us. ***If you're interested in joining the working group, please contact the MBI office, PI/PO co-chair Beth P at [girlanachronism@gmail.com](mailto:girlanachronism@gmail.com), or attend our monthly MBI business meeting. All are welcome -- you do not need to commit to MBI to attend a Working Group or monthly meeting.***

***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.***

***As part of PI/PO*** Marina and Diane are working on a mailing project. Diane is working on a contact list of diabetes educators.

PI/PO co-chair Beth P

Diane C, PI/PO Committee.

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

**October 3 Region 6 Assembly Notes**

Bobbie M, Diane C and Jeanne K attended the first virtual assembly. There were a few hiccups but ran smoothly for the most part. Look for the full report next month.

**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. (continued on page 4)



**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 10** is not yet available.  
**Tradition Ten 3 minute video:**  
<https://vimeo.com/261373034>

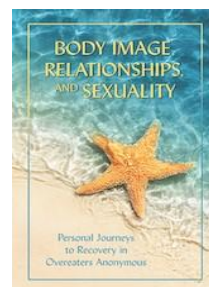
**Step Eleven:**  
<https://overeatersanonymous.libsyn.com/step-eleven>

**2021 Convention Theme:** “Walking in the Sunlight: One Day at a Time”, Dates: August 26-28, 2021 Check this page 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.  
 Schedule of Events: [Click here](#) for a tentative schedule of events. Attendees interested in speaking or volunteering for Convention can complete the Convention registration form (available January 2021). Get the Word Out! Show your spirit and spread the word with downloadable Convention bookmarks. Print [this version](#) at home or take [this version](#) to your professional print shop.

**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, Ask-It Basket, Send Us Your Stories!, Current OA Flyers

**OA’s newest book—Body Image, Relationships, and Sexuality: Personal Journeys to Recovery in Overeaters Anonymous**—is a first-of-its-kind collection of member stories about how our disease can be deeply intertwined with the most intimate parts of our lives—our deeply held traumas, personal relationships, and changing identities. In this book, OA members share openly and honestly about their journeys, from



unfulfilled—even shattered—existences to lives overflowing with the acceptance, freedom, and serenity found by working and living OA’s Twelve Step program of recovery.

Find [Body Image, Relationships, and Sexuality: Personal Journeys to Recovery in Overeaters Anonymous](#) in the OA [bookstore](#).

**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.

**MASS BAY INTERGROUP NEWS & EVENTS**

**MBI 10th Step workshop:** Sat, 10/24, 10:30-noon. OA 12&12 will be used, followed by 2 speakers and open sharing. Join Zoom Meeting <https://us02web.zoom.us/j/87900066451?pwd=b05BR0UvV0kva0ZOcjNaZ3pOTIhUT09> Meeting ID: 879 0006 6451 Password: 369375, or call 1-929-205-6099, same ID & password (Can call at 10:15).

**MBI Thank-a-thon:** Thursday, 11/26, 7 a.m.-1 p.m. Meetings every hour on the hour, last one starts at noon. Join Zoom Meeting <https://us02web.zoom.us/j/87900066451?pwd=b05BR0UvV0kva0ZOcjNaZ3pOTIhUT09> Meeting ID: 879 0006 6451 Password: 369375, or call 1-929-205-6099, same ID & password

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

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

**Metrowest Intergroup workshop: "Means of Motivation:** Practicing Self-Love on the Road to Recovery" Sunday, October 11, 1:30 pm. <https://www.metrowestoa.org/latest-news/>

**MWI Newcomers Workshop:** Sunday, Oct. 25 1:30-2:30. <https://www.metrowestoa.org/latest-news/>

**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 was successfully held virtually.

**R6 Convention: "Focus on Recovery"**, Oct. 23-25, Burlington MA will be held virtually. See <http://oaregion6.org/2020/> for details. Flyer: <https://oaregion6.org/wptest/wp-content/uploads/2020/07/OA-Convention-Virtual-2020-flyer.pdf>

**Region 6 Podcasts (Convention Audio Files)**

<https://oaregion6.org/en/resources/region-6-podcasts-convention-audio-files/>

**Virtual Region Second Sunday e-workshops, 3**

pm – 4:30 pm: <https://oavirtualregion.org/news-events/events/vrworkshops/>  
Schedule : 10/11 Demystifying the OA Service Structure -- What is the Inverted Pyramid?, 11/15 Abstinence & Keeping It, 12/3 Young Persons in OA <https://oavirtualregion.org>

(Check out their website for other upcoming events)

**OA WORLD SERVICE NEWS & EVENTS:**

**World Service**

**Tentative Dates for Convention next year:**  
August 26-28, 2021

OA's Instagram page has been removed.

**Thurs. , November 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., December 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, November 21, 2020**

**Saturday, December 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. (Georgetown)

**RECORDING SECRETARY**  
 Beth P. (Newton)

**TREASURER**  
 Mary P. (Quincy)

**COMMITTEE CHAIRS**

**OFFICE**  
 Open

**PROFESSIONAL OUTREACH**  
 Beth P. (Newton)

**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)