



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

November 2020

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MBI CHAIR REPORT - November

Greetings! Welcome to November 2020. This month has already brought news of huge change, and hope. Such news can bring up fear, doubt, anxiety, anger and grief. With so much happening around us, and perhaps within us, it is more important than ever to stay close to our Higher Power, to work our program and to give thanks.

I like the saying that AA, which of course stands for Alcoholics Anonymous, may also stand for Attitude Adjustment. I also like the sayings about "an attitude of gratitude" and that "a grateful heart doesn't eat, compulsively." I looked up the definition of attitude and found this: a settled way of thinking or feeling about someone or something that is typically reflected in one's behavior.

I had a rotten attitude before OA. I was angry, cynical and critical. I was constantly negative, skeptical, and defensive. I lacked hope and despaired. My behavior reflected my attitude. I had outbursts and hurt people's feelings. I criticized, put down, and judged everyone. I ate compulsively to numb out and not feel so empty. I took and took and rarely gave. My attitude got worse, and so did my compulsive behavior. There was not enough food in the world to fill the hole I had dug.

Then I started hearing gratitude. The definition of gratitude reads: the quality of being thankful; readiness to show appreciation for, and to return kindness. Thank you HP for a bed, a home, an abstinent day. Thank you for OA, a Sponsor, a plan of eating, a call from another compulsive eater/overeater. Thank you God for all of the gifts I did not earn and could not buy. I was so grateful that 50 lbs was removed from my body, and a million pounds

from my mind and spirit, I voluntarily helped my former landlady shovel out from several blizzards. I returned some the staggering amounts of kindness shown to me.

Rather than being settled in one, bitter way of thinking and feeling, I got to be ready to see some good in each day. I got an attitude adjustment that allowed joy and laughter, friendship and love, recovery and healing back into my life. I am truly grateful for OA, for each of you/all of us, for the service of others and for opportunities I get to do service.

Thank you for the MBI retreat virtual reunion! Thank you to the 12th step within committee, the MBI Newsletter editor, the OA MBI.org Webmaster, the Professional outreach, Diversity and Public information committees and everyone for your incredible service. Thank you HP for my attitude adjustment and for opportunities for me to give, rather than take.

Cathie B., MBI Chair

Step 11: Sought through prayer and meditation to improve our conscious contact with God as we understand him, praying only for knowledge of His will for us and the power to carry that out.

Spiritual principle: SPIRITUAL AWARENESS

OA Tradition 11

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication."

Spiritual Principle: ANONYMITY

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MBI NEWS !

MBI 2021 Board Nominations:

Corresponding Secretary: Cathryn C, nominated by Paulina

Recording Secretary: Beth P, nominated by Marie

Vice Chair: Paulina, nominated by Diane

Treasurer: Jeanne K, nominated by Mary

Chair of NL committee, multiple nominations

Chair: Cathie B, nominated by Paulina

Vice Chair Report October 2020

Part of the time was spent prepping receipt and use of funds for banner and tablecloth for Region 6. There was no news yet on MWI collaboration idea on sponsor / speaker bank – they will discuss again 10/17.

My reflections on Step 10, “bringing myself to account each day.” leads me to trying to improve making calls when want to hide or bury.

Paulina, Vice Chair

MBI Treasurer’s Report September 2020

\$1149.00 Income	\$811.10 Expenses
\$337.90 Income exceeded Expenses	
Checking bal. 9/30/20	\$8267.36
Savings bal. 9/30/20	\$4006.41

In September, \$1149 of our income was from group donations. The list of groups who donated in September is at the end of this report. **Thanks to all of you who are supporting MBI.**

Our September expenses: We paid \$455 for our September office rent. Our Verizon bill was \$169.24. Marina was paid \$71.25 for her work from 8/29/20 to 9/24/20. Jeanne K. was paid \$50 for her August website work. Sainly Solutions was paid \$33.75 for hosting the MBI website. We paid \$15.93 to Zoom for a Standard Pro monthly plan, and \$15.93 for our second Zoom Standard Pro monthly plan.

Receiving donations through the MBI website is going smoothly. If you have any difficulty making donations through the website, 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 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 September 2020

\$29.04	Andover, Sun. 5pm
\$240.00	Cambridge, Sat. 9:30am
\$68.16	Chelsea, Sat. 8am
\$84.49	Chelmsford, Sat. 2pm
\$60.00	Dorchester, Sat. 9am
\$107.50	Milton, Wed. 7pm
\$27.08	Newton, Sat. 7:15am
\$48.60	Newtonville, Sun. 5pm
\$29.04	N. Andover, Mon. 6pm
\$53.19	N. Andover, Sat. 8am
\$64.25	Reading, Wed. 6pm
\$64.25	Reading, Sat. 7:30am
\$64.25	Stoneham, Mon. 6:30pm
\$83.51	Stoneham, Sun. 8:30am
\$9.48	Weymouth, Thurs. 10am
<u>\$116.16</u>	Anonymous (4)
\$1149.00	TOTAL

MBI OFFICE ACTIVITY REPORT - Oct 2020

Phone Calls received	11
Emails received	48
Emails sent	25
Checks & Cash Received	5
Newsletters sent	4
Meeting lists sent	1
Professional packets sent	none
Newcomer packets	none

Office Committee Report October

The office has functioned smoothly and quietly in October. There were a few more phone calls than last month, all resolved quickly. The usual newsletters were mailed. No news, good news.

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

MBI Bylaws Committee Report October

New PI/PO/Diversity Committee description added to Policies and Procedures. MBI must

connect with new meeting list to publicize Bylaws updates as well as for PI/PO outreach. Bylaws were updated on OAMBI.ORG on October 15 by Jeanne K. Cathie B.

12 Step Report October 2020

It is a gift of program to have our online communities, being able to meet and stay connected even when we are physically isolated with the pandemic. The step 10 workshop went very well as did the step 11 workshop. **The Step 12** workshop is on **December 19, 10:30-noon**, and we will have two speakers and sharing as usual. The Thank-a-thon is coming up on Thanksgiving Day! There will be hourly meetings from 7 AM until 1 PM the last meeting starting at 12 and ending at 1:00. Thank-a-thon is on the same zoom address as the step meetings. there.

Dave D, 12 Step Chair

October 2020 Webmaster Report

On Wed, Oct 14, 2020 8:38 pm the October newsletter was delivered to **268 Recipients**. Website updated with latest newsletters, highlights, meeting lists, events and updated bylaws. **Newsletter Statistics: 87** recipients opened, **20** Clicked, **3** Unsubscribed, Total opens 220, Last opened 11/7/20, Abuse reports **0**. **7th Tradition button update:** We received 21 contributions through our website from Oct 1 to Nov 6. If there is a connection problem along the way, usually trying again at a later time will work. All donations were successful. **If you have a problem let us know!**

Most Popular links:

- <https://oambi.org/wp-content/uploads/2020/10/MBI-Newsletter-October-2020.pdf>
- <https://oambi.org/wp-content/uploads/2020/10/October-2020-Highlights.pdf>
- <http://OAMBI.ORG>, <http://OA.org>
- <http://oaregion6.org/2020/>
- <http://zoom.us>
- <https://oaregion6.org/wptest/wp-content/uploads/2020/07/OA-Convention-Virtual-2020-flyer.pdf>

Online 7th Tradition Respectfully submitted Jeanne K., webmaster



MBI MEETINGS DATES –2020

December 12, 2020

January 9, 2021

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

Willing P nominated and confirmed as committee co-chair, focusing on PI. **Working Group** met once in late Sept, resulted in updated "goldenrod" flyer with Zoom meeting information for distribution. Diane to consult with WG about PO mailing project. 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, 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. Please also consider attending the next Mass Bay Intergroup meeting to hear the latest MBI professional outreach news and initiatives in person.

PI/PO co-chair Beth P
Diane C, PI/PO Committee.
dconnor14@comcast.net

Region 6 Assembly Delegates Report:

Jeanne K: not like being there in person; However all necessary business and voting was accomplished. Diane: impressed with the amount of service ongoing all over the country. Officer renewal training has been worthwhile workshop.

November 15 Retreat Reunion was a success! Thank you Mary, Diane, Ruth & Dave! Hope to see everyone in person October 2021.
Jeanne K.

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 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 - 14 Second](#)

[OA - 13 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 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>
Tradition Eleven 3 minute video:
<https://vimeo.com/261372040>

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. 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.

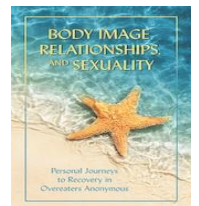
Schedule of Events: [Click here](#) for a tentative schedule of events. Attendees interested in speaking or volunteering for Convention can complete the Convention registration form (available January 2021). Get the Word Out! Show your spirit and spread the word with downloadable Convention bookmarks. 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 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=b05BR0UvV0kva0ZOcjNaZ3pOTlhUT09> Meeting ID: 879 0006 6451 Password: 369375, or call 1-929-205-6099, same ID & password

MBI OPEN HOUSE: Curious about OA service opportunities with regional reach? Come to our Zoom Open House on **Sunday, Dec 13 from 2-3 pm ET** to hear about Mass Bay Intergroup's mission to carry the OA message through public information, professional outreach, 12 Step workshops and more. Our committee chairs will be available there to answer questions about MBI service. Spread the word! Join Zoom Meeting: <https://us02web.zoom.us/j/84101180358?pwd=akS4Sxp5eWdMWm5lQTNad1NUd0JQUt09> Or call 1-301-715-8592 Meeting ID: 841 0118 0358 Passcode: 790766

MBI Step 12 workshop is on **December 19, 10:30-noon** The OA 12 & 12 will be used, followed by 2 speakers & open sharing. Join Zoom: <https://us02web.zoom.us/j/87900066451?pwd=b05BR0UvV0kva0ZOcjNaZ3pOTlhUT09> Meeting ID: 879 0006 6451 Password: 369375, or call 1-929-205-6099, same ID & password

MA/NH STATE INTERGROUP NEWS & EVENTS

MWI Workshop Means of Motivation: Practicing Self-Love on the Road to Recovery is **Sun., December 6, 1:30 pm** -Go to the MWI Zoom account: <https://zoom.us/j/7056582426> password 402152

NHI is having a one day on-line retreat Sat., 1/2 from 9-3:30 titled "Reflection and Renewal" <https://oanewhampshire.org/events-info/2021-nhi-retreat.pdf>

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)
2021 Region 6 Assemblies:
(Virtual or In-person to be determined)
April 9 – 10, 2021
September 24 – 25, 2021

2021 Virtual Region Convention
February 20-21, 2021.



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

Sat. , December 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: Tues., January 12, 2021.**

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, December 12, 2020
Saturday, January 9, 2021
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
 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)