



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

December 2020

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SEASON'S GREETINGS!

It is December 2020 as I write this. The month of holy days and holidays, birthdays and the winter solstice. The month filled with anticipation, celebration and often reflection. I hope your December is filled with recovery, much joy and great peace.

I thought I was going to write about powerlessness and control this month. I thought I would put a little spin on the fact that this is the end of the calendar year but still a great time to focus on the First Step. I also recall reading Concept Eleven of OA service last month. Concept Eleven, with a guiding spiritual principle of humility, reminds us "that our service work may require assistance from people...who have professionals skills and talents not available in our groups. For example, the controller must have a background in..." The "controller" as a job title! I believe it may be a typo but it got me thinking.

Without any guiding spiritual principle, and suffering from this disease spiritually as well as physically and mentally, I gave myself the job of Controller. I tried to control my eating, my emotions, other people and frankly, the world. I was failing miserably, everything was out of control, but I was my own boss so I kept me on the job.

One definition of control reads "the power to influence or direct people's behavior or the course of events." I wanted that power. I wanted to be THE Controller, able to "fix" the people I judged as broken, and able to make myself slim, taller, beautiful, healthy and strong while eating whatever I wanted when I wanted. Thankfully, with my weight, health,

thinking and relationships completely out of control, I heard the first Step.

Actually, I heard people share about the first Step, that they were powerless over food, and people, places and things, and that their lives had become unmanageable. Hearing that, and seeing the difference that admitting their powerlessness made, I quit that Controller job (well I at least took an extended leave of absence, I still show up in the role at times). I admitted my own powerlessness over food and that my life was absolutely unmanageable by me. Admitting that truth opened the door to the rest of the Steps and to a genuine life. I got back to my real job, joy of being, as a friend in recovery often said, and I hope to stay on it for life, like a Supreme Court justice.

OA ensures Job security. Continuing abstinence, continuing to practice the principles of the 12 Steps in all of my affairs and continuing to improve my conscious contact with my Higher Power as I understand my Higher Power, are some of the actions that allow me to recognize and experience the ever present joy in my life. Fellowship, sponsorship and deeper relationship all deepen the joy of being.

So that was what I thought I was going to write about ! However, I remembered that we are in the holiday season and I wanted to write something about that. Basically, I remembered a member who shared that from Halloween to Easter was the high holidays for our disease. I recalled thinking of that timeframe the same way. I lied to myself, saying that the "treats" were for the kids at Halloween but then ate them myself. I overate at Thanksgiving and was not especially thankful or grateful. The other days were

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excuses to eat the "special" foods for that time of year.

I am exceedingly grateful that in recovery, I get to experience those days as the fun, happy, sometimes holy days they are. OA has given me the chance to focus (virtually this year) on friends and family rather than on food. Thank you OA, and thank you all for sharing your experience, strength and hope.

In unity, Shalom, Paz, Paix, Pokoj, Freiden, Amani, Namaste, Peace.
Cathie B., MBI Chair

Step 12: Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Spiritual principle: Service

OA Tradition 12

"Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities."

Spiritual Principle: Spirituality

MBI NEWS !

Chair Report Retreat virtual reunion was awesome, thanks to all who planned it and carried it out. Newcomer: Waltham 7pm Wednesday 90-day meeting rep Eve W. Cathie B

Vice Chair Report November 2020

Reflections on Step 11: ask for help with anything that concerns you; the benefits of daily meditation. "The more I get quiet, the more I can get quiet." No news yet on MWI collaboration idea on sponsor / speaker bank – will follow up.
Paulina, Vice Chair

MBI Treasurer's Report October 2020

\$1035.45	Income	\$1571.72	Expenses
\$536.27	Expenses exceeded		Income
Checking bal.	10/31/20	\$7988.59	
Savings bal.	10/31/20	\$4006.44	

In October, \$1035.45 of our income was from group donations. The list of groups who donated in October is at the end of this report.

Thanks to all who are supporting MBI.

Our October expenses: We paid \$455 for our October office rent. We paid \$250 as our 4th quarter donation to OAWS and \$250 to Region 6. We paid \$225 to Sainly Solutions for our Yearly Website Hosting fee. Our Verizon bill was \$169.24. Marina was paid \$78.75 for her work from 9/26/20 to 10/30/20. Jeanne K. was paid \$50 for her September website work. We donated \$50 to Region 6 for the Convention Raffle. Sainly Solutions was paid \$16.87 for monthly hosting of 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 October 2020

\$48.60	Andover, Sun. 5pm
\$68.16	Chelsea, Sat. 8am
\$96.90	Chelmsford, Sat. 2pm
\$10.00	Dorchester, Sat. 9am
\$152.00	Lynn, Sat. 8:30am
\$71.64	Medford, Sat. 9am
\$133.05	Milton, Wed. 7pm
\$133.94	Reading, Tues., 9:30am
\$24.15	Reading, Wed., 9:30am
\$24.15	Stoneham, Sun. 8:30am
\$116.76	Swampscott, Tues., 7pm
\$97.50	Waltham, Wed., 7pm
\$58.60	Anonymous (2)
\$1035.45	TOTAL

MBI Bylaws Committee Report November

Everything on the website is up to date.
Cathy B, Jeanne K.

MBI Office Activity Report November

Phone calls received	4
Emails received	41
Emails sent	17
Checks & Cash Received	4
Newsletters sent	4
Meeting lists sent	0
Professional packets sent	0
Newcomer packets	0

Office committee chair report

The office continues to run peacefully. The PI/PO committee has decided to mail out to professionals the new OA slim folder for professionals. Marina has prepared the materials and is going to get postage for the envelopes, either online (if possible) or at a post office and bring all of it to Diane for stuffing, addressing and sending of the envelopes .

Marina - OAMBI office worker

12 Step Report November 2020

There will be a Step 12 workshop on 12/19, and a Step 1 on 1/16.
Dave D, 12 Step Chair

MBI MEETINGS DATES –2020/2021

- December 12, 2020**
- January 9, 2021**
- February 13, 2021**
- March 13, 2021**
- April 17, 2021**
- May 8, 2021**
- June 12, 2021**
- July 10, 2021**
- August 14, 2021**
- September 11, 2021**
- October 16, 2021**
- November 13, 2021**
- December 11, 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

PI/PO/ Diversity working group is planning an MBI Open House Sunday, Dec 13 at 2 pm on Zoom. Further discussion under new business. Jeanne is looking at Region 6 Google Ad Words report; Region 6 may also have money to help fund Ad Words investment for PI. Jeanne will follow up with Beth about online ads and SEO (Search Engine Optimization).

Will made improvement suggestions to the text of the Goldenrod flyer, PI/PO working

group will follow up. Will presented World Service anonymity guidelines for online communication, including virtual meetings. They seem generally restrictive with respect to online outreach, but it’s still unclear how to draw the line on anonymity in that area. Diane plans to follow up on anonymity questions with a Region 6 PI workshop presenter. Worth noting to member meetings that Zoom meetings cannot guarantee anonymity, which should be announced by meeting leaders at every meeting.

Cathryn forwarded info about a Young People’s meeting focused on people of color to the PI/PO/Diversity working group about MBI service, and recruit new volunteers on Sunday, Dec 13 at 2 pm and Monday, Jan 11 at 7 pm. Further 2021 monthly dates TBD. Beth to send blurb to Jeanne for the newsletter. MBI members will attend member meetings to publicize the Open House and MBI; divided up MBI meeting list.

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, Willing

Region6 Fall Assembly Report Virtual / Zoom detracted heavily from the Assembly experience this year. IGOR officer training was extremely worthwhile.

November 2020 Webmaster Report There was a short discussion about process to verify Zoom meeting info updates. On Wed, Nov 25, 2020 2:39 pm the November newsletter was delivered successfully to **266 Recipients**. Website updated with latest newsletters, highlights, meeting list, meeting dates, and

events. Newsletter Statistics: 118 recipients opened, 33 Clicked, 0 Unsubscribed, Total opens 244, Last opened 12/4/20. We received 26 contributions through our website from Nov 7 to Dec 5. **If you have a problem let us know!** Respectfully submitted

Jeanne K., webmaster

Protecting OA Zoom Meetings from Disruptors

Our Thankathon meeting was Zoom bombed in a coordinated attack by 10-15 intruders. Some took over the screen, scribbling and showing violent images, some took over the chat, with nasty writings and insults to meeting members, some danced obscenely in their video feeds, and some dominated the audio with loud noises and insults hurled at remaining attendees. It took ten minutes to respond, eject a number of them, and shut down the meeting. We had 15 min to get set for the 11:00 meeting, which we did and the meeting went without a hitch, lessons learned. As the hosts OA Zoom meetings we should be prepared to handle these intrusions. The Thankathon zoom bombing was terrifying, because we were unprepared.

1. Announce in every meeting that because we are on the Internet it is impossible to guarantee anonymity. This is an official OA announcement.

2. Set up 2-3 co hosts to enable swift coordinated expulsion of intruders. Plan who is going to feed names or numbers of disruptors to co-hosts that will focus on ejecting them.

3. Setting up the meeting with a waiting room allows the hosts to review the person in the waiting room and accept or reject them. Starting that process 15 min before meeting start allows pre meeting socialization very much like an in person meeting. A good checking question is "What's your home meeting. Legit attendees will either say without hesitation they are new, or regular program folks will answer without hesitation This can be done well if the person hosting the meeting is not also leading the meeting, and especially well with co-hosts. The majority of our members either join on time or with-in a few minutes of the starting time. therefore, if there are people attempting to join the meeting after it's well under way you might be suspicious. This is what happened at the Thankathon.

1. In the security section at the bottom, one can turn off allowing screen sharing, chat

posting, and allowing self unmute. During the meeting you will have to unmute whoever wants to speak. They can raise their hand visually on the screen or go to the participants icon and click "raise hand".

There is also an option under the security icon to lock the meeting which keeps anyone else from joining after you are underway.

2. Under the PARTICIPANT ICON at the bottom of the screen you have the option of muting everyone at the bottom of the screen. if you hover over the person's name the option of removing them will open. You can click remove if they are disruptors/bombers.

In Service, ODAAT,
Dave D, 12 step chair

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 if you don't have a computer.

To the Young Person has been thoughtfully modernized to include all-new recovery stories— plus a classic testimonial— submitted by young OA members. The questionnaire preceding the stories in the pamphlet has been rewritten to be more engaging and personal, intending to make it easier to help young people decide if they have a problem with food. *To the Young Person* is available exclusively as an e-book on [Amazon](#), [Barnes & Noble](#) & [Apple](#) platforms. Copyright 2020



Where Do I Start? Everything a Newcomer Needs to Know is now available as an e-book on [Amazon Kindle](#), [Apple Books](#), and [Barnes & Noble Nook](#). This book packs key information about OA's Twelve Step program of recovery into a single pamphlet, including the Fifteen Questions, Tools, Plans of Eating, OA Promise, AA Third and Seventh Step Prayers, "Welcome Home" story, and so much more. Help newcomers get started in OA with this comprehensive pamphlet, now available as an e-pamphlet. Print copies ([#705](#)) are also available from the OA bookstore at bookstore.oa.org.

**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 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 **Dec. 19, 2020**
MBI Step 1 workshop is on **January 16, 2021**
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=b05BR0UvV0kva0Z0cjNaZ3pOTIhUT09> Meeting ID: 879 0006 6451 Password: 369375, or call 1-929-205-6099, same ID & password

MA/NH STATE INTERGROUP NEWS & EVENTS

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>

2021 Virtual Region Convention
 February 20-21, 2021
<https://oavirtualregion.org/vr-conventions/>



MWI will be having a young person's retreat titled "Entire Psychic Change" March 6, 2021. They need help finding volunteers to work on it: https://mcusercontent.com/5ea807caa856d688877aa8342/files/3dfb2bea-1815-47d6-91fa-9eab969dc5f1/2021_YP_Etreat_YP_flyer_FINAL.pdf They're asking people to write to: oaypretreat@gmail.com

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

Virtual Region Second Sunday e-workshops
 3 pm – 4:30 pm: <https://oavirtualregion.org/news-events/events/vrworkshops/>
 Schedule: 12/13 Young Persons in OA, 1/10 And practice these principles in all our affairs ~ the spiritual principles of the steps.

<https://oavirtualregion.org>
 (Check out their website for other upcoming events)

OA WORLD SERVICE NEWS & EVENTS:

World Service
2021 Convention Theme: "Walking in the Sunlight: One Day at a Time", Dates: August 26-28, 2021 Join the Convention email list at conventioninfo@oa.org

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, January 9, 2020
Saturday, February 13, 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)