



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

January 2021

Page 1

Welcome 2021!

Here we are, at the beginning of a new calendar year. So much has changed and there will be more change ahead, yet much remains the same. The venues for our meetings changed back in March 2020 but the 12 Steps and 12 Traditions remain the same. Some of the ways we carry the message of hope and recovery have changed but our commitment to our program, to abstinence, gratitude and service, remain the same.

I have previously shared some monthly reflections about the Twelve concepts of OA service and about the 9 Tools of Recovery and even some about Step 1 last month. In the spirit of both change and constancy, I write today about the 1st Tradition.

History has it that in April 1946, Bill W submitted an essay for the AA grapevine titled "12 points to Assure Our Future". The essay was in response to the numerous questions members had sent Bill in the 10 years since he met Dr. Bob in Akron, Ohio, each sharing his experience, strength and hope and thereby constituting the first meeting of Alcoholics Anonymous. Members asked about the extent or parameters of AA group autonomy. Was it ok for a group meeting to endorse a product or person? Bill knew that just as the individual alcoholic needs the structure of what became the 12 Steps to guide personal recovery, so did our entire Fellowship need the structure of what became the 12 Traditions to guide the groups' interactions with other groups and the world at large.

There is a saying in recovery that I repeat here with all due respect, "the 12 Steps may prevent suicide and the 12 Traditions may prevent homicide." *The saying ends with "the 12 Concepts may prevent genocide." While

there are no guarantees, studying and practicing the principles of the 12 Steps and 12 Traditions supports personal recovery and group effectiveness. In order to assure the future of what has become an international, worldwide Fellowship with a connection to dozens of other international 12 Step Fellowships, including our lifesaving OA, Bill developed the 12 Traditions and the spiritual principles embodied by each one.

And so, "this is the first Tradition: unity." Specifically, "Our common welfare should come first: personal recovery depends upon OA unity." Just as we support and strengthen each other individually, we also support and strengthen OA as a whole, not just our preferred version, format or food plan. We think of the good of OA so that our Fellowship can grow not fragment, weaken and break.

I end this somewhat short report with an invitation. **Share your experience, strength and hope with your fellow OA members, and provide a valuable service!** During these times of COVID restrictions, when so many of us are struggling with issues like isolation, we want to hear how OA is helping you remain sane and abstinent. Please take the time to send us your thoughts on surviving the pandemic. Thanks and we look forward to hearing from you!

Cathie B., MBI Chair

Step 1: We admitted we were powerless over food-
-that our lives had become unmanageable.

Spiritual principle: HONESTY

OA Tradition 1

***"Our common welfare should come first;
personal recovery depends upon OA unity."***

Spiritual Principle: Unity

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

MBI NEWS !

Chair Report Thanks to Dave for his work and presence of mind at the Thankathon and Dec MBI meeting, both of which were Zoom bombed. Need to remember OA is open to all – part of being able to meet this way is the possibility of bad actors. Thanks to all for work between meetings. World Service must reach worldwide fellowship consensus about virtual business meeting in April 2021 barring a lifting of all COVID restrictions. Concept 12 – guiding principles for service; spiritual principles as part of action plan, vs. reactive, impulsive actions of an addict.

Cathie B

Vice Chair Report December 2020

Reflections on Step 12: "It would be dangerous to surrender my will to God without other people around telling me how I'm doing." 12th Step warning: "Do not do this alone." No word on MWI speaker / sponsor bank collab; Beth will follow up.

Paulina, Vice Chair

MBI Treasurer's Report November 2020

\$2149.46 Income \$1744.47 Expenses
 \$404.99 Income exceeded Expenses
 Checking bal. 11/30/20 \$9020.83
 Savings bal. 11/30/20 \$4006.47

In November, \$2149.46 of our income was from group donations. The list of groups who donated in November is at the end of this report. **Thanks to all who are supporting MBI.**

Our November expenses: Tsoutsouras & Co. PC was paid \$906 for preparing our 2019 taxes. We paid \$455 for our November office rent. Our Verizon bill was \$164.34. Marina was paid \$71.25 for her work from 11/5/20 to 11/26/20. Jeanne K. was paid \$50 for her October website work. The Commonwealth of MA was paid \$35 with our 2019 tax return and \$15 with our Annual Report. 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 \$14.62 for monthly hosting of the MBI website. \$1.40 was paid for postage.

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 Treas.

Group Donations November 2020

\$38.82	Andover, Sun. 5pm
\$77.94	Boston, Mon. 12:15pm
\$283.32	Cambridge, Sat. 9:30am
\$136.32	Chelsea, Sat. 8am
\$25.00	Dorchester, Sat. 9am
\$90.00	Lynn, Sat. 8:30am
\$97.50	Medford, Sat. 9am
\$128.80	Medford, Sun. 8am
\$25.00	Milton, Wed. 7pm
\$48.25	Newtonville, Sun. 5pm
\$29.04	N Andover, Mon. 6pm
\$59.04	N Andover, Sat. 8am
\$164.25	Reading, Tues., 9:30am
\$97.50	Reading, Wed., 9:30am
\$48.60	Stoneham, Mon. 6:30pm
\$19.26	Stoneham, Sun. 8:30am
\$284.44	Waltham, Wed., 7pm
\$24.15	Wellesley, Mon., 9:30am
<u>\$472.23</u>	Anonymous (7)
\$2149.46	TOTAL

MBI Bylaws Committee Report December

No recent updates. Cathy B, Jeanne K.

MBI Office Activity Report December

Phone calls received	6
Emails received	43
Emails sent	17
Checks & Cash Received	7
Newsletters sent	4
Meeting lists sent	2
Professional packets sent	0
Newcomer packets	1

Office committee chair report The office work has continued uneventfully. One change is that Verna will no longer bring the mail from the post office. I will go to the post office myself after hours or on weekends and access our postal box without any worry, starting in January.

Marina - OAMBI office worker

12 Step Report December 2020

Thanks attendees who helped 'zap' Zoom bombers over 12 minutes during the Thankathon. Today is evidence that further security precautions are needed – not allowing attendees to unmute or access chat. "We are open" – must figure out how to deal with intruders the way we would with disruptive people at a physical meeting. Step 2 workshop planned for Feb 20.

Dave D, 12 Step Chair

MBI MEETINGS DATES –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 December 2020–

PI/PO/ Diversity working group is planning MBI Open Houses Sunday, Dec 13 at 2 pm on Zoom, Monday, Jan 11, 7 pm, WG follow up meeting Dec 17. Jeanne and Beth working on online ads and SEO. Jeanne made changes to the virtual meeting list flyer per Will's suggestions, seeking feedback from wider MBI group. ***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

Newsletter: Bylaws state newsletter reports due within one week of MBI meeting, articles by 15th of the month to MBI Chair for approval, then sent to webmaster for publication. Discussion of newsletter redesign – ask leaders of meetings to remind people to send in material for NL. Jeanne: "Food for Thought" question in the past. Beth: mention this at Open House. Diane: Ask meetings to remember to delegate meeting reps. Cathie: Print excerpt with permission from OA Brown Book and / or a response? Jeanne and Mary swapping NL / Treasurer duties in January.

December 2020 Webmaster Report

On Tue, Dec 15, 2020 3:06 pm the December newsletter was delivered successfully to 270 **Recipients**. 7th Tradition button update: We received 18 contributions through our website from Dec 6 to Dec 27. **MBI approved for nonprofit status** by Google which means an allowance for Ad Words. Region 6 and Metro-West have experience with online advertising, sent Google Analytics examples. Should be able to get help setting up SEO for MBI website, but have to make decisions, add more member stories to work in more SEO keywords

How OA Helped me stay sane in the midst of a Pandemic

Since March 14, 2020, I along with everyone else on the planet has been coping with the fallout from COVID-19. However, aside from the devastation around me, OA has been my lifeline. Throughout it all, I was able to attend meetings by phone and ZOOM. I decided not to attend my March 14 meeting in person, but instead used ZOOM to call into my meeting and someone passed their phone around to attend. Because of our intergroup, we were quickly able to have our next meetings be on ZOOM and have continued until this day. Next thoughts turned to the safety of out of state travel. I usually visit my son and family in CA, and had my OA friends to talk over the issues, and came to the realization that I need to cancel travel plans. But that was not the only travel I had committed to. The OA World Service Conference was to be held the week of April 20 and I had made travel plans for that as well. WSO could not cancel the event until the state mandated it without incurring a \$100,000 penalty. Again, I had the support of

OA friends until the in-person event was cancelled. WSO scrambled and sent out the necessary materials to read by vote by email. All our committees continued working and communicating by email and ZOOM.

The Region 6 Spring Assembly was also done successfully by emails, but by late summer it seemed any conventions would have to be postponed or done by ZOOM. Our fall R6 Assembly was on ZOOM, and although sorely missing the companionship of other OA members, we successfully had our virtual assembly.

MBI has been meeting every month -- at first by phone, and moved quickly to ZOOM, we accomplished all our business including a retreat reunion, and most recently an open house to both let members know that our intergroup does and inviting them to visit our meetings.

This is what I have experienced at the service level of intergroup and above, but probably the most profound is the relative serenity I have from working the OA program on a daily basis. Because I have a higher power to lean on, a sponsor that I have a commitment to call on a regular basis, sponsee calls daily, a set routine of reading OA literature (including the AA Big Book), texting and calling people (in and out of program), meditation, maintaining my food plan, and exercise, I can say that I feel mostly calm in my daily life.

That is not to say that unsettling events never happen -- I had to take my husband to the hospital for chest pains and tests (turned out ok) and I fell and hit my head on the cement at the pool, went to emergency room (also turned out ok). My husband's job has been cut back to 5 hours a week, and my part-time job has been closed. I have learned in OA to focus on Gratitude. I am so grateful for what I have been given, but yet my heart grieves for all those who have not been as fortunate. We have a lot of slogans in OA, but I leave you with this one: Do what you can when you can. "A life of sane and happy usefulness" is what we are promised as the result of working the twelve steps. Service fulfills that promise always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible. 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, for writing opportunities, and much more go to www.oa.org. Check with your Intergroup Rep if you don't have internet access.

To the Young Person has been thoughtfully modernized to include all-new recovery stories. 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](https://www.amazon.com), [Barnes & Noble](https://www.barnesandnoble.com) & [Apple](https://www.apple.com) platforms. Copyright 2020



Where Do I Start? Everything a Newcomer Needs to Know is now available as an e-book on [Amazon Kindle](https://www.amazon.com), [Apple Books](https://www.apple.com), and [Barnes & Noble Nook](https://www.barnesandnoble.com). 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. Available as an e-pamphlet. Print copies (#705) are also available from the OA bookstore at bookstore.oa.org.

Now Available: Twelve Step Workshop and Study Guide, Second Edition PLUS Participant Guide NEWLY UPDATED with references to the OA Twelve and Twelve, Second Edition — the Twelve Step Workshop and Study Guide, Second Edition (#960-2) is our most in-depth resource for leading groups or individual sponsees on a journey through OA's Twelve Steps to a life of recovery. This guide has leader scripts, working-the-Steps Worksheets, and selected readings from OA-approved literature. Also available on Apple iBooks, Amazon Kindle, and Barnes & Noble Nook FIND BOTH Twelve Step Workshop and Study Guide, Second Edition (#960-2) and Participant Guide for Twelve Step Workshop and Study Guide, Second Edition (#965/#966) in the OA [bookstore](http://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 **Monday, January 11 from 7-8 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 1 workshop is on **January 16, 2021 10:30-noon**

MBI Step 2 workshop is on **February 20, 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=b05BR0UvV0kva0ZOcjNaZ3pOTIhUT09> Meeting ID: 879 0006 6451 Password: 369375, or call 1-929-205-6099, same ID & password

MA/NH STATE INTERGROUP NEWS & EVENTS

2021 Virtual Region Convention "There is a Solution" February 20-21, 2021 <https://oavirtualregion.org/vr-conventions/>

"Unity with Diversity day" A virtual event on 2/28/2021 from 1-4pm.co-sponsored by Cape Cod and South coastal Massachusetts Intergroups which is titled **"Love Across the Fellowship "** Registration is required and attendance may be by phone or Zoom. **To Register, email: OASCMi@gmail.com** [Click for : Unity Day Flyer 2021 approved](#)

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: 1/10 And practice these principles in all our affairs ~ the spiritual principles of the steps, 2/14 "Sought thru prayer and meditation" Developing a relationship and an ongoing connection with my Higher Power. 3/14 "Courage to change the things I can" <https://oavirtualregion.org>

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

Tues. January 12, 2021– 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: Fri., February 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, February 13, 2021
Saturday, March 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**
Jeanne K. (Chelmsford)

COMMITTEE CHAIRS

- **OFFICE**
Open
- **PROFESSIONAL OUTREACH**
PUBLIC INFORMATION
co-chairs Beth P. (Newton), Willing (Quincy)
- **COMMUNICATIONS**
- **Newsletter:**
Mary P. (Quincy)
- **Webmaster:**
Jeanne K. (Chelmsford)
- **12 STEP**
Dave D. (Arlington)
- **BYLAWS**
Open

MEETING Representatives

Sunday 8:30am MBI Rep: Marie M
 Sun 5 pm Andover BBSS: Bobbie M
 Tue 9:30am BBSS: Diane C
 Wed 7pm Waltham: Eve W.
 Sat 8am N Andover: Cathryn C
 Sat 9am, NW hospital: Paulina S
 Sat 9am, Carney hospital: Mary P
 Sat 2pm, Chelmsford: Jeanne K

* 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

Did you know that every MBI meeting has a responsibility and a vote at the Intergroup Level?

Each MBI meeting must have an Intergroup Representative who attends the monthly MBI meetings. At your next Business Meeting please ask, does our meeting have an Intergroup Rep? and who is it? And are they willing and able to attend the monthly meetings?

If there is no rep, please nominate an Intergroup Representative. An Intergroup Rep's responsibility is to attend the monthly virtual business meetings and to communicate to your meeting members all the happenings from the monthly MBI meeting.

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)