



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

February 2021

Page 1

## Welcome 2021!

Greetings! February has arrived! The 2<sup>nd</sup> month in the calendar year seems a fine time to consider the 2<sup>nd</sup> Tradition and the spiritual principle it encompasses: Trust.

In the OA pamphlet "The 12 Traditions of OA", Tradition 2 reads: "For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants, they do not govern."

For me, the practice of this Tradition offers powerful yet humbling lessons. I am to remember that this Tradition is for our "group purpose", not our primary purpose. Our group purpose, i.e. to work for the good of OA as a whole. Our responsibility is to grow and progress as a worldwide Fellowship while maintaining our primary purpose, practicing the 12 Steps and being guided by our 12 Traditions.

Well, Tradition 2 shows us how to have autonomy and unity, how to grow, adapt and change while also maintaining our founding principles and primary purpose. We do not follow the dictates of an individual. There is no Chief or President of OA. The ultimate authority for our global group purpose is a loving Higher Power, expressed in our group conscience. Each member asks their own Higher Power's guidance, then members vote on concerns and the group decision is our authority. We are so fortunate in OA because we know that we listen to each other and we hope for much more than a numerical majority for a true group conscience. We look for unanimity or at least significant consensus.

"Not all our group decisions will be wise and practical. We do make mistakes. Then we

must look for better answers to the problem." (pg 3) Tradition 2 allows us to learn and grow together. There is no finger pointing or blame because we are all a part of the decisions and the solutions/improvement.

Honoring Tradition 2, members have approved a fuller definition of abstinence, literature updates, and written the most recent OA book Body Image, Relationships and Sexuality. The Representatives we elect for service to Mass Bay Intergroup and Region 6, in conjunction with the Region Trustees and the Delegates to OA World Service business conference are entrusted to participate, not to govern or dictate.

How might Tradition 2 be useful in my personal relationships? Well instead of trying to control or govern, I can listen, "vote" metaphorically or literally, and trust that process to provide the best answer at the time.

\*This is also an excellent time to invite you to represent any MBI affiliated meeting at the monthly Mass Bay Intergroup meeting. Each meeting Rep has a voice and a vote. Intergroup elects "Reps" to the semiannual OA Region 6 assemblies and Delegates to go to the annual, World Service Business Conference. There are also varied opportunities for service-carrying the message to Professionals and the Public; publishing our monthly MBI newsletter, organizing and supporting workshops and the MBI annual retreat. You are cordially invited and will be most welcome to increase and inform our OA group conscience.

Cathie B., MBI Chair

## 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

**Step 2:** Came to believe that a Power greater than ourselves could restore us to sanity.  
**Spiritual principle:** HOPE

**OA Tradition 2**

***"For our group purpose there is but one ultimate authority—a loving God as He may express himself in our group conscience. Our leaders are but trusted servants; they do not govern."***

***Spiritual Principle: Trust***

**MBI NEWS !**

**Vice Chair Report January 2021**

A favorite quote from the Big Book on Step 2: "In the face of collapse and despair . . . they found a new power, peace, happiness, and a sense of direction flowed into them." (pp 50-51) It is in our meetings, and with my sponsor and friends in OA that I keep finding this promise renewed.  
 Paulina, Vice Chair

**MBI Treasurer's Report December 2020**

\$1871.56 Income	\$4265.07 Expenses
\$2393.51 Expenses exceeded Income	
Checking bal. 12/31/20	\$5621.32
Savings bal. 12/31/20	\$4006.51

In December, \$1871.56 of our income was from group donations. The list of groups who donated in December is at the end of this report. **Thanks to all supporting MBI.**

Our December expenses: We sent \$2300 to OAWS to bring our donation closer to 30% of Group Donations since online donations started. We paid Philadelphia Insurance \$796 for Liability Insurance. We paid \$455 for our December office rent. We sent \$370 to Region 6 to bring our donations to them closer to 10% of Group Donations for 2020. Our Verizon bill was \$164.34. Marina was paid \$90 for her work from 11/27/20 to 12/22/20. Jeanne K. was paid \$50 for her November 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 \$7.87 for monthly hosting of the MBI website.

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](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 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.

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.

**Group Donations December 2020**

\$48.60	Andover, Sun. 5pm
\$44.44	Boston, Mon. 12:15pm
\$234.42	Cambridge, Sat. 9:30am
\$28.74	Chelmsford, Sat. 2pm
\$64.04	Dorchester, Sat. 9am
\$306.61	Lynn, Sat. 8:30am
\$24.15	Medford, Sun. 8am
\$35.00	Milton, Wed. 7pm
\$248.49	Newton-W, Sat. 7:15
\$97.50	Newtonville, Sun. 5pm
\$67.64	N Andover, Mon. 6pm
\$77.12	N Andover, Sat. 8am
\$177.40	Reading, Tues., 9:30am
\$11.44	Reading, Wed., 6pm
\$14.37	Reading, Sat. 7:30am
\$11.44	Stoneham, Mon. 6:30pm
\$68.96	Stoneham, Sun. 8:30am
\$118.42	Waltham, Wed., 7pm
\$50.00	Wellesley, Mon., 9:30am
\$50.00	Wellesley, Wed., 12N
\$4.59	Winthrop, Tues. 7pm
<u>\$88.19</u>	Anonymous (3)

**\$1871.56 TOTAL**

Respectfully submitted, Mary P., MBI Past Treasurer

**MBI Bylaws Committee Report January**

No recent updates. Cathy B, Jeanne K.

**MBI Office Activity Report December**

Phone calls received	5
Emails received	43
Emails sent	26
Checks & Cash Received	6
Newsletters sent	4
Meeting lists sent	0
Professional packets sent	0
Newcomer packets	0

**Office committee chair report**

The office is functioning well. I am now taking the mail from the PO Box on Sundays, when there are less people in the Post Office. I will order 50 of the pamphlets for newcomers,

"Where do I Start?" when I get my new bank card.

Marina - OAMBI office worker

**12 Step Report January 2020**

The January Step 1 Workshop was well attended and there was a lot of recovery energy in the meeting. Our Step 2 Workshop is February 20, Saturday, 10:30 to Noon. Step 3 will be March 20, Saturday, also 10:30 to Noon. Our workshops are on Zoom and it is possible to call in via phone. The Zoom information is in the calendar at oambi.org. I can be reached at 781-835-5017 for more information.

Dave D, 12 Step Chair

**MBI MEETINGS DATES -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!***

**PI/PO/Diversity Committee January:**

Open House Update: we have now held two open houses for our Mass. Bay Intergroup participants to explain to prospective volunteers the opportunities for service at the Intergroup level. Our turnout has been very low, and to the best of our knowledge, no one who did attend as a visitor has expressed interest in volunteering. At our next meeting we will decide whether to continue these, cancel them, or re-design and rethink them.

Several of us attended a national meeting focusing on the experience of Black members in OA. It was a very well attended Zoom meeting with many people of color. There were three speakers of color who spoke about their experience in national OA leadership. I was inspired. I was pleased to see that OA seems to be working for Blacks and people of color. Two of the speakers experienced no barriers to being involved in OA as a result of their color. One participant did report a

number of examples of racism within OA. For the most part, these were not conscious acts of racism, but rather some of the small things that whites often do which can be extremely off putting and offensive to Blacks and people of color. These acts are often individually not enough to get into the conversation, yet for recipients they accumulate. Our committee is working to compose a Region 6 Blitz Grant Application for funds to improve the performance of the MBI website.

Please contact Beth P. via the MBI office at [info@oambi.org](mailto:info@oambi.org) if you would like to join us and find out what we are doing. Come and lend a hand in our activities.  
Willing P, co-chair

**Newsletter February:** This month, Jeanne K. has taken over MBI's Treasurer Responsibilities and continues managing our website. I am putting this month's MBI Newsletter together. Thank you to all who are contributing! If you have interest in helping with our newsletter, contact me by email at [info@oambi.org](mailto:info@oambi.org) .

Respectfully, Mary P., Newsletter Committee

**Webmaster Report January 2021**

On Mon, Jan 11, 2021 2:58 pm the January newsletter was delivered successfully to 273 **Recipients**. Website updated with latest newsletters, highlights, meeting list and events. **Newsletter Statistics: 92** recipients opened, **53** Clicked, **1** Unsubscribed, Total opens 271, Last opened 1/25/21, Abuse reports **0**.

**New 7th Tradition button update:** We received 26 contributions through our website from Dec 28, 2020 to Jan 27, 2021. If a donation does not go through the first time, 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/2021/01/MBI-Newsletter-Newsletter-January-2021c.pdf>

<https://oambi.org/wp-content/uploads/2021/01/January-2021-Highlights.pdf>

<https://oambi.org/wp-content/uploads/2021/01/Unity-Day-Flyer-2021-approved.pdf>

Respectfully submitted, Jeanne K., Webmaster

**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](http://www.oa.org). Check with your Intergroup Rep if you don't have internet access.

**The First Quarter issue of A Step Ahead** is now available online!—with a new drop-down menu format that is friendlier for reading on mobile devices. Read the latest world service news, including:

- All proposed WSBC New Business Motions and Bylaws Amendments 2021
- World Service Convention update
- Exciting literature translation news
- Important messages from our board chair and treasurer
- Many literature announcements from the WSO
- and more

**New Issue of Professional Community Courier Ready for Download:**

OA's [Professional Community Courier](#) is an outreach tool that you can use to carry the message to doctors, nurses, therapists, clergy, and other health and wellness professionals to educate them about OA and how OA can supplement the treatment they provide. Courier articles are written by professionals who have witnessed OA recovery at work in their patients and clients, so the Courier is a great bridge to attract other professionals. Download it now from the [Document Library](#) and talk to your professional outreach committee about carrying the message.

**New pamphlets are available from WSO:**

**A Lifetime of Abstinence: One Day at a Time (#155)** dives more deeply into the details of what abstinence looks like on a daily basis, combining and replacing the discontinued pamphlets *A Commitment to Abstinence, Before You Take That First Compulsive Bite, Remember ...*, and *Maintaining a Healthy Body Weight*. **A Lifetime of Abstinence: One Day at a Time** gives newcomers and members practical suggestions for how to build and develop a recovery program as well as compassionate

advice on the multifaceted disease that is compulsive eating. This [pamphlet](#) is now available both in print on the OA bookstore and as an e-book on [Amazon Kindle](#), [Barnes & Noble Nook](#), and [Apple Books](#) platforms for US\$1.00.

In OA, *Recovery is Possible: About Compulsive Eating and the OA Program of Recovery (#135)*, takes the vital introductory information present in *Questions and Answers, A Program of Recovery*, and *Compulsive Overeating: An Inside View*—all now discontinued—and distills them into a single pamphlet that focuses more intently on defining compulsive eating and answering questions about the basics of our recovery program. *Compulsive Overeating: An Inside View* will remain included in the Professional Presentation Folder (#870). Conveniently, In OA, *Recovery is Possible* has now been released as both a [print pamphlet](#) in our OA bookstore and as an e-book on [Amazon Kindle](#), [Barnes & Noble Nook](#), and [Apple Books](#) platforms for US\$2.00.

**Two Rozanne Recordings free to stream:**

"Reflections: A Visit with OA's Founder," the 1999 interview with OA founder Rozanne S., found via the [Podcasts page](#) and more directly at [oa.org/founder-recordings](http://oa.org/founder-recordings). As she is interviewed, Rozanne opens up about her life and lengthy journey toward becoming the founder of the Fellowship of Overeaters Anonymous, chronicling how she's overseen the spread of the OA message around the world.

Also newly available, "And Now a Word from Our Founder" was published in 2003 as a compilation of five of Rozanne's keynote speeches at World Service Business Conferences in 1994, 1997, 1998, 2000, and 2001. In them, Rozanne speaks with her characteristic humor and candid humility on such subjects as the origins of OA's Traditions, the importance of principles before personalities, and complicated issues of empathy and sacrifice. Let yourself be inspired as she ends her addresses with an audibly passionate call for the delegates—and the Fellowship at large—to engage in greater acts of service on behalf of OA.

**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 Step 2** Workshop is on Saturday, **February 20, 2021** from **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=b05BR0UvV0kva0Z0cjlNaZ3pOTlhUT09> Meeting ID: 879 0006 6451 Password: 369375, or call 1-929-205-6099, same ID & password.

**MBI Step 3** Workshop is on Saturday, **March 20** from 10:30-noon. Same Zoom information.

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

**Unity with Diversity Day:** A virtual event on 2/28/2021 from 1-4pm.co-sponsored by Cape Cod and South Coastal Massachusetts Intergroups.

Theme: **"Love Across the Fellowship "**.

Registration is required. **To Register,**

**email: [OASCMi@gmail.com](mailto:OASCMi@gmail.com).** Give your name and email address. An email with Zoom and phone access will be emailed the week before 2/28.

There is no registration fee.

**MWI Workshops**, 1<sup>st</sup> Sunday of the month, 1:30pm EST. 3/7, "Writing What We Wish We Read: Finding the Language that Works for our Recovery." Newcomer's Workshop is last Sunday of every month, 1:30pm EST. Next: 2/28 To access: [metrowestoa.org/news-and-events/](http://metrowestoa.org/news-and-events/)

**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](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](mailto: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](mailto: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: 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, '21, Orlando, FL. Join the Convention email list at [conventioninfo@oa.org](mailto:conventioninfo@oa.org)

**2021 Virtual Region Convention** "There is a Solution" February 20-21, 2021. To register:

<https://www.oavirtualconvention.org/>

500 service volunteers needed—please contact!

Friday, **February 12, 2021– 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: Fri., March 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](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, March 13, 2021**  
**Saturday, April 17, 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](mailto: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 '90Day' 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

**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: 1-346-248-7799

Zoom ID: 875 1073 1879 Passcode: 2020

**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)