



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

August 2021

Page 1

## **OVEREATERS ANONYMOUS, STEPS 8 AND 9 AND FACING FEAR:**

My name is Beth, and I'm a compulsive overeater and addict. My Higher Power is at work in the fact that I'm writing this for the eighth month of the year, and the steps of the month are steps 8 and 9. For me, the recovery is in the steps; I worked the steps in the Big Book Step Study process. Even as I worked through the first three steps in this process, slowly coming to believe, I worried about Step 9. The steps are in the order that they are for a reason, my sponsor told me. That put it to rest, at least for a while.

Eventually, the day came when I made a list of those I'd harmed and became willing to make amends to them all. My sponsor was right -- the process of coming to believe in a Power greater than myself, turning my will and my life over to that Power and taking a fearless and thorough moral inventory had helped me to face my part in many painful situations of the past. Not whose fault those situations were. Not who did more or less harm. Simply what I'd brought to the table, and how I could try to heal the harm that I had caused. One of the names on my Step 8 list was a longtime friend who'd survived a critical illness when we were in our early 30s, before I came to program. This friend and I had been as close as siblings since the 6<sup>th</sup> grade, but by the time I was making my Step 8 list, it had been five years since we'd spoken, in part because of resentments that arose during that illness. Before program, I had insisted that my only part in this situation was trying to be helpful. I couldn't understand why this friend and I had drifted apart; I couldn't see what was inappropriate about how I'd behaved. Through the Step Study process, and my Step 4 inventory, I was finally able to acknowledge that while this friend and I were "like" family, I was not *actually* family. I was still resentful about things that had happened in an ICU room that I hadn't necessarily had a right to be in at all, that I had invited myself into anyway. I hadn't respected proper boundaries.

The later steps are a process of applying the earlier ones. If you have turned your will and your life over to the care of a Higher Power and become willing to have that Higher Power remove your shortcomings, the best way to demonstrate that is to walk into a room where a person sits that you are terrified to face, and then find the words to say that you are sorry. I did that, three years ago, on a wintry day in the Boston area. I did it without any expectation about how it would be received or whether our relationship would be healed. I did it because I truly -- finally -- understood my part in a painful situation and sincerely regretted it. The Step 9 promises came true for me that day. I'll never forget the feeling of driving away from what turned out to be a four-hour conversation, much of it catching up on the years we'd missed. One line from those ninth step promises was ringing in my ears in that moment: *We will comprehend the word serenity, and we will know peace.*

That day, for the first time in my life, I truly did.

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**Step 8:** Made a list of all persons we had harmed and became willing to make amends to them all.

**Spiritual principle:** SELF-DISCIPLINE

***OA Tradition 8***

***"Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers."***

***Spiritual Principle: Fellowship***

**MBI NEWS !**

**Newsletter Report - August 2021**

Thank you to everyone who has contributed to creating this newsletter. Thank you, Beth, for submitting your recovery share for page 1. If you are interested in contributing to the work of MBI, reflected in our newsletter, join us at our next Zoom business meeting 8/14 or 9/11/21, 10:30-noon. The Zoom link is in the calendar on our website: [oambi.org](http://oambi.org).

Respectfully, Mary P, Newsletter Chair

**MBI Treasurer's Report June 2021**

\$ 881.68 Income      \$ 4,354.53 Expenses  
 Expenses exceeded income \$3,472.85  
 Checking bal. 6/30/21      \$5441.99  
 Savings bal. 6/30/21      \$4006.71

In June, \$881.68 of our income was from group donations (\$551.68 through Stripe, and \$325.00 in Check donations. The list of groups who donated in May is at the end of this report. **Thanks to all supporting MBI.**

Our June expenses: We paid \$480 for our June office rent. Our Verizon bill was \$165.70. We paid \$47.79 to Zoom Standard Pro monthly plan (June 1, 15 & 29). We paid Marina S. \$71.29 for office work, Jeanne K. \$50.00 as webmaster, and Saintly Solutions \$14.62 (web hosting). We paid our yearly rent of \$162.00 for our USPO Box. We made our quarterly donations as a percentage of our previous 6 months income (minus our January \$500. donation) to WSO (30%) and Region 6(10%), \$2647.38 and \$715.79 respectively.

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.

Respectfully, Jeanne K., MBI Treasurer

**Group Donations June 2021**

|                  |                                   |
|------------------|-----------------------------------|
| \$169.06         | ANON                              |
| 93.71            | Andover (BBSS) Sun 5pm            |
| 58.38            | Boston (90) Mon 12:15pm           |
| 64.63            | Chelmsford Sat 2pm                |
| 38.82            | Dorchester (90) Sat 9am           |
| 48.25            | Newtonville (90) Sun 5pm          |
| 65.90            | NewtonWellesley(90)<br>Sat 7:15am |
| 25.00            | North Andover Sat 8am             |
| 49.58            | Reading (BBSS) Tues 9:30am        |
| 48.25            | Reading Wed 9:30am                |
| 28.74            | Stoneham (90) Sun 8:30am          |
| 52.84            | Waltham Wed 7pm                   |
| 50.00            | Wellesley Wed Noon                |
| 74.15            | Wellesley(90) Mon 9:30am          |
| <u>14.37</u>     | Winthrop Tues 7pm                 |
| <b>\$ 881.68</b> | <b>Total</b>                      |

**MBI Office Activity Report - July 2021**

|                           |    |
|---------------------------|----|
| Phone calls received      | 3  |
| Emails received           | 29 |
| Emails sent               | 22 |
| Checks & Cash Received    | 3  |
| Newsletters sent          | 4  |
| Meeting lists sent        | 0  |
| Professional packets sent | 0  |
| Newcomer packets          | 0  |

**Office Committee Chair Report – July**

The office has been quiet in July. Two members have asked about resuming face-to-face meetings; the office has not been told that any MBI meetings have resumed as face-to-face. The office has not yet been contacted re: the speaker/sponsors database. Call the office (781-641-2303) if you want to find a speaker or a sponsor. There are three categories of speakers and sponsors: 90 days, HOW and BBSS.

Marina - OAMBI office worker

## 12 Step Report – August 2021

Vacation time is here, and there are no workshops for August. The July Steps 6 & 7 Workshop on Zoom went very well, as did Coming Back to OA, the end of June.

**The Step 9 Workshop will be 9/18/21, Saturday, 10:30am to Noon. The Coming Back to OA, part 2, Workshop, will be 9/25/21, 10:30am to Noon.** That workshop is for folks who have been away from the halls or challenged by relapse. Sponsors with time available are welcome. Both workshops have the same Zoom number, which is on the MBI website (oambi.org). Call me at 781-835-5017 for info and help with Zoom.

Respectfully, Dave D, 12 Step Chair

### MBI MEETINGS DATES –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 – July 2021**

We are beginning to explore ways to apply our Region 6 grant for website optimization. Jeanne and Beth have followed up to begin search engine optimization for our website, and Jeanne has begun the Google AdWords ad placement process. Willing is taking the lead on drafting updates to our bylaws' description of the intergroup rep position and duties.

Developing Intergroup Reps (IGR) remains an important area of focus for our committee. We are compiling a master list of all the groups and their IGR and their phone numbers. This information can be sent to Willing P at [Willing@TheThirdAgenda.com](mailto:Willing@TheThirdAgenda.com).

We want to increase outreach from our meetings to the MBI meetings. Currently, IGRs are giving group attendance numbers to Beth P., reporting both number attending weekly and number of newcomers. We also want to increase sharing of information from the MBI Board meetings to MBI groups. We want to encourage group members to share their success in OA with their physician or

healthcare worker and let them know MBI can provide an experienced speaker for presentations for staff meetings and professional development.

If you're interested in carrying the OA message to doctors, nurses, nurse education programs, medical schools, therapists, employee assistance program staff, spiritual advisors, clergy and compulsive overeaters everywhere who still suffer, call Marina at the MBI office, 781-641-2303, or email [info@oambi.org](mailto:info@oambi.org) for a FREE packet. Anyone interested in serving as a liaison to MBI from a member meeting is invited to attend our monthly MBI business meetings as a visitor to hear about our work!

Respectfully submitted, Beth P. Co-chair

### **MBI Bylaws Committee Report - July**

Currently reviewing bylaws related to Intergroup Reps. Cathy B, Jeanne K.

### **Webmaster Report – August 2021**

The OAMBI website was updated with latest newsletters, highlights, meeting list, WSO Bulletin, posts, and events. Also, **Google Ads** through our **Ad grant for Non Profit** were activated and we are working out the details. **New 7th Tradition button update:** We received 22 contributions through our website from Jun 29, 2021 to July 26, 2021. 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!***

### **Newsletter Email Statistics**

Delivered: Fri, Jul 16, 2021 4:54 pm

3 Bounced 0 Unsubscribed

Our subscribers are up 13 from January 2021.

**Successful deliveries 285**, Total opens 344

Last opened 7/28/21 8:03PM

### **Top links clicked**

<https://cdn.oambi.org/wp-content/uploads/2021/07/MBI-Newsletter-July-2021.pdf>

<https://cdn.oambi.org/wp-content/uploads/2021/07/July-2021-Highlights.pdf>

<https://oa.org/world-service-convention/>

<http://OAMBI.ORG>

<http://OA.org>

<https://r6convention2018.ticketleap.com/together-we-can/>

<https://oaregion6.org/2021/>

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.

### **Latest News:**

**World Service 2021 Convention has been CANCELLED. For additional info go to:** <https://oa.org/world-service-convention>

**"Working the Program. A New Plan of Eating"** is a new OA pamphlet that replaces "Dignity of Choice" and "A Plan of Eating."

OA is updating the pamphlet, **"A Common Solution: Diversity and Recovery"**, and seeking stories that express the experience, strength and hope of under-represented groups within the fellowship. You can download the call-for-stories flyer at the [oa.org](http://oa.org) website. Help others find hope by sharing how the OA recovery program has helped you.

**"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 several discontinued pamphlets. Available as a [pamphlet](#) on the OA bookstore and as an e-book on [Amazon Kindle](#), [Barnes & Noble Nook](#), and [Apple Books](#) platforms for US \$1.00.

**To the Young Person** has been updated to include all-new recovery stories—plus a classic testimonial—submitted by young OA members. Also included is a revised questionnaire to help young people better decide if they have a problem with food. Available exclusively as an e-book on [Amazon](#), [Barnes & Noble](#), and [Apple](#) platforms.

**"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](#). Combining several individual pamphlets along with other OA literature, the pamphlet is an in-depth guide for those new to program. Print copies (#705) are also available from the OA bookstore at [bookstore.oa.org](http://bookstore.oa.org).

**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. The videos are on the [Podcast page](#) under Public Information.

**Lifeline Sampler**, a collection of over 200 stories from Lifeline magazine covering a wide variety of recovery topics, is now available in print again from Amazon (also available as an e-book) Go to [amazon.com](http://amazon.com) and enter <https://amzn.to/2NM4vgW> in the search bar.

**"Meeting Transition Guidance"** – a letter from World Service with suggestions about how to make face to face meetings into virtual/ phone meetings is available for download: <https://oa.org/app/uploads/2020/11/Meeting-Transition-Guidance.pdf>

**Temporary Sponsors: Newcomers' First Twelve Days**, a new piece of OA literature, gives a suggested format for temporary sponsors to use when introducing newcomers to the program. Each day includes readings from the pamphlet Where Do I Start? Everything a Newcomer Needs to Know. Download this free guide from [oa.org/sitemap](http://oa.org/sitemap) under "Group Resources".

**NEWLY UPDATED: the Twelve Step Workshop and Study Guide, Second Edition** (#960-2) is an in-depth resource for leading groups or individual sponsees through the twelve steps.

**NEWLY AVAILABLE: the Participant Guide for Twelve Step Workshop and Study Guide, Second Edition** (#965) has the pages attendees and sponsees need in order to participate in the Twelve Step Workshop and follow along with the leader. Both are available through the OA [bookstore](#).

**OA's Suggested Meeting Formats** now include OA's updated definitions of "Abstinence" and "Recovery" and the new suggested contribution of five US dollars. Find and download these in the [documents library](#) under "Meeting Formats."

**Events and Information  
(CORRESPONDING SECRETARY'S REPORT)**

Please make flyers available for your meetings

**Check with your local groups or intergroup websites for information on telephone and zoom options for face to face meetings that have been suspended, and for information on meetings that have resumed face to face meetings.**

Go to OA.org to change your meeting profile to reflect the latest changes in your group's status.

**MASS BAY INTERGROUP NEWS & EVENTS:**

**MBI Step 9 Workshop** is on Saturday, **Sept. 18, 2021** from **10:30-noon**. The OA 12 & 12 will be used, followed by 2 speakers & 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. Zoom active at 10:15am.

**Coming Back to OA Workshop, Part 2**, September 25, 2021, 10:30-12N. A panel of speakers will share how they used the Tools to achieve and maintain their abstinence. All will be welcome. Final Workshop: Nov. 6, 2021. Zoom information is same as Step 9 Workshop.

**Fifth Annual MBI Fall Retreat:** "Fall into Recovery – Practicing these Principles in All Our Affairs", Oct. 8-10 at La Salette Retreat Center, Attleboro, MA. COVID protocols will be observed. Flyer and registration form are on the MBI website: <https://cdn.oambi.org/wp-content/uploads/2019/03/Flyer-MBI-Retreat-Fall-Into-Recovery-2021-a.pdf>  
 If you are interested, send the registration form with a \$25 deposit by August 30<sup>th</sup>.

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

**MWI Newcomer's Workshop** on the last Sunday of every month, 1:30-2:30pm ET. Next: 8/29. To access: <https://www.metrowestoa.org/news-and-events/>

**Cape Cod IG** will be holding a face-to-face day long retreat Sunday, September 19<sup>th</sup> in Yarmouth, MA. Flyer: <http://capecodoa.org/wp-content/uploads/2021/06/CCI-One-Day-Retreat-flyer.2021.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](mailto:Region6trustee@gmail.com)

**REGION 6:**  
**Region 6 Virtual Fall Assembly** planned: September 24-25, 2021

**R6 Virtual Convention**, "Together We Can" Oct. 22-24, 2021. Registration is now open.  
<https://oaregion6.org/2021/>

**Virtual Region:**  
**Virtual Region Second Sunday e-workshops** 3 pm – 4:30pm. 9/12-The Promises of the Program, 10/10-Applying the Traditions in Daily Life.  
**VR Fourth Saturday e-workshops** 12:30-2pm. 8/28-The Promises, 9/25-Step 10-How to Turn It Around.

For full schedules of both workshops, go to:  
<https://oavirtualregion.org/virtual-region-workshop/>

**VR Phone Marathons** are being held during many important holidays this year.  
<https://oanova.org/2020-marathon-phone-meetings-2/>

**OA WORLD SERVICE NEWS & EVENTS:**  
**World Service 2021 Convention has been CANCELLED.** For additional info go to:  
<https://oa.org/world-service-convention/>

**Sunday, Sept. 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: Tuesday, October 12.**

**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, August 14, 2021**  
**Saturday, September 11, 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**

Sun 8:30am, Stoneham, Alice  
 Sun 5 pm, Andover BBSS: Bobbie M  
 Sun 5 pm, Newtonville, Eve W  
 Wed 9:30am, Stoneham: Paulina S  
 Wed 7pm, Waltham: Donna  
 Wed 7pm, Milton: Willing P  
 Sat 8am, N Andover: Cathryn C  
 Sat 7:15am, NW hospital: Deb  
 Sat 9am, Carney hospital: Mary P  
 Sat 9:30am, HOW meeting: Austine  
 Sat 2pm, Chelmsford: Barbara Ann F

**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 can send an Intergroup Representative who attends the monthly MBI meetings. At your next Business Meeting, please ask, does our meeting have an Intergroup Rep? Who is it? 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\* (EST)**

**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 PW: sundaymen**  
 Dial-In: 1-669-900-9128, Access Code: 88360650133

**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#

**Monday 6:30pm, BBSS (Stoneham) Zoom meeting:**

<https://us02web.zoom.us/j/71491935523?pwd=V3I3bW5kcTY2oupvNm96TFZmNUh1Zz09> Dial (646)558-8656 Meeting ID: 714 9193 5523 **Meeting Password: 1HdZpL**

**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, Access Code: 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 Access code: 87510731879  
 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)**