



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

April 2017

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## MBI Chair Report – April 2017

**Tradition 4:** *Each group should be autonomous except in matters affecting other groups or OA as a whole.*

In the OA 12 Steps and 12 Traditions, the chapter about Tradition 4 ends (p. 144): "Tradition four challenges us as individuals, as OA groups, and as a fellowship to strike a healthy balance between our responsibility for ourselves and our responsibility to each other, while we grow together and work together as companions in recovery."

This month, I'd like to share with you some thoughts about our intergroup. My own understanding of intergroups is that they include all of us—all of the meetings in Mass Bay IG and the OA members involved in those meetings, and those who are doing service in our MBI meetings are MBI. In the big picture, we are ALL growing together and working together "as companions in recovery".

Our MBI monthly meetings are basically business meetings whose purpose is (1) to do the work of OA (reaching out to the compulsive eaters who are suffering) in the area served by our meetings, (2) to help provide unity to our member groups, and (3) to select and support the representatives of our IG who attend Region 6 and OA World Service meetings, all within the guidelines of OA's 12 Steps, 12 Traditions and 12 Concepts.

We meet one Saturday morning every month from 10:30 AM to noon at Lawrence Memorial Hospital. The dates of our meetings are always in our newsletter. Usually, there are 8-11 of us gathered around the long table in our

pleasant meeting room. We stick closely to our agenda so the business we have planned to cover can be accomplished. Visitors are welcome; we had two in March. Reading our newsletter is one way of getting an idea of the business we are addressing. Visiting would give you a more complete understanding.

One of our former members recently contacted one of us to suggest that we encourage our meetings to get involved in putting announcements about their meeting in local papers. One of our current members brought a page from the *Public Information Service Manual* published by WSO. This page is titled **Let People Know About Your Meeting!** It is packed with practical suggestions. I was able to get it in a form that can be sent by email. The link to it is:

[https://www.oa.org/pdfs/let\\_people\\_know1.pdf](https://www.oa.org/pdfs/let_people_know1.pdf). I plan to send this document when I send this newsletter out to our Designated Downloaders with the suggestion it be shared in meetings. This is work that falls within the Public Information/Professional Outreach Committee in MBI. It would be wonderful if those interested in doing this outreach would let Cathy B. (Lowell) know of their interest and progress. We would be happy to link those interested through our PI/PO Committee.

If you have ideas how we can better "grow together and work together as companions in recovery", contact me or any of our officers through our MBI Office (info@oambi.org or 781-641-2303).

In Service, Mary P (Quincy)

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**MBI Treasurer’s Report for February 2017**

Income 1591.17  
 Expenses 1223.3  
 Checking balance 3/5/17 2986.41  
 Savings balance 3/5/17 4004.97  
*\$367.87 Income over expenses*

Our income for February came from several sources: 1366.67 from group donations (thank you to all who donated), 175.00 for a retreat entry, 29.50 for newcomer packets, and 20.00 for the MBI 7<sup>th</sup> tradition collection.

Expenses included 90.35 for our website, 49.00 for postage, 51.59 for a raffle basket for Unity Day (we received a share of the raffle basket proceeds in March) and 111.15 for OA literature along with regular expenses for office rent, webmaster, phone/internet, paying Pat our wonderful office worker, and a donation to the hospital for the use of the room for the MBI meeting.

I am working on the annual figures to give to our accountants to do our non-profit returns (we don’t pay taxes but need to report our income and expenses to prove that we are following the rules for our category) that should be finished by the end of March. A few more retreat entries have come in; we also got a check from South Coastal IG for our share of the raffle basket money. These will be on the March report.

Jean B., MBI Treasurer

**Group Donations February 2017**

22.35	Lynn Thurs. AM
86.52	Newtonville Sun. PM
469.00	Reading Sat. AM
15.00	Chelsea Sat AM Men’s
200.00	Reading Wed PM
80.00	Medford Sat. AM
60.00	Milton Wed. PM
433.80	Newton Wellesley Sat.AM

**\$1366.67 total**

**Webmaster REPORT April 2017**

On March 20, 2017, 257 newsletters were emailed to our subscribers. No new subscribers and no unsubscribers. The goldenrod flyer "What is OA ?" has been added to the website under What is OA? with the title "Is Food a Problem for You?" Meeting list and "What is OA?" were updated at the end of March. The website was updated with the latest newsletter, highlights, 90 day meeting list and upcoming events as usual.

Webmaster, Jeanne K., Chelmsford

**MBI OFFICE COMMITTEE REPORT**

February 2017

The office is running well. Pat has been talking to Cathy about the organization of the suitcases we use for events so the ones for public outreach and professional outreach have the appropriate contents and Pat can reorder what is needed. If anyone needs supplies for their event or committee project please let Pat know in advance, she can use our tax-exempt account with Staples to order it for you.

Jean B., Office Committee Chair

**OFFICE ACTIVITY REPORT**

**Month of MARCH '2017**

Pat from the Office

Phone calls	16
Emails	28
Checks received	12
CDs Made	10
Newcomer Packets Sent	10
Literature ordered	Yes
March Newsletter mailed	Yes

**MBI RETREAT COMMITTEE – Feb. 2017**

We received 1 retreat entry in February and 2 more came in during the first half of March. Several people have volunteered to help in various positions but we still have some opportunities for people to volunteer to do service on this project. Let me know what you would like to do and the time you have available (well in advance, weeks in advance, the day of arrival, during the retreat weekend, clean and pack up afterwards). The retreat flyer has some examples of what we are looking for or you can suggest something. I expect we should be able to fill our 30-person minimum without too much trouble.

Other areas: I will handle registration (as treasurer I'd get the checks anyway) and will do food liaison as I did last year.

At the event, we will need a couple of people who can get there Friday afternoon to set up the meeting room, people to help with checking people in (I already have one volunteer for that, could use another) and a few people to help pack everything up afterwards.

If you are interested in volunteering, you can indicate it on your registration form or call me 617-767-9134 nights or weekends or email: mbifallretreat@gmail.com.

Thanks! Jean B., Retreat chair

**PROFESSIONAL OUTREACH & PUBLIC INFORMATION COMMITTEE – April 2017**

Woburn Health and Wellness Fair  
Saturday, April 29, 2017 - 10A.M.-1 P.M  
Woburn High School.

Public Info Health Fair – a chance to reach many who are affected by addiction or compulsion with food.

Contact me in person (978-688-9454-c) or by email at MBI - info@oambi.org.

Service is Spiritual and Self-Supportive ☺  
 Cathy B. (Lowell)

**12 STEP COMMITTEE REPORT**

The March Step Three workshop went just as well as the Step One and Two did in February. We had seven participants, two speakers and the experience as well as the feedback was positive. The next workshop on Step Four is Saturday, May 6, from 1 to 2:30. The following workshop, on Steps Five and possibly Step Six will be Saturday, June 10 from 1 to 2:30. Save the dates! My reflection on surrender for this month is quite simple: surrender quietly breeds serenity.

Dave D, 12 step committee chair

**OA Tradition 4**

***"Each group should be autonomous except in matters affecting other groups or OA as a whole."***

**MBI Meetings Dates – 2017**

- January 21
- February 11
- March 18
- April 22**
- May 20
- June 17
- July 15
- August 19
- September 23
- October 21
- November 18
- December 16

**Next MBI Meeting:**

**Saturday, April 22**  
**10:30a.m.**  
**Lawrence Memorial**  
**Hospital Gallagher Room**  
**170 Governors Ave,**  
**Medford**

**Note:** The OA MBI monthly meeting day and time have changed to Saturday mornings 10:30 A.M. as of January `2017.

**Come join us at MBI for Service and Fellowship! New Day and Time!!! Visitors welcome! Come and add your ideas.**

**NOTE:** The OA MBI office provides Newcomer packets for our meetings (\$1.50 cost per pk), and Information packets/folders (free) with a CD and brochures to give out or to have sent out to professionals. Contact the MBI office.

**VISIT THE OA WEBSITE**  
[www.oa.org](http://www.oa.org)

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 more, SEE - [WWW.OA.ORG](http://WWW.OA.ORG)

**ABSTINENCE POWERPOINT AVAILABLE!**

As part of OA’s strategic plan, the Region Chairs Committee has created this presentation to assist your group or service body in exploring the concept of abstinence.

**The BREAKING OUT OF RELAPSE** video, created by the WSBC Twelfth Step Within Committee is now posted online. Free to download or stream, this video can help isolating members and others in relapse return to program and abstinence. Find the video by navigating to Members/Groups in the main menu at [oa.org](http://oa.org) and then dropping down to Program Inspiration, and then Breaking Out of Relapse.

**On OA WEBSITE:**  
 The new guide—*Carrying the Message*—is posted as a free download on [oa.org](http://oa.org). You can find it under Group Support, Public Information Suggestions, and OA Guidelines. It’s also on What’s New. Direct link: [oa.org/pdfs/carrying the message .pdf](http://oa.org/pdfs/carrying_the_message.pdf)

**Podcasts available on OA Website:**  
*The importance of Working Step Six:* The Step Six workshop speakers share their individual stories of recovery and the vital part Step Six, “one of the most difficult of the Twelve Steps” (OA 12 & 12, page 53), plays in that recovery process.  
[www.oa.org/podcasts/step-six-june-14-2015/](http://www.oa.org/podcasts/step-six-june-14-2015/)

**WSBC 2015 Keynote Speaker:** Hear 2015’s Conference keynote speaker, Matt S., tell his story about entering OA as a young person and how the Fellowship has saved his life. Download this passionate, funny, free podcast to share with your sponsor/sponsee, group or service body—and be inspired by the power of the OA program to transform lives.  
<http://www.oa.org/wp-content/podcasts/WSBC2015BanquetKeynote1.mp3>

**From the WSO E-mail News Updates**

**Anyone can write an article for Lifeline!**  
 The Editors of Lifeline have an open invitation to OA members to write, either on a topic of the specific issue or for the topics that are in very issue, such as Stepping Out: Stories focused on the month’s featured step.  
 Information is available on the OA website ([oa.org](http://oa.org)). Click on Lifeline, and then on Writers Guidelines and Monthly Topics in the drop down menu for more information. Your Intergroup Rep may be able to give you this information if you don’t use a computer.

**Upcoming Events and Information**

**(CORRESPONDING SECRETARY'S REPORT)**

Please make flyers available to your meeting

**OA MBI & MASS – NEWS & EVENTS:**

**COMING BACK TO OA SERIES: WORKSHOP**

Saturday, April 22, 10:30am – Noon  
**"A New Beginning"**, Johnson Room  
 Lawrence Memorial Hospital, Medford

**"STEP A MONTH" WORKSHOP:**

Saturday, May 6, 1-2:30 p.m.  
 Step 4 – Speakers and Discussion  
 Lawrence Memorial Hospital – Johnson Room

**HEALTH AND WELLNESS FAIR:**

Saturday, April 29, 10:00a.m. - 1:00p.m.  
 Woburn Memorial High School  
 88 Montvale Ave., Woburn, MA 01801  
 For info or to volunteer, contact Cathy B. (Lowell)

**SPONSORSHIP WORKSHOP**

Saturday May 13, 9:00 to 11:00 am  
 Newton Wellesley Hospital, Shipley Auditorium.  
 2000 Washington Street, Newton, MA.  
 Registration opens at 8:30. Cafeteria available.

**12 STEPS IN 5 HOURS WORKSHOP:**

Saturday, June 10, 9 a.m.-2 p.m.  
 Metrowest Intergroup - No cost or registration.  
 St. John's Episcopal Church, Jamaica Plain, MA

**RETREATS:**

**METROWEST IG ANNUAL SPRING RETREAT:**

Fri – Sun. June 2-4, 2017.  
 Sacred Heart Retreat Ctr., Wareham.

**MBI ANNUAL COLUMBUS DAY RETREAT:**

Espousal Retreat Center, Waltham, MA.  
 October 6-8, 2017 - Weekend, \$175.00.,  
 2 nights single room, 5 healthy delicious meals.  
 Registrations now open. Don't miss it!

**REGION 6 NEWS & EVENTS:**

**REGION 6 CONVENTION**

**OCTOBER 20-22, 2017 – Toronto, Canada**  
 "Stepping up for Recovery 2017"  
 Early bird registration is available through Aug. 17  
 Registration open \$50 CAD. ([www.oaregion6.org](http://www.oaregion6.org))

**REGION SIX 12<sup>TH</sup> STEP WITHIN COMMITTEE**

invites us to mobilize as many OA members as possible in **12<sup>th</sup> Step Within Action**. Telephone those still suffering OA members you know on the 12<sup>th</sup> day of each month.

**NEW ADDRESS FOR REGION 6 DONATIONS:**

**Region 6 Treasurer**  
**PO Box 1792, Westfield, MA 01086**

See **Region 6 website** for more information about these and other events and news in the Region 6 area. [www.oaregion6.org](http://www.oaregion6.org) (Region 6 trustee contact: [Region6trustee@gmail.com](mailto:Region6trustee@gmail.com))

**OA WORLD SERVICE NEWS & EVENTS:**

**VIRTUAL 12 STEP WORKSHOP**

Phone in for live workshop on the second Sunday of the month, 3-4 PM EST.

Visit [www.oa.org/oapodcasts](http://www.oa.org/oapodcasts) for the recordings.  
 Tel.# 1-641-715-3818, code 925619.

See page 4 for more info.

For a complete list of all **telephone meetings**, and a list of online meetings, please visit the OA World Service website: [www.oa.org](http://www.oa.org).

***For events and announcements, 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 Date – Mark your calendars!**

**Saturday, April 22, 2017**

**10:30 A.M. – 12 P.M. - Lawrence Memorial Hospital  
 Gallagher Conference Room**

**BOARD & COMMITTEE CHAIRS \***

**MBI CHAIR**

Mary P. (Quincy)

**VICE-CHAIR**

Helen K. (Woburn)



**CORRESPONDING SECRETARY**

Suzanne D. (Newton)



**RECORDING SECRETARY**

Paulina S. (Lexington)



**TREASURER**

Jean B. (Revere)

**COMMITTEE CHAIRS**

**OFFICE**

Jean B. (Revere)



**YOUNG PEOPLE/PROFESSIONAL OUTREACH**

And **MEDIA & PUBLIC INFORMATION**

Cathy B. (Lowell)



**COMMUNICATIONS**

**Newsletter:**

Verna K. (Arlington)



**Webmaster:**

Jeanne K. (Chelmsford)



**12 STEP**

Dave D. (Arlington)



**BYLAWS**

Interim Chair - Sally S. (E. Boston)

**\* To reach any of the members in these service positions, contact the MBI office. See 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:**

MON., WED., FRI.: CALL FOR APPOINTMENT

**OA '90Day' Telephone Meeting List**  
**All times are E.S.T.**

**Sunday 8-9AM**

**(Big Book Disc)**

Dial-In: (712) 432-5200 Access Code: 6320348#

**Sunday 8:30-9:30AM**

**(Men's meeting)**

Dial-In: (712) 432-0600, Access Code: 267533#

**Sunday 2-3pm**

**(Big Book Disc)**

Dial-In: 712-775-7031, Access Code: 749342#

**Sunday 8-9pm**

**(Spkr/Disc)**

Dial-In: 712-775-7100, Access Code: 897214#

**Monday 10-11am**

**(For Today/ Disc)**

Dial-In: (605) 475-2090, Access Code: 79822#

**Monday 6-7pm**

**(Spkr/Disc)**

Dial-In: 605-475-4700, Access Code: 155081#

**Monday 8-9pm**

**(BB, discussion)**

Dial-In: (218) 844-1930, Access Code: 4134252#

**Tuesday 9:30-10:30am**

**(Women's meeting)**

Dial-In: 712-432-8773, Access Code: 12365#

**Tuesday 4:30-5:30pm**

**(Spkr/Disc)**

Dial-In: 712-775-7035, Access Code: 318539#

**Tuesday 7-8pm**

**(Spkr/Disc)**

Dial-In: (605) 475-4850, Access Code: 197132#

**Tuesday 8-9pm**

**(Spkr/Disc)**

Dial-In: (641) 715-3570, Access Code: 171863#

**Wednesday 10-11am**

**(Spkr/Disc)**

Dial-In: (641) 715-3276, Access code: 976639#

**Wednesday 1-2pm**

**(Spkr/Disc)**

Dial-In: (218) 844-1930, Access Code: 105047#

**Wednesday 7:30-8:30pm**

**(Spkr/Disc)**

Dial-In: (712) 775-7100, Access Code: 897214#

**Thurs 8-9am**

**(Spkr/Disc)**

Dial-In: (713) 936-6996, Access Code: 135103#

**Friday 9-10am**

**(Spkr/Disc)**

Dial-In: (712)770-4160, Access Code:156173#

**Friday 6-7pm**

**(Spkr/Disc)**

Dial-In: (218) 548-2828, Access Code: 4673#

**Saturday 8-9am**

**(For Today/ Disc)**

Dial-In: (712) 432-5200, Access Code: 6320348#

**Sat 10-11AM**

**(Spkr/BB/ 12+12)**

Dial-In: (605) 475-2090, Access Code: 155901#

**Saturday 4-5:15pm**

**(Spkr/Disc)**

Dial-In: 712-432-3900, Access Code: 301187#

\* 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.