



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

January 2017

Page 1

## MBI Chair Report - January 2017

**Tradition 1:** *Our common welfare should come first; personal recovery depends upon OA unity.*

Happy New Year!

The January 5<sup>th</sup> VOR lesson is on Tradition One. I could not find better words than these to share on this tradition: "The only message I can share is my own recovery. I do not need to have everyone recover 'my way'. You need the freedom to recover 'your way.' The only thing we need to have in common about our recovery lies within the 12 Steps and the 12 Traditions. We cannot legislate recovery; we cannot even accurately define recovery, but we recognize it when we see someone living it. Let us rejoice when we see fellow sufferers recovering in OA, thankful they have found their way. Let us be willing to try a different approach if ours is not working. Let's be open-minded and non-judgmental. The program is broad enough for all of us to do whatever is necessary." VOR, January 5.

When I read these words, I feel like taking a deep breath and relaxing into their message. My recovery is an evolving way of being with physical, emotional and spiritual aspects. I am deeply grateful for the sharing of recovery I hear in meetings and from OA friends and sponsors.

I cannot say that I completely understand this tradition. When I came into OA, I was only concerned about myself and knew, without a doubt, that I was powerless over food and tired of not feeling good. Over the years, I

have become more aware that my recovery is not the same as everyone's recovery. I have become more respectful of others who have a different food plan. I can understand that our common welfare SHOULD come first. But, the second part of this tradition —"personal recovery depends upon OA unity"— is harder for me to comprehend. The best that I can understand this, at this point, is seeing that if we don't have unity, perhaps OA will not be able to thrive and attract those who need what we have found.

**OA Unity Day is coming up.** Our local Unity Day gathering is being hosted this year by Cape Cod and South Coastal MA Intergroups. "This day recognizes the strength of the Fellowship worldwide. On the last Saturday in February, at 2:30 PM EST, OA members pause to reaffirm the strength inherent in OA's unity."

This event will take place on Saturday, February 25, 2017 from 1 to 4 PM. Registration will open at 12:30 PM. It will be at Beth Israel Deaconess Hospital, 275 Sandwich Street, Plymouth, MA. There will be four speakers from Intergroups in our area and time for group sharing. At 2:30 PM, the group will pause and hold hands as we connect in spirit with OA members around the world, and pray together the OA Prayer. **Bring a friend. All are welcome.**

Our next MBI meeting is on Saturday, January 21 at 10:30 AM at Lawrence Memorial Hospital, in the Gallagher Room. Come and join us for service and

## INDEX

Committee Reports	Page 1-3
Update from World Service	Page 4
Upcoming Events (Please announce)	Page 5
Telephone and MBI Info.	Page 6

fellowship. Visitors are welcome! I am honored to be serving as the Chair beginning with this meeting. The other officers are continuing in their positions.

In Service, Mary (Quincy)

**MBI Treasurer’s Report – November 2016**

Income	1749.08
Expenses	1162.49
checking bal. 12/13/16	2970.95
savings bal.	4004.87
income over expenses	586.59

Our November income included 1588.58 in group donations, thank you to all groups who donated. A list of groups donating follows this report. Our Thanksgiving thank-a-thon collected 140.50 of which 70.00 was donated to the hospital for use of the room. Our MBI November meeting 7<sup>th</sup> tradition collection was \$20.00.

Expenses for November included 32.50 for website (the bill for the website switchover was paid in December so will be on the next report), 200.00 for Pat in the office, 50.00 webmaster, 89.58 for a new supply of checks for our checking account, 151.37 for our office phone and internet service, 405.00 for office rent, 95.75 for postage, 25.00 donation to hospital for MBI meeting, 70.00 donation to hospital for Thank-a-thon, 43.29 for office supplies.

Upcoming expenses for December (these have already been paid when this report has been typed) \$1000 deposit for the 2017 retreat; the dates will be Oct. 6-8 2017, (mark your calendars!), 521.95 for the website switchover, 690.00 for our liability insurance policy that covers all our meetings (with a larger company that offers a lower rate for the same coverage, we are saving over 200.00 compared to last year). If any meeting needs proof of liability insurance for their meeting location, please let me know; the locations we have previously provided them to will be done by our insurance agent and they should have them by now.

Respectfully submitted,  
Jean B., MBI Treasurer

**November 2016 Group Donations**

188.00	Wellesley Wed. noon
100.00	Reading Tues. AM BBSS
120.00	Medford Sun. 8AM
516.61	Reading Sat. AM
50.00	Chelmsford Sat. PM
45.00	Chelsea Men’s Sat. AM
90.00	Medford Fri. PM
120.00	Reading Wed. AM
25.00	Chelmsford Sat. PM
183.97	Newton Wellesley Sat. AM
150.00	Reading Tues. AM BBSS
<b>1588.58</b>	<b>Total donations</b>

Thank you for your support!

**Webmaster REPORT – January 2017**

On December 19, we emailed 253 newsletters to our subscribers. I checked and we had not had any new subscribers since October so I tested the subscribe button again it was not working. However Sainly Solutions fixed the problem quickly and it is now working again.

The MBI Bylaws have been updated on the site as a menu item of About MBI. The MBI Informational Brochure has also been updated and is in a link on the About MBI page. It could also be a menu item if the board would like that.

Respectfully submitted,  
Webmaster, Jeanne K., Chelmsford

**Office Activity in December 2016**

Phone calls	10
Emails	12
Checks Posted and sent to Treasurer	7
CDs made	10
Newsletter mailed	yes – December

Respectfully submitted,  
Pat from the office

**OFFICE COMMITTEE - January 2017**

The office has been running well. Pat went on vacation (unpaid) from just before Thanksgiving to Dec. 5<sup>th</sup>. I was able to get

to Arlington to pick up the mail once during that time so the checks for November got into the bank on time. I did monitor the calls that came in to the phone line and returned some messages; Pat handled the rest upon her return.

Respectfully submitted,  
Jean B., acting office committee

**Professional Outreach & Public Information Committee – January 2017**

The Professional Outreach Committee welcomes members to give service at the upcoming Harvard Medical School Addictions Treatment Conference on March 3 & 4, 2017 at the Fairmont Copley Plaza Hotel, 8:30 AM to 5:15 PM.

The Public Information Committee asks for OA members willing to give service at the Woburn Health and Wellness Fair on April 29, 2017.

Contact me in person or by email at [info@oambi.org](mailto:info@oambi.org)

Respectfully submitted, Cathy B. (Lowell)

**12<sup>th</sup> STEP REPORT – January 2017**

As the New Year gets underway, I’m reminded that a key program tenet is service, and that we can’t do it alone. We need our fellows and we need HP. I spent too many years trying to do it all by myself and not doing very well. Things are much better now that I surrender and let myself work with people. In that regard, to some degree I have been trying to do the 12 Step Committee by myself. Starting in January, I’m going to host monthly meetings of the 12 Step Committee with a phone in option, and if anybody’s interested in helping out, even in a small way, and being part of those meetings, let me know. I’m thinking Sunday evenings. I had planned to set up a workshop for January on Step 1. I recognize that my life is unmanageable and that I’m powerless alone so I will surrender and not do a January workshop but will combine Steps 1 & 2 in February. You will hear from your Designated Downloaders as those plans get firmed up.

Yours in Surrender & Fellowship, Dave D.  
12th Step Chair (Arlington)

**Dates – MBI Meetings – 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-10:30am**  
**Saturday, January 21**  
**Lawrence Memorial**  
**Hospital-Gallagher Room**  
**170 Governors Ave,**  
**Medford, MA**

***Come join us for Service and Fellowship! Visitors welcome! Come and add your ideas.***

**MBI voted to change the day and time of our intergroup meeting beginning in January 2017.**

Our motivation is to grow our intergroup. The meeting will be on Saturdays, 10:30 AM to noon at Lawrence Memorial Hospital. We invite you to join us in service to those in our area who are still suffering.

**Please spread the word.**

## VISIT THE OA WEBSITE

For news from the World Service Office,  
Podcasts about OA,  
To order books and pamphlets,  
To get meeting information,  
To learn about writing opportunities,  
And more.

[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. [www.oaregion6.org](http://www.oaregion6.org) has a link on their home page for more information.

### OA "Service & My Recovery" WORKSHOPS

Monthly phone workshop. Next workshop is "Who's in Charge?" on February 14 from 3-4 PM.

"All Together Now We Are Reaching Out Our Hands" is on March 13 from 3-4 PM.

US Phone Bridge: 641-715-3818,  
PIN: 925619#

[www.oaregion6.org](http://www.oaregion6.org) has more information.

### 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:

[http://www.oa.org/pdfs/guide\\_to\\_carrying\\_the\\_message.pdf](http://www.oa.org/pdfs/guide_to_carrying_the_message.pdf)

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.

### 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.

[www.oa.org/podcasts/182616](http://www.oa.org/podcasts/182616)

From the WSO E-mail News Updates

### You could 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 every 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.

### The Fine Print

The MBI Newsletter is a monthly publication of the OA Mass Bay Intergroup and the opinions expressed are those of the writer, not those of MBI or OA as a whole.

Please send submissions to: Verna K. (Arlington), Newsletter Chair; and/or OA MBI P.O. Box 74, Arlington, MA 02476.

Material cannot be returned nor payment made. We reserve the right to edit. Other anonymous groups may reprint without permission.

**Upcoming Events and Information**

**(CORRESPONDING SECRETARY'S REPORT)**

Please make flyers available to your meeting

**OA MBI – News & Events:**

**International Addictions Conference:**

March 3 & 4, 2017  
Sponsored by Harvard Medical School  
Fairmont Copley Plaza Hotel, Boston, MA  
For info or to volunteer, contact Cathy B. (Lowell)

**Health and Wellness Fair:**

April 29, 2017 from 10:00am until 1:00pm  
Woburn Memorial High School  
88 Montvale Ave., Woburn, MA 01801  
For info or to volunteer, contact Cathy B. (Lowell)

**Note: The OA MBI monthly meeting day and time has changed beginning January 2017.**

Our motivation is to grow our intergroup. The meeting will be Saturdays, 10:30 AM to noon at Lawrence Memorial Hospital. We invite you to join us in service to those in our area who are still suffering. **Please spread the word.**

**OA '90 Day' Telephone meetings:**

For a current list of all OA '90 Day' phone meetings please visit the OA MBI website: [www.oambi.org](http://www.oambi.org).

**Unity Day, 2/25/17—See Chair's Report, P. 1**

**RETREATS:**

**Boston OA 90 Day Retreat – June 2-4, 2017**  
"Freedom". Endicott College, 376 Hale Street, Beverly, MA 01915. Sponsored by the Saturday 7:30 AM 90 Day OA Meeting in Reading, MA.

**Metrowest IG Annual Spring Retreat – June 2-4, 2017.** Sacred Heart Retreat Ctr., Wareham.

**Region 6 New & Events:**

**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.

**Region 6 Convention October 20-22, 2017**

Toronto: Stepping up for Recovery 2017  
Early bird registration is available through 8/17/17: \$50 CAD.  
Hotel registrations will be open in 1/17.

**New address for Region 6 Donations:**

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

Go to the Region 6 website for more information about other events in the Region 6 area. [www.oaregion6.org](http://www.oaregion6.org)

**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 recordings. 641-715-3818 code 925619

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

See page 4 for more info.

***For more events and announcements, see the websites:***

[www.oambi.org](http://www.oambi.org); [www.oaregion6.org](http://www.oaregion6.org); [oa.org](http://oa.org)

***OA Tradition January***

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

**The Next MBI Meeting Date – Mark your calendars!  
January 21, 2017**

**Saturday morning, 10:30AM, Lawrence Memorial Hospital**

**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 (Arlington)



**BYLAWS**

Open

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

**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

**MBI Telephone Meeting List**

**All times are E.S.T.**

- Sun 8-9AM Access Code 6320348# (BB, discussion)  
Dial-In: (712) 432-5200
- Mon 10-11AM Access Code 79822# (90 day, For Today)  
Dial-In: (605) 475-2090
- Mon 8-9PM Access Code 4134252# (BB, discussion)  
Dial-In: (218) 844-1930
- Tues 7-8PM Access Code 197132# (Spkr/Disc)  
Dial-In: (605) 475-4850
- Tues 8-9PM Access Code 171863# (90day, Spkr/Disc)  
Dial-In: (641) 715-3570
- Wed 1-2PM Access Code 105047# (90day, Spkr/Disc)  
Dial-In: (218) 844-1930
- Thurs 8-9PM Access Code 135103# (90 day, Spkr/Disc)  
Dial-In: (713) 936-6996
- Fri 6-7PM Access Code 4673# (90day, Spkr/Disc)  
Dial-In: (218) 548-2828
- Sat 8-9AM Access Code 6320348# (90day/For Today)  
Dial-In: (712) 432-5200
- Sat 10-11AM Access Code 155901# (Spkr/BB/12+12)  
Dial-In: (605) 475-2090

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.