



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

JULY 2017

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## MBI CHAIR REPORT – JULY 2017

**Tradition 7:** Every OA group ought to be fully self-supporting, declining outside contributions.

Pat C. (Peabody) contributed to the MBI Chair Report for July by writing about Tradition 7: Gifted—every OA-MBI meeting has been gifted in so many ways, especially in having the seventh tradition as our guide with how to handle our finances. Who knew that those of us with food addiction would also need guidance with the financial world? Where would we be without this seventh tradition? Probably nowhere--flailing around in a world we did not understand and trying to stay afloat.

How simple the answer— be fully self-supporting—stand on your own two feet— financially as well as physically, emotionally, and spiritually!!

This concept of being financially self-supporting--not beholden to any person, group or donor-- is so freeing and so simple. It allows OA or any anonymous group to determine its own agenda, its own guidelines without having to report to or be beholden to any outside group or curry favor from anyone for what it wants for its own members to accomplish.

And it carries over into its member's personal lives, to become as fully financially self-supporting as they can.

The intergroup does need money to meet expenses like renting a meeting room, buying OA literature and books and sometimes funding travel expenses for OA purposes. We

ask that each member contribute at their local meetings or send in contributions to World Service for whatever is needed to keep our offices both intergroup and World Service active and reliable with the limit of \$1,000.00 that any one member can give in a year. And what a privilege it is to do so!! MBI is especially grateful to all its member meetings, for their generosity in keeping our most valuable office afloat so it can continue to answer phone calls from inquiring people, send out OA literature, keep accident insurance intact for all our meetings and have a place to keep our materials for public information events safe and accessible.

As the seventh tradition states, as long as we pay our way from our own pockets we will have public respect and our own. We will be free.

And God will be our guide in all our affairs—even the financial!! How great is that and how gifted!

**Thank you Pat C. for your generosity in writing on Tradition 7, and for sharing your experience, strength and hope with all of us.**

When I started attending MBI Intergroup meetings, Pat C. was the Bylaws Committee Chair. I wasn't particularly interested in Bylaws at that time. My appreciation for the MBI Bylaws has grown a lot since then. My appreciation for Pat C. has grown even more. Thank you to everyone reading this report for your support of Mass Bay Intergroup.

In grateful service, Mary P. (Quincy)

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**MBI TREASURER’S REPORT - MAY 2017**

|                          |           |
|--------------------------|-----------|
| Income                   | \$1228.18 |
| Expenses                 | \$2463.97 |
| Checking Balance 6/7     | \$2380.30 |
| Savings Balance 6/7      | \$4005.07 |
| Expenses exceed income - | \$1235.79 |

We had reasonable income in May but heavier than usual expenses due to WSBC travel. Most of our income, \$1203.03, came from group donations. A list of the group donations follows this report. We are very grateful to all the groups who support MBI; your donations enable us to work on projects to reach the compulsive eaters who still suffer and to support Region 6 and World Service. In addition to the group donations, we also received \$10 from the step workshop in May and \$15.15 from the 7<sup>th</sup> tradition collection at the May MBI meeting.

Expenses, as mentioned, were higher than normal in May. WSBC travel was the largest expense, \$1421.96 for 2 people to fly round-trip to Albuquerque and for hotel. There is a proposal under consideration by World Service to shorten the conference by several days instead of a full week but it is not clear if it will pass or when it would take effect. It would help reduce the cost of the hotel but not the airfare. Other expenses included \$63.70 for website, \$50 for webmaster, \$6.93 for postage to send the annual treasury reports to our accountants and to send the completed returns to the state and federal government authorities, there was also a \$35 state filing fee. Regular monthly expenses were \$425 for office rent, \$25 to the hospital for the MBI meeting, another \$25 for the workshop, \$151.38 for Verizon for phone and internet service, and \$260 to Pat, our wonderful office worker.

Looking ahead to June, as I write this, we are receiving more group donations and have received several more retreat entries. There will be some extra expenses (supplies for the office printer). In July, we will make our quarterly donations to Region 6 and World Service.

Thank you all for your support of MBI in whatever form it takes.

Jean B., MBI treasurer

**GROUP DONATIONS MAY 2017**

|                             |          |
|-----------------------------|----------|
| Reading Tues. AM BBSS       | \$150.00 |
| Newton Wellesley Sat. AM    | \$451.02 |
| Readville/Hyde Park Wed. PM | \$200.00 |

|                       |                  |
|-----------------------|------------------|
| Reading Tues. AM BBSS | \$100.00         |
| Swampscott Wed. PM    | \$62.01          |
| Carney Sat. AM        | \$240.00         |
| <b>Total:</b>         | <b>\$1203.03</b> |
| <b>Thank you!</b>     |                  |

**MBI RETREAT COMMITTEE- MAY 2017**

Work on the retreat continues. Sally has produced the flyer and recruited several people to assist her in promoting the retreat. Retreat information is on the Region 6 website with MBI website listed for more information. Mary P. will be co-chair of the retreat and Paulina has agreed to be the program head, she will recruit several people to assist her. We had 11 people signed up to attend as of the end of May; 2 more came in mid-June, and I expect that we will get additional people as the word gets out and we get closer to the event. There were 2 retreats in the area in June, as people talk about them there may be more interest in ours. I will have more information on next month’s report.

Respectfully submitted,  
Jean B., MBI Retreat chair

**MBI OFFICE REPORT – MAY 2017**

The office is running well. I met with Pat, our office worker on June 7<sup>th</sup> to look at the office copier because it was not working even with new toner. Found out it needed a new drum so we took a trip to Staples to see if we could purchase a new drum or if we needed a new copier. The new drum was cheaper than a whole new copier and easier to transport since we would have had to carry it upstairs ourselves (the office does not have an elevator) and laser printers are heavier and clunkier than inkjets. The new drum was installed and the printer is now working well, though we may want to consider purchasing a new one in a few years.

Jean B., MBI Office committee

**OFFICE ACTIVITY REPORT – JUNE 2017**

|                           |     |
|---------------------------|-----|
| Phone Calls               | 12  |
| Emails received           | 10  |
| Checks Received           | 10  |
| Newcomer Packets sent     | 10  |
| Professional packets sent | 2   |
| June Newsletter mailed    | yes |

Pat, Office Manager

**WEBMASTER REPORT - July 2017**

On June 23, 2017 256 newsletters were emailed to our subscribers. We had one new subscriber in June.  
 The MBI page was updated to indicate that the Vice-Chair position is open.  
 The website was updated with the latest newsletter, highlights, 90 day OA phone meeting list and upcoming events as usual.  
 Jeanne K., OA MBI Webmaster

**PROFESSIONAL OUTREACH & PUBLIC INFORMATION COMMITTEE- July**

Service Saving Lives!! The Public information committee works to carry the message to the Compulsive overeater, Compulsive eater who still suffers. This is done by an MBI OA presence at Health fairs; by placing literature stands with a 1 page flier "Is Food a Problem for You" which includes the MBI local meeting directory in Libraries, waiting rooms, gym lobbies. There are also "tear offs" and Post its for Supermarket, Grocery Store, Laundromat bulletin boards. Call the MBI office and/or join the Mass Bay Intergroup monthly business meeting at Lawrence Memorial hospital in Medford! The next one is Saturday, July 15<sup>th</sup> - 10:30-12pm for a supply to post. Service does save lives. Thank you for your service.

*Cathy B., PIPO Chair*

**12 STEP COMMITTEE REPORT – July**

On July 22 a "Coming Back To OA" workshop (see page 5 for info) will be held at Lawrence Memorial hospital from 10:30am till 12 noon. Spread the word to all folks who might be interested and to people that you've seen in the halls, but have not seen recently. Any and all sponsors with time available are asked to come! It would be lovely if you showed up. All members are encouraged to come and give support. All are welcome!!  
 A rescheduled OA Step Five workshop will be a Saturday morning 10:30am-12pm in August - date to be announced. Step five is when surrender is fully transformed into a genuine constructive humility. It's all about sanity and being restored, getting right sized and clearing up the obstacles to healthy living! This is a freedom step!  
 Enjoy the summer!

Dave D., 12 Step Committee Chair

**MBI MEETINGS DATES – 2017**

- July 15**
- August 19
- September 23
- October 21
- November 18
- December 16

**World Service Business Conference - 2017**

Cathy B and I had the opportunity to go to the World Service Business Conference May 2 to 6.

We had a very full schedule of committees and the long business agenda. We also got to go to workshops and hear speakers. We elected 5 new Trustees. There were 188 people representing 20 countries. We heard the year's reports from officers and the 10 committees.

There is wonderful work going on in so many areas. During the business days, we approved the new OA 12 & 12, and a revised 12 Concepts Pocket Guide. The revision of Maintaining a Healthy Weight was reviewed at length and sent back for further revision. We reached an agreement on translations which will allow for more rapid dissemination of translations, mostly by local groups, until they can be officially translated, and added a specific budget fund to assist with translation.

In order to reduce the number of motions to the full group next year, each item will have a statement of how it will help carry the message of recovery to those who still suffer. The main workshop was on Unity with Diversity, titled Passport to Unity. It was a wonderful, interactive workshop with representatives from 19 different areas of diversity.

We truly did see that our OA program of recovery is supporting all of our members and working to carry the message to those who still suffer.

Thank you, our OA family, for supporting us in doing this inspiring service,

Paulina S. (Lexington)

**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, to learn about writing opportunities, and much more - see - [www.oa.org](http://www.oa.org). Check with your Intergroup Rep to get any WSO information if you don't use a computer.

**NEW Uniting with Diversity Tri-fold**

Use the new *Uniting with Diversity* tri-fold to strengthen unity in your group and service body. [Download](#), copy, and share this new, free resource created by the Unity with Diversity Committee to support the strength and hope we find together in fellowship.

**OA Seventh Tradition Cycle—Giving and Receiving**

See the many ways your contributions support your recovery by funding the OA program at every service level of OA. Download and share [OA Seventh Tradition Cycle—Giving and Receiving](#). This new release from the Conference Finance Committee shows how every contribution, no matter the amount, helps OA to carry the message.

**PODCASTS AVAILABLE ON OA WEBSITE:**

**“Step 7 Humbly asked Him to remove our shortcomings.”** The seventh in the series of *The Importance of Working All Twelve Steps* workshops discusses what to do with the defects of character discovered in Step Six. Two members tell their stories and talk about how OA-approved literature helped them take the Seventh Step. <http://www.oa.org/wp-content/podcasts/step-seven-july-12-2015.mp3>

**Sponsorship Success**

The nine-part podcast series based on the March 2017 *“Sponsorship Success”* marathon is now available to listen to or download. Members from various regions share their experience, strength, and hope with using the Tool of sponsorship. Learn more about: What is a Sponsor? Why should I get a sponsor? Why be a sponsor? Download the intro at [oa.org/wp-content/podcasts/sponsorship-intro-edited.mp3](http://oa.org/wp-content/podcasts/sponsorship-intro-edited.mp3) as well as the [Sponsorship Success Questionnaire](#) for thought provoking questions for writing exercises, discussion, or meditation that complement the podcast.

**Anyone can write an article for Lifeline!**

**Submit your Lifeline Story before 7/15/17**

**International Day Experiencing Abstinence (IDEA)** is November 18 and encourages us to begin or arm our abstinence. **Twelfth Step Within Day** is celebrated on December 12 to remind us to give Twelfth Step service to the still-suffering compulsive eater in our Fellowship. Share your experience, strength, and hope about these important OA event days.

**Abandoning Ourselves to Our HP** In recovery, have you experienced moments of willingness, surrender, and abandonment of yourself to your higher power? How did you take the First Step? How did you find strength in surrender? Was there a difference between surrender and compliance? How did your willingness to go to any lengths move your recovery forward?

**Stepping through the Holidays** How have you lived the Twelve Steps during times of celebration? What does it mean to take Steps Nine, Ten, Eleven, or Twelve in the holiday season, and is your Tenth Step different? How can working the Steps help during the holidays?

**Suggested Guidelines for Writing the History of Your Local OA Area**

Use the revised [Suggested Guidelines for Writing the History of Your Local OA Area](#) to record the timeline and events that lead to the founding of OA in your area. Packed with more than twenty-five thought-provoking questions, these guidelines can help you and your fellows archive your group’s history and memorabilia.

**Subscribe to Lifeline today** at the new beautifully done <http://oalifeline.org/>, to read inspiring stories in print or online and take in the message of our Strategic Plan.

**WSO NEWSLETTER**

Second Quarter 2017 issue of *A Step Ahead* is still available for download in an interactive color edition at [oa.org/files/pdf/asa-q2-2017.pdf](http://oa.org/files/pdf/asa-q2-2017.pdf) or in printer friendly black and white at [oa.org/files/pdf/asa-q2-2017-bw.pdf](http://oa.org/files/pdf/asa-q2-2017-bw.pdf). This newsletter has 12 pages full of information for everybody -- from basic recovery to the business concerning OA as a whole.

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

**LOCAL, REGIONAL, WSO NEWS & EVENTS**

**MBI EVENTS**

**"COMING BACK TO OA" Series** - Next Workshop:  
**"A New Beginning"**, Speakers and Discussion  
 Saturday, July 22, 10:30a.m. – Noon, Johnson Room  
 Lawrence Memorial Hospital, Medford, MA

**MBI RETREAT**

**Second Annual Fall Into Recovery Retreat:  
 "Practicing These Principles in All Our Affairs"  
 October 6, 7, 8, 2017 Columbus Day Weekend**

How do you stay abstinent one day at a time? How do you practice the principles of the program "in all your affairs?" Please join us at the Espousal Retreat House and Conference Center, 554 Lexington Street, Waltham, MA, October 6-8, 2017 to spend some quiet time away from the hustle and bustle of daily living to reflect on these questions. Our speakers will share their experience, strength and hope on the 12 Steps, tools of the program, symptoms of relapse, slogans and much more.  
 Price: \$175 (Single rooms). This includes 2 nights lodging, 5 meals (abstinent food - plain, no spices, no sugar, no flour, non-meat alternatives).  
 Registrations open. Sign up! Don't miss it!  
 See Flyer - Info on OAMBI.org website!!  
<http://www.oambi.org>

**REGION 6 NEWS & EVENTS**

**August 19 OA Sponsorship Day**

**Region 6 Assembly September 20-22, 2017,**  
 at the [Hilton Garden Inn](#)

**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. <http://oaregion6.org>

**Abstinence PowerPoint Available**  
 What is abstinence in Overeaters Anonymous? As part of OA's strategic plan, the Region Chairs Committee has created this [Abstinence PowerPoint presentation](#) to assist your group or service body in exploring the concept of abstinence.

**Region 6 Donations – The address for our donations to Region 6 has changed:**

**Region 6 Treasurer  
 PO Box 644  
 Peabody, MA 01960**

Please help spread the word!  
 Donations can also be made online at the Region 6 website.

See the **Region 6 website** for more information 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.

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

\*\* See page 4 for more OA World Service info.

***For news, 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, July 15, 2017, 10:30 AM – 12 Noon**

**Lawrence Memorial Hospital, Gallagher Conference Room  
 170 Governors Ave., Medford, MA**

**BOARD & COMMITTEE CHAIRS \***

**MBI CHAIR**  
Mary P. (Quincy)

**VICE-CHAIR**  
vacant

**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 info below.**

**MASSACHUSETTS BAY INTERGROUP  
OF OVEREATERS ANONYMOUS**

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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 '90 Day' 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 8-9pm** (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.

\* For a complete list see the 'OAMBI.org' website