



OVEREATERS ANONYMOUS®

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MASS BAY INTERGROUP

MBI Newsletter

JUNE 2017

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MBI CHAIR REPORT – JUNE 2017

Tradition 6: *An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.*

“In OA we learn to focus on our primary purpose and exclude from our groups everything which might interfere with our ability to carry the OA message.” The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 159.

The principle of this tradition is solidarity (complete unity of purpose or feeling). “Keep it simple” is a slogan appropriate for this tradition.

As I have studied this tradition to write this report, I have become aware of subtle and not so subtle ways I have not respected this tradition. We all have responsibility to be watchful that our traditions are being respected. It can be uncomfortable to be confronted by a question about an action that may not be in keeping with OA’s traditions. It is possible it is as uncomfortable for the person asking the question as it is for the person whose action is being questioned. A simple truth is that we all make mistakes. I have appreciated, in reading the chapters about the traditions, when it is pointed out that we do all make mistakes and we can learn from our mistakes. The sadder situation would be to continue stubbornly continuing to do it the way we want without considering the question, without looking at our actions, and their effects on others, on our OA group or on OA as a whole.

For MBI, our Region 6 Trustee, Karin, is someone we can contact if we need help knowing if an action is or is not in keeping with the OA Traditions. Her email address is Region6Trustee@gmail.com. I emailed Karin very recently with a question I had about announcing an all addiction BBSS anniversary meeting in my home OA group. She emailed me back the following morning. Her response was brief and to the point. She said that an all addiction BBSS meeting is an outside issue and therefore cannot be announced in an OA meeting. I am grateful to have this clarified and I will take appropriate action when that anniversary comes around again.

In a Lifeline article about Tradition 6 in the May/June 2017 issue (p. 24), the writer ended their article with these words, “Traditions keep our program simple and in the solution. Thank God someone smarter than me put these in place.” I add my AMEN to these words.

At our next MBI meeting on June 17th, we will be voting on the following:

Region 6 Representatives being added for 2018 (3 yr terms): Jean B. and Verna K.;
World Service Delegate being added for 2018 (2 year term): Jean B.

Please consider visiting one of our MBI meetings. Come with a program friend. We would welcome you and you can observe our intergroup meeting in action.

Thank you all for your support of Mass Bay Intergroup!

In grateful service, Mary P. (Quincy)

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OA Tradition 6

"An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose."

MBI TREASURER'S REPORT - April 2017

Income	\$1787.27
Expenses	\$1989.71
Checking Balance (5/7/17)	\$3448.20
Savings Balance (5/7/17)	\$4005.04
Expenses over Income	\$202.44

Our April income of 1787.27 included 1021.87 in group donations, a list follows this report. Thank you to all the groups that donated this month. We also received \$700 for 4 retreat entries this month; we have received 11 entries as of the end of April which is just over 1/3 of the 30 we need to make our minimum. We also received \$13.00 for the MBI 7th tradition collection, \$18 from the step 3 workshop, and \$35 from the Coming Back to OA workshop.

On the expense side, in addition to our regular monthly expenses, we had \$9.75 for website, 52.85 for office supplies, 442.75 for WSBC travel, 53.11 to renew Norton anti-virus for the office computer, 50.00 for webmaster, 25.00 for the MBI meeting and 50.00 for the workshops to the hospital, 250.00 each to Region 6 and WSO for our quarterly donations, and 10.00 to Jean for file folders.

Upcoming will be more WSBC travel expenses, postage to send the annual figures to our accountants (I finished the report at the end of April but didn't get to the post office until early May), and I haven't received any receipts for travel to the Region 6 Assembly in April so I will wait to see if there are any.

Jean B., MBI Treasurer

APRIL 2017 GROUP DONATIONS

\$369.27	Newton Wellesley Sat. AM
\$120.00	Lowell Mon. PM
\$ 21.00	Chelsea Men's Sat. AM
\$ 75.00	Dedham Mon. PM
\$ 88.00	Wellesley Wed. noon
\$ 50.00	Stoneham Sun. AM
\$178.00	Medford Sun 8AM
\$120.00	Stoneham Mon. PM
\$1021.27	Total donations - Thank you!!

MBI RETREAT COMMITTEE- April 2017

As of 4/30/17 we have 11 people signed up to attend (19 more needed to reach our 30-person minimum) and most of them have volunteered to do service, which is gratefully appreciated.

Do we still need help? Yes, of course we do! Someone (or several people) to get speakers, people to arrange early morning and evening activities, craft activities, anything else you can think of. I can provide some leads from people who have already signed up and some contact info for folks who came last year who might be willing to return. Please contact Jean jean.oama@yahoo.com or mbifallretreat@gmail.com or by phone 617-767-9134 or the MBI office 781-641-2303.

Thank you to Sally who agreed to continue getting the word out. She put together the flyer you see on the MBI website www.oambi.org and may ask folks to help her with spreading the word. The more people who volunteer to help (even if you can't go to the retreat yourself for whatever reason), the easier it is. We are all part of MBI whether we attend the intergroup meetings or not, so supporting this MBI project is a way to do service and support our program of recovery.

Jean B., MBI Retreat chair

MBI OFFICE REPORT - April/May 2017

The office is running well. Special thanks to Pat, our wonderful office worker, who was able to mail the accountant's package to me in time for the May 20th MBI meeting so the returns could be signed by the appropriate officers and then mailed.

Jean B., MBI Office committee

OFFICE ACTIVITY REPORT – May 2017

Phone Calls	16
Emails	16
Checks Received	7
CDs Made	8
Newcomer Packets Sent	10
May Newsletter Mailed	Yes

Pat, Office Manager

MBI NEWS !

WEBMASTER REPORT - June 2017

On May 27, 2017 258 newsletters were emailed to our subscribers, but only 255 were deliverable. We had no new subscribers or unsubscribers. The MBI Bylaws were updated on the website (under *About MBI*). The two revised pages of the bylaws (3, 4) were uploaded to the website to allow groups to download just the changed pages. The website was updated with the most recent newsletter, the highlights, the 90 day MBI meeting list and the upcoming events as usual.

Jeanne K., OA MBI Webmaster

PROFESSIONAL OUTREACH & PUBLIC INFORMATION COMMITTEE- June

The Public Information committee has tear off flyers to post on supermarket bulletin boards, community boards and in laundromats. The pamphlet "Is food a problem for you" with the 15 questions and meeting dates and times is available with some holders to be placed at libraries, doctors' or other offices.

Call the MBI office for a supply!
 Also call the MBI office for a free packet of OA information to be mailed to any professional. Help carry the message to professionals who can carry it to their patients, clients, employees and/or faith based community. The Professional Outreach committee welcomes your service to reach the still suffering compulsive overeaters, compulsive eaters of all kinds and food addicts.

Feel free to contact me with questions or ideas about Public Information and Professional Outreach. You can reach me through the MBI office.

Service is Spiritual and Self-Supportive ☺

Cathy B., PIPO Chair

12 STEP COMMITTEE REPORT – June

On July 22 a "Coming Back To OA" workshop (see page 5 for info) will be held at Lawrence Memorial hospital from 10:30am until noon. All are welcome!

A rescheduled OA Step Five workshop will be announced soon and will be a Saturday morning 10:30 – 12 noon. Step five is when surrender fully morphs into a genuine constructive humility. For all the steps I am grateful.

On June 10, 1935 AA was founded by Bill W. and Dr. Bob.

Happy birthday AA and the 12 steps!

Dave D., 12 Step Committee Chair

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, June 17th
10:30 a.m. – 12:00 p.m.
Lawrence Memorial Hospital,
Gallagher Room
170 Governors Ave. Medford, MA

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

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.

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. Check with your Intergroup Rep to get any WSO information if you don't use a computer.

The ***BREAKING OUT OF RELAPSE*** video created by the WSBC Twelfth Step Within Committee is now posted online at https://oa.org/files/mp4/tsw_relapse_video.mp4. Free to download or stream, this video can help isolating members and others in relapse return to program and abstinence.

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 as well as the ***Sponsorship Success Questionnaire*** at oa.org/files/pdf/SponsorshipPodcast.pdf for thought provoking questions for writing exercises, discussion, or meditation that complement the podcast.

New Conference Approved Book

Everything you need to lead a journey through the Steps, including leader scripts, Fourth Step Inventory Worksheets, and hand-selected references from OA-approved literature is included. Use it to lead a group of OA members or one-on-one with your sponsees. Together, you can discover proven ways to

incorporate the Twelve Steps of Overeaters Anonymous into a way of living—and a life beyond our wildest dreams. Download our promotional flyer at oa.org/files/pdf/TSWSG-wnflyer.pdf to share with your group or service body.

Anyone can write an article for Lifeline!

Lifeline needs stories from newcomers for Newcomers Corner and stories about giving service for the Service and Recovery department in Lifeline magazine. Information is available at oa.org by clicking on <https://oa.org/members/lifeline-magazine/share-your-story>.

Growing OA Unity Worldwide is the focus of our Strategic Plan for 2017. *Lifeline* is helping carry that message by featuring new stories about unity, which share the theme "You Are a Piece of the Puzzle." Board members and region chairs are contributing one story per issue in 2017.

Subscribe to *Lifeline* today at the new beautifully done www.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 now available for download in an interactive color edition at 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. This newsletter has 12 pages full of information for everybody -- from basic recovery to the business concerning OA as a whole. Included in this issue:

- One member's personal experience of the meaning of the Responsibility Pledge
- OA's annual audit and personal inventory
- New website resources for Virtual Services
- A hopeful story about dealing with a disruptive member

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

What's Happening at MBI?

Our 5th tradition states: "Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers." Two years ago, MBI created a group of three workshops that we called *Coming Back to OA: A New Beginning*. The main goal of these gatherings was to reach out to members of our fellowship and to anyone still suffering from the disease of compulsive eating and compulsive food behaviors. The feedback from people who attended has encouraged our intergroup to continue to offer these meetings.

On Saturday, July 22, 2017 we will have the 2nd workshop in the series titled, "I'm abstinent, now what?" There will be a panel of speakers who will share how the *Signs of Relapse, Tools of OA* and how the *12 Steps* support them in ongoing physical, emotional and spiritual recovery. We encourage you to reach out and invite people to come. Everyone is welcome! For questions or information, contact the OA MBI office by email or by phone - info@oambi.org or 1.781.641.2303. Hope you can join us.

In service, Sally, East Boston

RETREAT:

MBI ANNUAL COLUMBUS DAY WEEKEND

RETREAT: "FALL INTO RECOVERY II"

Espousal Retreat Center, Waltham, MA.
 October 6-8, 2017 - Weekend, \$175.00.
 2 nights single room, 5 healthy Abstinent meals.
 Registrations open. Sign up! Don't miss it!
 See Flyer - Info on OAMBI.org website!!
<http://www.oambi.org>

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)

REGION SIX 12TH STEP WITHIN COMMITTEE

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

NEW ADDRESS FOR REGION 6 DONATIONS:

Region 6 Treasurer
PO Box 1792, Westfield, MA 01086

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

OA WORLD SERVICE NEWS & EVENTS:

See page 4 for more OA World Service info.

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 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.

For news, events and announcements, see the websites:
www.oambi.org; www.oaregion6.org; www.oa.org

The Next MBI Meeting Date – Mark your calendars!

Saturday, June 17, 2017

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

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**

P.O. Box 74,

7 CENTRAL ST., SUITE 209

ARLINGTON, MA 02476

(781) 641-2303

EMAIL: 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