



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

March 2017

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## MBI CHAIR REPORT – MARCH 2017

**Tradition 3:** *The only requirement for OA membership is a desire to stop eating compulsively.*

I think that this tradition is elegantly simple and inclusive. I think it is what makes me feel “at home” in OA—the fact that we are all here because we have problems with food and we want to find a better way of life.

In the OA pamphlet, THE TWELVE TRADITIONS OF OVEREATERS ANONYMOUS, explaining Tradition 3 are these quotes: “A person is a member if he has a desire to overcome his compulsion. **There is a place in OA for each of us.** Here we are free to be ourselves and be accepted.” We cannot be rejected because of differences in “race, political views, religion, economic status, interpretation of the program, or food plan.”

In this month’s issue of Lifeline, there are two articles that address areas where the member/writer got the message that they “don’t really belong in OA”. (Page 23 and 24 of the March 2017 Lifeline) The first of these shares is written by a person who is agnostic. It ends with this appeal: “Don’t let anyone tell you that you must believe this or that. Don’t let anyone tell you there is only one way—their way. If you have a desire to stop eating compulsively, you belong.” The second share is written by a woman who is dyslexic, who had been told more than once “that I must write things down on paper to get to the heart of them.” This woman has found good recovery in OA and encourages us: “We must develop a willingness and openness for each

person to process any way that brings them recovery.”

Reading these shares has led me to reflect again on the second part of Tradition 1: “. . . personal recovery depends upon OA unity.” If we give the message to new comers or those who are struggling in their recovery that they have to do something the way we do it, it is possible that we could be turning them away from OA. It brings to mind relationships I have had with people I was sponsoring who decided to end our relationship. I am not sure I always ended those relationships wishing them well with finding another sponsor or another way that would work for them. I certainly hope I am developing an attitude that is more accepting and encouraging and faith-filled.

Here are a few lines from the January 5 Voices of Recovery lesson that I would like to end with because they reflect the attitude I would like to share with others: “Let us rejoice when we see fellow sufferers recovering in Overeaters Anonymous, thankful they have found their way. Let us be willing to try a different approach if our way 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.”

The next MBI meeting is on March 18, 10:30 AM, at Lawrence Memorial Hospital (details on p. 3). Visitors are welcome!

In Service, Mary P (Quincy)

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**MBI TREASURER’S REPORT – FEB. 2017**

Income \$2523.80  
 Expenses \$2373.04  
 Checking Bal. 2/7 \$2566.11  
 Savings Balance \$4004.94  
 \$150.76 income over expenses

January had a lot of donations, \$2506.80. Thank you to all of the groups who donated. The list follows this report. Our other income came from the MBI 7<sup>th</sup> tradition collection for \$17.00. Of course, along with the checks some bills also came in. Updates to the website from our webhosting provider \$289.68, annual insurance for the office \$747.00 (this is not the same as the liability insurance policy, this covers things like theft and other business problems we might have at the office), \$4.99 to produce the 1099 form for Pat at the office (she’s an independent contractor rather than an employee so we have to report her income that way rather than on a W2), \$50.00 for our webmaster, and \$250.00 each for our quarterly donations to World Service and Region 6. Our regular payments to Pat at the office, office rent, Verizon, and to Lawrence Memorial for the MBI meeting were as usual. I am working on the annual report material to send to our accountants who will do our form 990 for the IRS and form PC for the state. Upcoming expenses in the next few months will be for the Region 6 Assembly in April and WSBC in May, we are in good financial shape to handle these expenses. The retreat has not yet generated income but I have heard from several people who are planning to attend so I expect some registrations to come in within the next few months. Thank you to Sally for getting our first flyer out!

Respectfully submitted,  
 Jean B., MBI treasurer

Group Donations January 2017

190.00 Reading Tues. AM BBSS  
 25.00 - Chelmsford Sat. PM  
 100.00?  
 91.80 - Swampscott Wed. PM  
 180.00- Andover Sun. PM  
 240.00- Carney Hosp. Sat.AM  
 45.00 - Chelsea Sat. AM Men’s  
 657.00- Newton Wellesley Sat. AM  
 150.00- Dedham Mon. PM  
 300.00- Lynn Sat. AM  
 80.00 - Medford Sun. 8AM  
 128.00- Wellesley Wed. noon  
 200.00- Reading Tues. AM BBSS  
 120.00- Stoneham Mon. PM  
 2506.80 **Total**

**WEBMASTER REPORT – FEB. 2017**

On February 17, 2017, 257 newsletters were emailed to our subscribers. At the end of Jan through February 17 there were 4 new subscribers and 2 unsubscribed.

A menu item has been added under "*What is OA?*" for a new page containing the audio file "OA For Professionals" that can be listened to or downloaded.

The upcoming OAMBI meetings and four events were added to the calendar as well as any flyers available. The events are our Second Annual Fall Retreat, the Health and Wellness Fair, The International Addictions Conference and the Sponsors Success Phone Marathon. The March 3rd step Workshop will be included as soon as I get the date.

The meeting list has also been updated. (Note: the golden "What is OA Flyer?" has also been updated to stay current with the latest meeting list and I can make it available for anyone who wants it.)

Respectfully submitted,  
 Webmaster, Jeanne K., Chelmsford

**MBI OFFICE COMMITTEE – Feb. 2017**

The MBI office continues to function well. A notice was received from the landlord that there will be a rent increase from \$405 to \$425 per month effective 3/1/17.

The office does not have storage space (the closet is tiny and has pipes running through it) so please do not plan to have anything more stored there than what is already there and keep in mind that the building does not have an elevator so anything brought in needs to be hand carried up a flight of stairs. I have many years of treasurer records in boxes in my apartment that I would like to have stored somewhere else. Suggestions welcome.

Respectfully submitted,  
Jean B., office committee

**OFFICE ACTIVITY REPORT – FEB. 2017**

Submitted by: Pat from the Office

Phone calls	16
Emails	26
Checks received	8
CDs Made	140
Professional Packets made	73
Newcomer Packets Sent	10
Office supplies ordered	Yes
Literature ordered	Yes
February Newsletter mailed	– Yes

**PROFESSIONAL OUTREACH & PUBLIC INFORMATION COMMITTEE – FEB. 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](mailto:info@oambi.org).

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

**MBI RETREAT COMMITTEE**

Retreat committee met by phone 1/25/17. The retreat will be held Oct. 6-8 at the Espousal Retreat Center in Waltham where we had it last year. The contract has been signed, deposit paid, MBI previously decided price would be \$175 per person and we need 30 people minimum.

We do need volunteers to help in various areas, some before the event, others during and after.

Our most immediate needs are for publicity and getting speakers for the program.

Sally agreed to do publicity and has produced a flyer.

We need someone to get speakers, I have some ideas for people who might be willing to speak but my time is limited right now so someone who can call or email people would be helpful. People to arrange non-speaker parts of the program would also be helpful. Last year we had music, crafts, games, meditation, and tai chi. Ideas or volunteers for this year would be welcome. 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](mailto:mbifallretreat@gmail.com).

Thanks! Jean B., retreat chair

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

The first of the 2017 - 12 step workshops happened in February, and it was a success! Nine people attended and gave positive reviews. We read from OA 12 & 12, two speakers covered steps one and two, and subsequent sharing was helpful, useful, and enlightening. Each step involved in some way my favorite topic, surrender. It is such a paradox, that in order to gain ourselves we have to give ourselves up: that's where the spiritual awakening comes in. The next workshop is on step three (which personifies surrender directly to higher power) and will be on March 25 Saturday from 1 PM to 2:30 PM in the Johnson Room at Lawrence Memorial Hospital. The weather is warming up, spring is coming and I wish us all a happy and blessed spring and summer.

Dave D, Chair, 12 Step Committee

**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:**

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

**Note: The OA MBI monthly meeting day and time has changed to Saturday mornings 10:30A.M. which began in January.**

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

**The OA MBI office provides Newcomer packets for our meetings, and Information packets / folders with a CD and brochures to give or to have sent out to professionals. Contact the MBI office to request these.**

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

**OA Tradition 3**

***"The only requirement for OA membership is a desire to stop eating compulsively."***

**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 (617-999-0255); and/or to OA MBI P.O. Box 74, Arlington, MA 02476 or to info@oambi.org.

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

## VISIT THE OA WEBSITE

**[www.aa.org](http://www.aa.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.

#### On OA WEBSITE:

The new guide—*Carrying the Message*—is posted as a free download on [aa.org](http://aa.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.aa.org/pdfs/guide\\_to\\_carrying\\_the\\_message.pdf](http://www.aa.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 [aa.org](http://aa.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.aa.org/podcasts/step-six-june-14-2015/](http://www.aa.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.aa.org/podcasts/182616](http://www.aa.org/podcasts/182616)

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 ([aa.org](http://aa.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 – NEWS & EVENTS:**

**"STEP A MONTH" WORKSHOP:**

Step 3 – Speakers and Discussion  
 Saturday, March 25, 2017  
 Lawrence Memorial Hospital  
 1-2:30 p.m. – Johnson Room

**HEALTH AND WELLNESS FAIR:**

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

**12 STEPS IN 5 HOURS WORKSHOP:**

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

**RETREATS:**

**BOSTON OA '90 DAY' RETREAT:**

June 2-4, 2017 - "Freedom". Endicott College  
 376 Hale Street, Beverly, MA 01915.  
 Sponsored by the OA Saturday 7:30am 90 Day  
 Meeting in Reading, MA.  
 Registration is closed. (Waiting List)

**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  
 RAVE REVIEWS!! SAVE THE DATE!  
 Oct. 6-8. See Flyer for info.

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**REGION 6 NEWS & 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 and news 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 the recordings.  
 Tel.# 1-641-715-3818, code 925619.

See page 5 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

**MBI Telephone Meeting List**

All times are E.S.T.

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

**See the full current list of OA '90 Day' Telephone meetings on the OA MBI website: [www.oambi.org](http://www.oambi.org).**