



OVEREATERS ANONYMOUS®

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MASS BAY INTERGROUP

MBI Newsletter

May 2017

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MBI CHAIR REPORT – May 2017

Tradition 5: *Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.*

One of the ways we carry OA's message to those who are still suffering is by publicizing our meetings. Last month, I shared a page from an OA service manual titled: "Let People Know About Your Meeting". I did get feedback that one of our meetings found in those two pages the specific information they needed to do some local publicity! Thank you God!

A couple of days ago, I was struggling with writing this report. It is easy for me to get stuck in my own "bondage of self" when writing. I did pray about it. I talked with a program friend who helped with her prayers. On the same morning, I had decided to call my doctor's office to see if I could get help figuring out if I needed any more medical care for a nasty cold and they had an opening. Because I was immersing myself in OA literature in my efforts to figure out what to say to you, I decided I would make a dozen copies of the MBI flyer "**What is OA?**" which MBI has been using for the past 3-4 years. (It is on our MBI website under the tab WHAT IS OA?) I have thought about talking with my doctor about OA in the past but always found some reason not to do so. For example, I go to a geriatric clinic, and would say to myself, "those patients might be too old to get to OA meetings . . ." Well, the truth is I am almost 75 years old and I not only get to meetings, but OA has made a huge difference in my life and my health! Instead of seeing my doctor, I saw a nurse practitioner who I'd never met before. She did a very thorough and helpful

evaluation and, at the end of our time, I pulled out the MBI flyers and she was delighted to see them. We talked about OA and she said she would share them at their next staff meeting. I do think that my HP gave me the inspiration to make those copies of the flyer to share with my doctor's office, and perhaps arranged for that interested Nurse Practitioner who had the time to look at them and the willingness to share them.

On my way home, I thought that maybe handing out copies of these flyers could be a more "user friendly" way of giving information to our doctors than the packets that are available through the MBI office for doctors, therapists, and clergy. If you decide to print some to use yourself, they are usually printed on goldenrod colored paper. Pat in the MBI office (781-641-2303) is printing some for us. She'll send some to you if you would like.

We all carry the OA message to the compulsive eaters who still suffer in many ways—by talking to newcomers, by contacting those we know who are struggling with food and avoiding meetings, by talking to those who are struggling with food and continuing to attend meetings, and by giving support to those in program who are abstinent but dealing with difficult life situations—and by getting the word out about our meetings and about OA.

Feel free to contact me through the MBI office with your suggestions or feedback.

In Grateful Service, Mary P (Quincy)

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OA Tradition 5

"Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers."

MBI TREASURER’S REPORT - March 2017

Income	\$1882.10
Expenses	\$1241.24
Checking Balance - 4/16	\$3660.38
Savings Balance - 4/16	\$4005.01
Income over expenses	\$ 640.86

March income showed \$721.27 in group donations; thank you to the groups who donated, see list at the end of this report. We took in \$1050.00 in retreat reservations (6 people, 175 each), \$28.83 for our share of the Unity Day raffle basket money, \$42.00 from the MBI 7th tradition, \$25.00 from the Steps 1 & 2 workshop, and \$15 from the sale of newcomer packets.

Expenses for March include \$30.55 for the website, \$50.00 webmaster, \$250.00 to Pat our office worker, \$49.97 for office supplies, \$151.22 for phone/internet, \$25.00 to the hospital for MBI meeting, \$238.00 for WSBC registrations (2 people), \$425.00 for office rent, and \$21.50 for OA literature.

While we did not get a lot of group donations in March, we are doing a little better in April. More retreat reservations are also coming in. As of 4/21 we have 10 reservations for the retreat, 1/3 of our goal. See retreat report for more details. Expenses coming up in April are for Region 6 and WSBC travel (more WSBC in May after our delegates present their hotel and meal expenses), we will also have our quarterly donations to Region 6 and World Service. I am working on the annual figures for our accountants; I hope to have that report finished by the end of April.

Jean B., MBI treasurer

GROUP DONATIONS - March 2017

\$282.27	Newton Wellesley Sat. AM
\$90.00	Reading Wed. AM
\$200.00	Readville/Hyde Park Wed. PM
\$149.00	Reading Tues. AM BBSS
\$721.27	Total

MBI RETREAT COMMITTEE- March 2017

We received 6 retreat reservations in March, we have 10 total as of 4/21. We are 1/3 of the way to our goal. Several people have volunteered to do service as greeters, to lead sessions, or to help with setup or teardown.

One position we do need to fill is someone (or several people) to set up the program for the retreat (get daytime speakers, activity leaders for early morning and evening). We will have 1 meeting room so there will be 1 track of program. Last year we were able to use the building lobby for early morning meditation and other quiet activities before breakfast and used the meeting room for music and crafts in the evenings. If you are interested in helping arrange the program for this year’s retreat, please contact Jean at 617-767-9134 or email: mbifallretreat@gmail.com

I will be calling the retreat center in early May to confirm the menu for the retreat and details will be posted. If anyone has food suggestions or questions, please email or call me. With 5 meals to work with, we can offer a variety of items and still provide abstinent meals.

Jean B., Retreat Chair

MBI OFFICE REPORT - April 2017

The office is running well. Nothing to report for March.

Jean B., Office Committee

OFFICE ACTIVITY REPORT – April 2017

Phone Calls	14
Emails	16
Checks Received	10
CDs Made	12
Professional Packets Sent	8
Letters Written	1
April Newsletter Mailed	

Pat, Office Manager

MBI NEWS !

WEBMASTER REPORT - May 2017

Webmaster REPORT May 2017 On April 25, 2017 258 newsletters were emailed to our subscribers. We had one new subscriber and no unsubscribers. The OAMBI meeting time was updated in the MBI Information Brochure on the website. The website was updated with the latest newsletter, highlights, 90 day meeting list and upcoming events as usual.

Jeanne K., Webmaster

PROFESSIONAL OUTREACH & PUBLIC INFORMATION COMMITTEE May 2017

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 – May 2017

Report from the 12-step committee chair: Surrender, Honesty, Openness and Willingness. Higher power shows us the way if we are open to seeing. The workshop on Step Four this month was a rousing success! We had one participant, two speakers, and myself. Together the four of us powerfully and openly continued our recovery!!! Next month the topic is Step five, and I look forward to continuing to reach out to compulsive overeaters who still suffer!

Dave D., 12 Step Committee Chair

Special message from Pat C.

(Formerly from Westford, now in Peabody)

To the OA MBI Newsletter contributors and staff:

Thanks for putting out what I believe is the best Newsletter in the entire OA organization. Thanks for the wonderful job you do month after month. I think it is the best Newsletter going. Thank you!!!

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, May 20th
10:30 a.m. – 12:00 p.m.
Lawrence Memorial Hospital,
Gallagher Room
170 Governors Ave. Medford, MA

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.

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.

NEWS FROM OA WSO

VISIT THE OA WEBSITE

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 much more - see - www.oa.org.

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 the [OA website](http://www.oa.org) and then dropping down to Program Inspiration, and then *Breaking Out of Relapse*.

The new guide – *Carrying the Message* is posted as a free download on the OA website. 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

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/

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>

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](http://www.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.

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 www.oalifeline.org, to read inspiring stories in print or online and take in the message of our Strategic Plan.

WSO NEWS BULLETIN

Sign up for the OA WSO Newsletter!
Pass it On!

If you enjoy reading the WSO News Bulletin and know others who would as well, please let them know they can subscribe on the [OA website](http://www.oa.org) by clicking 'New Bulletin Signup' at the bottom of the home page.

The Second Quarter 2017 issue of

A Step Ahead is now available to download from oa.org. Read it to catch up on the latest OA news and information.

Note:
OA is seeking applicants for two Board of Trustees positions:

Region One Trustee and
Virtual Services Trustee.

Upcoming Events and Information

(CORRESPONDING SECRETARY'S REPORT)

Please make flyers available to your meeting

OA MBI & MASS – NEWS & EVENTS:

"STEP A MONTH" WORKSHOP:

Step 5 Workshop – Speakers and Discussion
Saturday, June 10 - 1-2:30 p.m., Johnson Room
 Lawrence Memorial Hospital, Medford, MA

"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

12 STEPS IN 5 HOURS WORKSHOP:
Saturday, June 10, 9a.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 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. Time to sign up! 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)

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.aa.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.aa.org.

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

The Next MBI Meeting Date – Mark your calendars!

Saturday, May 20, 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 '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 8-9pm (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