



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

**MBI Newsletter**

**SEPTEMBER 2017**

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## **MBI CHAIR REPORT – SEPTEMBER 2017**

**Tradition 9:** OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

“What this tradition encourages us to do is remain as free as possible from the bureaucracy which tends to form around organizations, taking on a life of its own and obscuring the real purpose of the group. Everything we do in OA is geared to our primary purpose of carrying our message of recovery based on spiritual principles.” The 12 Steps and 12 Traditions of OA, p. 177.

This tradition keeps the emphasis in our meetings on fellowship—sharing our experience, strength and hope with others who also want to stop eating compulsively, and studying the steps and traditions. Business is, as much as possible, kept to a minimum in our meetings.

Organizational business in OA Intergroups is done by a service board. This group’s/board’s responsibility is to serve all of the meetings who have chosen to belong to, in our case, Mass Bay Intergroup. The service board’s meetings do involve fellowship, which is like a glue that keeps us going, while we organize the work of our various committees, choose members to represent us at Region 6 and delegates to attend World Service, maintain communication within our IG and keep our focus on reaching out to those who are still suffering.

Important aspects of this tradition are:

God is our ultimate authority,  
Living according to the spiritual principles of the steps, traditions and concepts of OA,  
Speaking up when we are concerned that a tradition is not being followed and then leaving the results to God/HP, and  
Following group conscience.

The biggest project happening within the service board of Mass Bay Intergroup this month is organizing **MBI’s Second Annual Fall Retreat** which is coming up October 6-8. Our program will be organized around **“Practicing these Principles in all our affairs” and studying the 12 Steps of OA.** We will be at the Espousal Center in Waltham which is a quiet retreat center. All of the rooms will be private. There will be five abstinent meals. We will begin with dinner on Friday. The last meal will be breakfast on Sunday and we will end at noon on Sunday. There will be an OA meeting on Friday evening and one on both Saturday and Sunday mornings. Abstinence is not a requirement; the only requirement, as in our OA meetings, is a desire to stop eating compulsively. We plan to have fun and enjoy fellowship with each other. The cost is \$175. We have spaces available. Registration forms are available at meetings, on the MBI website, or you can call our office to have the flyer and registration form sent to you (781-641-2303).

**Come and join us for a weekend of fellowship.**

In grateful service, Mary P (Quincy)

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**OA Tradition 9**

***"OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."***

**MBI NEWS !**

**MBI TREASURER'S REPORT - JULY 2017**

Income \$3590.99  
 Expenses \$2389.74  
 8/4 checking bal. 3950.01  
 8/4 savings bal. 4005.14  
 \$1201.25 Income over expenses

July income was quite good with \$3055.49 in group donations, \$525.00 in retreat entries, and \$10.50 from the sale of newcomer packets. There was no MBI 7<sup>th</sup> tradition collection at the July meeting (I was not there), so we will collect for both July and August at the August 19<sup>th</sup> meeting. Thanks to all the groups who donated in July, a full list follows this report. As of the end of July, there were 19 registrations for the retreat, more are coming in during August; please see the retreat report for more information. We need at least 30 people, so if you are planning to come, why not sign up now?

Expenses in July included \$21.45 for the website, \$50.00 for webmaster, \$51.85 for computer repair service, \$230.00 for Pat our wonderful office worker, \$425.00 for office rent, \$151.44 for Verizon phone and internet, \$49.00 for postage stamps, \$911.00 for our annual payment to our accountants for preparing our federal and state non-profit returns (we don't pay taxes but need to show that our income and expenses conform to non-profit guidelines), and we made our quarterly donations of \$250.00 each to World Service and Region 6.

When you make group donations, please list your meeting by location and day of the week, not just the WSO meeting number. We are unable to identify a meeting with only the WSO meeting number.

Respectfully submitted, Jean B., MBI Treasurer

**GROUP DONATIONS - July 2017**

120.00	Reading Wed. AM
200.00	Wellesley Wed. noon
738.54	Reading Sat. AM
350.00	Lynn Sat. AM
487.15	Newton Wellesley Sat AM
100.00	Medford Sat. AM
75.00	Weymouth Thurs AM
600.00	North Andover Sat AM
122.80	Medford Sun 8AM
13.00	Chelsea Sat. AM Men's
74.00	Meeting #45634 not listed under MBI meeting per WSO

**3055.49 Total**  
**Thank you!** Jean B., MBI Treasurer

**MBI RETREAT COMMITTEE-  
 July/August 2017**

The retreat committee has been busy. Plans for the retreat program are being worked out; speakers are being contacted. We are only having retreat attendees as speakers to keep the group feeling. In addition to speakers, there will be meditation sessions and other activities to be announced.

My plan is to send out an update listing the menu and preliminary schedule about a month before the retreat, and the final update with directions, suggestions for what to bring, etc. about a week before the retreat. If you have food requests call the MBI office or email [mbifallretreat@gmail.com](mailto:mbifallretreat@gmail.com).

Jean B., Retreat co-Chair

**MBI OFFICE REPORT – August 2017**

The office is running well. Pat, our wonderful office worker, can respond to requests for the goldenrod flyers, newcomer packets, or the packets for medical or therapeutic professionals, but please give her time if you need them in case she needs to order anything to fulfill your request. We have had a few problems with the office computer email but they have been resolved with help from a local company.

Respectfully submitted, Jean B.,  
 MBI Office Committee Chair

**OFFICE ACTIVITY REPORT – August**

Phone Calls	14
Emails received	20
Checks Received	15
Newcomer Packets sent	50
August Newsletter mailed	Yes
Goldenrod flyers sent	60
Pat, OA MBI office secretary	

**WEBMASTER REPORT - September 2017**

On Aug 24, 2017, 255 newsletters were emailed to our subscribers. We had no unsubscribers. A banner was put on the website to announce Sponsorship Day on August 19. During month the website was updated with the most recent newsletter, the highlights, the 90 day MBI meeting list, a flyer for the September Step workshop and the upcoming events as usual.

Jeanne K., OA MBI Webmaster

**PROFESSIONAL OUTREACH COMMITTEE**

Service Saves Lives!!! Carrying the message to Doctors, Nurses, Medical schools, Nurse Education programs, Therapists, Employee Assistance program staff, Clergy & Spiritual Advisors, and more!! Call Pat, our Office Manager at the MBI office, 781-641-2303 or email her at [info@oambi.org](mailto:info@oambi.org) for a free packet to be sent to professionals who come in contact with Compulsive Eaters, Overeaters, Bulimics, Anorexics, food addicts, etc. Contact Cathy B at 978 866 9454 for more info and/or come to the September 23rd MBI Intergroup meeting to help in this noble service.

**PUBLIC INFORMATION COMMITTEE**

Service Saves Lives!! In November, the MBI Public Information Committee has made a commitment to find volunteers to **staff an OA table at the Cambridge Health Alliance Annual Wellness & Benefits fairs.** Monday, 11/6, at Cambridge Hospital, Tuesday, 11/7, at Commerce Place in Malden, Wednesday, 11/8, at the CHA Somerville Hospital Campus, Thursday, 11/9, at the CHA Everett Hospital Campus. All fairs are 10:30am to 2pm. Please contact Barbara L (Somerville) at 617-776-2540 if you are willing to volunteer at one of these fairs. With enough volunteers, 2 hour shifts are a possibility.

Think about doing this service with an OA friend. Thank you for your service!

Cathy B., MBI PO PI Chair

**12 STEP COMMITTEE REPORT – September 2017**

Recovery is one day at a time, sometimes one hour at a time and sometimes one minute at a time, step by step. At the Fifth Step workshop this month, myself and the two speakers had an amazing meeting about step five! A group of us had our lunches in the (closed) Lawrence Memorial Hospital cafeteria at noon prior to the 1 o'clock workshop. We will do that again for the **Step Six and Step Seven workshop**, which is scheduled for **September 23**, from **1 to 2:30 PM** in the Johnson room of Lawrence Memorial Hospital. I hope to see you there!

Dave D., MBI 12 Step Committee Chair

**MBI MEETINGS DATES – 2017**

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

**Next MBI Meeting:**  
**Saturday, September 23**  
**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!  
 All are welcome!!!  
 Come and add your ideas***

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**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](http://www.oa.org). Check with your Intergroup Rep to get any WSO information if you don't use a computer.

**PODCASTS AVAILABLE ON OA WEBSITE:**

**"Made direct amends to such people wherever possible, except when to do so would injure them or others."** The series continues with discussion of Step Nine. Both speakers describe their own personal experience with doing Step Nine, giving specific examples of amends they have made. In addition, they emphasize the need to make amends in order to refrain from returning to compulsive eating, and to be released of the negative feelings or turmoil created by holding on to the amends. Also discussed is reviewing the list and practicing amends with a sponsor, remembering the principles of forgiveness and love for others, and that the focus of the amends should be on one's own role and behavior, being specific and actually making amends and changes. The second part of Step Nine is also stressed, ensuring that no further injury or insult occur due to inappropriate amends. Download at [oa.org/wp-content/podcasts/step-nine-sept-13-2015.mp3](http://oa.org/wp-content/podcasts/step-nine-sept-13-2015.mp3)

**TAKE A WALK DOWN TRADITIONS**

"Developed through long and sometimes painful experience, the Twelve Traditions embody spiritual Principles for living. Those who have studied them carefully have found that these Traditions can be applied effectively to all human relationships, both inside and outside OA.... as we come to understand them better, we will be better able to keep OA strong and healthy and ourselves spiritually fit in the face of all challenges." – The Twelve Steps & Twelve Traditions of Overeaters Anonymous 2017.

As part of our work on our Strategic Plan under the topic of Growing OA Unity Worldwide a committee has been working on a set of brief presentations that will introduce and then cover each of our twelve traditions. See the three minute intro at <https://vimeo.com/226014346>

**Carry the OA message with our new Bulletin Board Attraction Sticky Notes**



Tell people in your area about OA—stick a note! Post an OA [Sticky Note](#) on the notice board in a grocery store or any public place. Each 3"x 5" notepad has 25 sheets with an adhesive strip and a space to write in local meeting information.

**WSO NEWSLETTER**

Third Quarter 2017 issue of **A Step Ahead** is now available for download in an interactive color edition at [oa.org/files/pdf/asa-q3-2017.pdf](http://oa.org/files/pdf/asa-q3-2017.pdf) or in printer friendly black and white at [oa.org/files/pdf/asa-q3-2017-bw.pdf](http://oa.org/files/pdf/asa-q3-2017-bw.pdf).

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

**For February Topics Submit your Lifeline Story Before 10/15/17**

**Unity Day** Unity Day is February 24, 2018 at 11:30 a.m. PST. Share your experience of OA unity, a Unity Day celebration, or Tradition One. **Lessons from Our Group Conscience** How has participating in a group conscience impacted your recovery? What makes a group conscience meeting successful? How have you worked to develop "substantial unanimity" as described in the Twelfth Concept of OA Service?

**My Suggestions for OA** What does OA need? What do you hope for its future? What would you change? What literature needs to be written? What policy should we adopt or drop? Should an old OA idea be made new again? Let's make conversation but not controversy

**Subscribe to Lifeline today** at the new beautifully done <http://oalifeline.org/>, to read inspiring stories in print or online.

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

Please make flyers available to your meeting

**MBI, REGIONAL, WSO NEWS & EVENTS**

**MBI STEP 6&7 WORKSHOP – September 23, 1 to 2:30pm.** ALL ARE WELCOME! Great sharing! Johnson Room, Lawrence Mem. Hospital, Medford.

**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?" Join us at the Espousal Retreat House and Conference Center in Waltham, MA, 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 and their recovery in OA. Price: \$175 (Single rooms). This includes 2 nights lodging, 5 meals (abstinent food - plain, no spices, no sugar, no flour, including vegetarian alternatives).

See Flyer - Info on OAMBI.org website!!  
<http://www.oambi.org>

**MBI Opportunities to give service:** In November, MBI is helping Cambridge Health Alliance by staffing an OA table at their Annual Wellness + Benefits Fairs, on the 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> at four different locations, 10:30am to 2:30pm. See Public Info Committee report for more details – page 3.

**REGION 6 NEWS & EVENTS**

**Region 6 Assembly - September 16, 2017,** at the [Hilton Garden Inn Albany Medical Ctr.](#), 62 New Scotland Ave., Albany, NY.

**REGION 6 CONVENTION**

**Region 6 Convention**  
**OCTOBER 20-22, 2017 – Toronto, Canada**  
"Stepping up for Recovery 2017"

**Registration:** \$60 CAD through October 6. \$75 CAD at the door. [Download flyer here.](#)  
<http://oaregion6.org>

**Region 6 12th Step Within Committee**  
**Our primary purpose is to abstain from compulsive eating and carry the message of recovery ... to those who still suffer.** [For a Flyer with hints click here.](#)

**NEW ADDRESS FOR REGION 6 DONATIONS:**

**Region 6 Treasurer**  
**P.O. Box 644**  
**Peabody, Mass 01960**

See the **Region 6 website** for more information about these, other events and news 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 & 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, announcements & info, 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, September 23, 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](mailto:info@oambi.org)  
WEBSITE: <http://www.oambi.org>

**OFFICE HOURS:**  
MON., WED., FRI.: CALL FOR APPOINTMENT

**OA '90 Day' Telephone Meetings \***  
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