



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

November 2016

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## MBI Chair Report- November 2016

***"The Eleventh Tradition is based on faith in our program and in that power greater than ourselves which guides compulsive eaters to our doors"*** (Voices of Recovery, November 15).

Greetings!

***(I have reprinted an edited version of my chair report from last November. I think the message is timely and true. Blessings for a healthy and abstinent Thanksgiving)***

In reflecting on our 11<sup>th</sup> Tradition this month, I was reminded that our program is about principles and not personalities. Regarding the 11<sup>th</sup> tradition, the OA 12 and 12 affirms "All we have to do is let the facts about OA and its principles be known. We can depend upon our Higher Power and this miraculous program to attract those who can benefit by what OA has to offer" (OA 12 and 12, p. 198). Our responsibility is to get the word out about OA to those who are still suffering and trust that our Higher Power will guide people to our rooms. MBI is regularly engaged in outreach and service opportunities to "get the word out" about our program to those who are still suffering from this disease.

I like to think that much of our job is planting the seeds of the principles of OA and the 12 steps of recovery and trusting in our Higher Power. We are needed to spread the word of what is available in this extraordinary program. One of the most useful actions we can take as an OA fellowship is to be abstinent ourselves. Having been a chronic dieter,

before I came into program, what most impressed me at my first meeting were individuals standing up and sharing they had not eaten compulsively for 30 years, 20 years, 15 years, etc. At some level, I realized they knew something I did not know but had spent most of my life trying to figure out. I wanted what they had.

November is a month to be grateful for the many blessings we have received through this program. On Thanksgiving Day [2016], we will have hourly meetings beginning at 7am and ending at 1pm in the Johnson Room at the Lawrence Memorial Hospital in Medford, MA. There will be a speaker at each meeting. Please come and join us and be grateful "... *how fortunate [we] are to have a disease that can be arrested, one day at a time, simply by not taking that first compulsive bite*" (Voices of Recovery, p. 329).

In Service,

Sally, (East Boston)

**Our next MBI meeting is 9:15 AM on Sunday, November 20** in the Gallagher Room at Lawrence Memorial Hospital.

We will be electing new officers during this meeting.

Come and join us for service and fellowship. Visitors are welcome!

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**MBI Treasurer’s Report – Sept. 2016**

4442.89	Income
1196.76	Expenses
3246.13	Income exceeds expenses (mostly retreat)

September income was very high due to retreat entries, 2345.00.

Group donations total 2079.89, a list follows this report. We also collected 25.00 for MBI 7<sup>th</sup> tradition.

Expenses were mostly regular monthly bills, 230.00 for Pat at the office, 405.00 office rent, 25.00 for donation to the hospital for MBI meeting, 50.00 for webmaster, 151.51 for phone/internet, 95.94 for OA literature, and 25.00 to Region6 for the IGOR workshop in October (which was returned uncashed at the workshop, it was symbolic since we showed up).

October expenses will include the retreat and our quarterly donations to R6 and WSO.

Respectfully submitted,  
Jean B., MBI treasurer

**September 2016 Group Donations**

88.00	Reading Sat. AM
50.00	Weymouth Thurs. AM
55.11	collected at the World Service convention in Boston
120.00	Stoneham Mon. PM
240.00	Carney Sat. AM
300.00	Danvers Mon. PM
135.00	Medford Sun. 8AM
150.00	Reading Tues. AM BBSS
21.00	Chelsea Sat. AM men’s
76.80	?
50.00	Medford Fri PM
35.98	Boston Beth Israel Tues. final
50.00	Chelmsford Sat. PM
441.00	Newton Wellesley Sat. AM
60.00	Milton Wed. PM
200.00	Readville/Hyde Park Wed. PM
<b>2079.89</b>	<b>Total</b>

Thank you for your support!

**Webmaster REPORT - November 2016**

In October we emailed 259 newsletters to our subscribers. Of the 259 subscribers, 8 of them were new subscribers in October. The total new subscribers this year 38!  
**Our list now has 257 subscribers - up from 251! (We lost 2 subscribers.)**

Since I was unable to attend October’s meeting, I plan to bring the **MBI informational brochure** and the documents concerning the *bylaws* to our November MBI meeting.

The work on the new website is scheduled to begin in the week of November 8.

Respectfully submitted,  
Webmaster, Jeanne K., Chelmsford

**Office Activity in October 2016**

Phone calls	13
Emails	22
Checks Posted and sent to Treasurer	11
CDs made	10
Newsletter mailed	yes - October

Respectfully submitted, Pat from the office

**OFFICE COMMITTEE - November 2016**

The office is running well. I would like to thank Pat for her extra efforts during September and October due to the extra activity surrounding the retreat.

Respectfully submitted,  
Jean B., office committee

**Professional Outreach & Public Information Committee – Nov. 2016**

Outreach to professionals continues. If there is any health care, medical, therapeutic, clergy, or employee assistance program worker who has contact with compulsive eaters, compulsive overeaters or food addicts, call the MBI office and a free packet of OA literature for professionals will be mailed to them. Remain anonymous or not as you choose.

Public Info: Volunteers needed at the Addiction Treatment Conference sponsored by Harvard Medical School in March 2017. Call Cathy/Lowell 978-866-9454.

Respectfully submitted, Cathy B. (Lowell)

**MBI Fall Retreat Report – November 2016**

The MBI Fall Retreat was a God thing, from start to finish. Here are some of the reasons why I think this is true:

1. We had a beautiful place to meet and stay, the Espousal Center in Waltham, where we had plenty of room and where our food requirements were respected and provided for with professionalism and kindness.
2. We had speakers and presenters willing to share their experience, strength and hope. Several of them did not have very much time to prepare, yet brought their gracious selves to Waltham and helped build the retreat.
3. The attendees were great: tolerant, enthusiastic, flexible, sincere, generous and supportive.
4. God took the seeds of our service and made them come to life. When I use the word "seeds," I do so asking you, the reader, to think about what qualities most seeds have when isolated: small, hard, dry, brittle, unimpressive. However, with God's help, the other MBI members who worked on the retreat didn't allow the seeds to stay isolated and crumbling in the ratty envelope of our individual intentions. We needed entertainment for Saturday night, for example. Two of us brought board games for people to play. Saturday afternoon, I was in my room, praying and panicking, feeling that the games were not enough. Saturday evening, we brought them out and God took over. Some people played games and some people talked together. I know that I was entertained, and also very relieved. Take this example and multiply it by all the events of the weekend.

I am grateful for all of the people involved, and for the experience. Let the planning for 2017 begin!

Submitted with thanks, Helen K. (Woburn)

**12<sup>th</sup> STEP REPORT – November 2016**

November is a month of gratitude. The MBI Thank-a-thon is coming up on Thanksgiving, November 24, 2016. It starts at 7 AM and ends at 1 PM. There are hourly meetings starting on the hour in the Johnson Room at Lawrence Memorial Hospital in Medford.

I am deeply grateful for the 12 Step community and for all the honesty and wisdom in all of the rooms and in all of the literature. I write a lot about surrender. It seems to me that for the last almost 3 years that I have been involved in 12 Step programs, my life is a steady, Higher Power orchestrated progression of what I call "comeuppances". In each one, I am led to realize that in an area where I think I've been right, I am actually quite wrong. Every time, it's about facing some character defect or some painful thing in me. I thank God I have a fellowship and Higher Power to support me as I keep growing and facing pain, joy and all emotions and events one day at a time without picking up.

Respectfully submitted, Dave D., Arlington

**Dates – MBI Meetings – 2016**

November 20  
December 18

**[Next MBI Meeting-9:15am](#)  
**[Sunday November 20](#)  
**[Lawrence Memorial](#)  
**[Hospital-Gallagher Room](#)********

***Come join us for Service and Fellowship! Visitors welcome! Come and add your ideas.***

***170 Governors Ave,  
Medford, MA***

**VISIT THE OA WEBSITE**

For news from the World Service Office,  
Podcasts about OA,  
To order books and pamphlets,  
To get meeting information,  
To learn about writing opportunities,  
And more.  
[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. [www.oaregion6.org](http://www.oaregion6.org) has a link on their home page for more information.

**OA “Service & My Recovery” WORKSHOPS**

Monthly phone workshop. Next workshop is “Anonymity Inside and Out” on November 13 from 3-5 PM.  
“Spirituality, Sponsorship and Service on December 11 from 3-4 PM.  
US Phone Bridge: 641-715-3818,  
PIN: 925619#  
[www.oaregion6.org](http://www.oaregion6.org) has link on home page under the label “World Service Events”.

**On OA WEBSITE:**

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

From the WSO E-mail News Updates

**You could 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 every issue, such as Stepping Out: Stories focused on the month’s featured step.

Information is available on the OA website ([oa.org](http://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.

**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: MBI, Mary P., Newsletter Chair, and P.O. Box 74, Arlington, MA 02476.**

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

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

Please make flyers available to your meeting

**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.

**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 recordings. 641-715-3818 code 925619

**IDEA Day—International Day of Experiencing Abstinence.** November 19, 2016. "Exploring Meditation—Step Eleven". 9:30 to 11 AM at Newton Wellesley Hospital, Shipley Auditorium. 2014 Washington St. in Newton. On the Green Line D train, Woodland stop.

**MBI Thank a Thon** November 24, 2016 Meetings on the hour, beginning at 7 AM and ending at 1 PM. At Lawrence Memorial Hospital in Medford, MA, in the Johnson room. All are welcome!

**Boston OA 90 Day Retreat – June 2-4, 2017** "Freedom". Endicott College, 376 Hale Street, Beverly, MA 01915. Sponsored by the Saturday 7:30 AM 90 Day Meeting in Reading, MA. <http://oa90dayretreat.wixsite.com/register>

**Upcoming R6 Events:**

Go to the Region 6 website for more information about other events in the Region 6 area. [www.oaregion6.org](http://www.oaregion6.org)

**New address for Region 6 Donations:**

**Region 6 Treasurer**

**PO Box 1792**

**Westfield, MA 01086**

**The Newton Wellesley OA meeting, Saturday 7:15 AM** can now be heard by phone.

Call 302-202-1102. Code: 277158

**MBI voted to change the day and time of our intergroup meeting beginning January 2017.**

Our motivation is to grow our intergroup. The meeting will be Saturdays, 10:30 AM to noon at Lawrence Memorial Hospital. We invite you to join us in service to those in our area who are still suffering.

**Please spread the word.**

**For more events and announcements, see the website:**

[www.oaregion6.org](http://www.oaregion6.org)

**OA Tradition November**

11. *Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.*

**The Next MBI Meeting Date – Mark your calendars!**

**November 20, 2016**

**Sunday morning, 9:15AM, Lawrence Memorial Hospital**

**BOARD & COMMITTEE CHAIRS**  
**CHAIR**

Sally S. (E Boston)

■  
**VICE-CHAIR**

Helen K. (Woburn)

■  
**CORRESPONDING SECRETARY**

Barbara L. (Somerville)

■  
**RECORDING SECRETARY**

Paulina S. (Lexington)

■  
**TREASURER**

Jean B. (Revere)

**COMMITTEE CHAIRS**  
**OFFICE**

Jean B. (Somerville)

■  
**YOUNG PEOPLE/PROFESSIONAL OUTREACH**  
And **MEDIA & PUBLIC INFORMATION**

Cathy B. (Lowell)

■  
**COMMUNICATIONS**  
**Newsletter:**

Mary P. (Quincy)

■  
**Webmaster:**

Jeanne K.  
[webmaster@oambi.org](mailto:webmaster@oambi.org)

■  
**12 STEP**

Dave (Arlington)

■  
**BYLAWS**

Open

**Contact MBI Office by phone or email to reach any of the members in these service positions.**

**MASSACHUSETTS BAY INTERGROUP**  
**OF OVEREATERS ANONYMOUS**

P.O. BOX 74  
7 CENTRAL ST. SUITE 209  
ARLINGTON, MA 02476  
(781) 641-2303

WEBSITE: <http://www.oambi.org>  
EMAIL: [info@oambi.org](mailto:info@oambi.org)

**OFFICE HOURS:**

MON., WED., FRI.: CALL FOR APPOINTMENT

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**MBI Telephone Meeting List**

All times are E.D.T.

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

For a complete list of telephone meetings, as well as a list of online meetings please visit <http://www.oa.org>.

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.