



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

October 2016

Page 1

## MBI Chair Report- October 2016

***"Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be brought into public controversy (OA Tradition Ten).***

Greetings!

Reflecting on what I want to share about this tradition, I was drawn to our literature – *The Twelve Steps and Twelve Traditions of Overeater Anonymous* for guidance. The very first paragraph of Tradition Ten discusses how it might seem a good idea that OA which is so supportive of our recovery might use its resources to influence other causes. However, the discussion proceeds to caution us of the dangers that arise to our Fellowship if we choose that path. Members of our Fellowship come from a wide diversity of religious, political, social, etc., traditions; we have numerous points of views. OA meetings are not the place to voice these opinions. "As individuals we are free to believe in and work for any cause we choose" (p. 185). Nevertheless, we are guided to leave all those issues outside when we enter our OA meetings. We must keep in mind that our primary purpose is to reach out to those who are still suffering from this deadly disease. Such conversations can interfere with this goal and confuse members. During this highly charged political campaign in this country, it is important for us to remember we come together to support each other in our recovery and to reach out to those still suffering. We cannot afford to have anything interfere with that.

I am just returning from our Fall Into Recovery Retreat! It was an extraordinary experience. The opportunity to be away and spend time reflecting on the twelve STEPS, the tools and slogans and meditation was empowering and renewing. We also had time to be with each other and share our experience, strength and hope. We unanimously voted to do it again next year! A special thank you to Helen L (Woburn), Paulina S (Lexington), Suzanne D and Jean B (Revere) for all their efforts and hard work to make it happen.

Reminder, the Thanksgiving Thank-a-thon will be on Thursday, November 24<sup>th</sup> in the Lawrence Memorial Hospital, Medford, MA. A flyer will be available next week. The structure of the day will be 1 hour meetings from 7am ending at 1pm. There will be at least one qualifier for each meeting.

Thank you for your ongoing support of our intergroup. It would not exist without your service and financial funding. It is a structure which allows us to fulfill our responsibility to reach out those who are still suffering from this deadly disease. I invite you to come to our next MBI Intergroup Meeting on Sunday, October 16, 2016, at 9:15 am in the Gallagher room at Lawrence Memorial Hospital in Medford, MA. It is an excellent opportunity for service and fellowship. We have a fun time!

In Service, Sally, (East Boston)

## INDEX

Committee Reports	Page 1-4
Update from World Service	Page 4
Upcoming Events (Please announce)	Page 5
Telephone and MBI Info.	Page 6

**MBI Treasurer’s Report – August 2016**

Income 2233.50  
 Expenses 2240.81  
 Checking bal. 2721.67 9/13  
 Savings bal. 4004.77 9/13  
 Expenses exceed income 7.31

Our August income had 1528.50 in group donations, 660.00 in retreat reservations (we had 4 in August, 1 in July for a total of \$825 being held for the retreat as of 8/31), there have been more in September see notes below. We also collected \$45 from the MBI 7<sup>th</sup> tradition collection; people who took t-shirts at the meeting ahead of the convention giveaway were asked to contribute to the 7<sup>th</sup> tradition. September income is expected to be high with more retreat reservations coming in along with group donations. Thanks to those groups who contributed in August, a list appears below.

August expenses beyond the usual included 876.00 for our annual accountant’s bill, 25.00 donation to the hospital for 7/23 workshop, 150.00 for raffle baskets (2x75) for the OA World Convention (one was gift cards, the other one was a \$75 money tree (the person who won it sent us a nice note thanking us for donating it and said she used the money to buy convention CDs); both baskets earned a lot of money for World Service. We also bought more OA literature for 240.80.

Upcoming in late September or possibly early October we will be paying for the retreat. We can have people sign up through Sept. 30<sup>th</sup>, they will bill us. All rooms will be singles unless a double is requested.

In September we will also have expenses from the Region 6 Fall Assembly. Upcoming in October will be our quarterly donations to R6 and WSO. We are in good financial condition and whatever happens I trust HP will take care of us.

Respectfully submitted,  
 Jean B., MBI treasurer

**August 2016 Group Donations**

306.00 Reading Wed. AM  
 50.00 Chelmsford Sat. PM  
 200.00 Readville Wed. PM  
 345.00 Newton Wellesley Sat. AM

30.00 Medford (no day listed)  
 120.00 Medford Sun. 8AM  
 52.50 Chelsea Sat. AM Men’s  
 200.00 Reading Tues. AM BBSS  
 60.00 Spaulding Hosp. Sat. AM  
 150.00 Lynn Sat. AM  
 15.00 Milton BBSS Wed. PM  
**1528.50 Total**

Thank you for your support!

**Webmaster REPORT - October 2016**

In September, we emailed 250 newsletters to our subscribers. Of the 250 subscribers, five of them were new subscribers in September. The total new subscribers this year were 30!

For those of you interested in statistics and/or history, here is our growth in subscribers since 2012:

Year	Subscribers added
2012	71
2013	59
2014	72
2015	38
2016	30
<b>Total</b>	<b>270 subscribers</b>
19 asked to be removed/changed	

**This leaves us with 251 on the list for the October emailing!** It would be nice to see growth more in line with 2012-2014 in the future.

In addition to the thirteen people who opened the Fall Retreat Flyer from the separate emailing, 6 people opened the retreat flyer from the September Newsletter emailing.

I have obtained *the MBI informational brochure* and the documents concerning the *bylaws* and hope to bring the work in progress to the next MBI meeting. Thanks to Aaron (at Saintly Solutions) and Brandon, our website has been successfully moved to a new host. If the vote to update the website is a yes, that work should begin later this year.

Respectfully submitted,  
 Webmaster, Jeanne K., Chelmsford

**Office Activity—September 2016**

Phone calls	21
Emails	23
Checks Posted	25
Professional Packets Made	5
CDs made	100
Literature ordered from	
World Service	- yes
Ordered office supplies	- yes
Newsletter mailed	yes - September

Respectfully submitted, Pat from the office

**OFFICE COMMITTEE – September 2016**

Pat is doing a great job in the office. Literature and office supplies are ordered as needed, mail processed, phone calls and emails answered or forwarded as appropriate. Thanks Pat!

Respectfully submitted,  
Jean B., acting office committee chair

**Professional Outreach & Public Information Committee – October 2016**

Please call Pat at the MBI office to have a free packet sent to a professional you know who could offer OA’s message of Hope and Recovery from Compulsive Eating!  
781-641-2303

Respectfully submitted, Cathy B. (Lowell)

**MBI Fall Retreat October 7-9, 2016**

By the time most of you read this, the MBI retreat, Fall Into Recovery: Practicing these Principles in All Our Affairs, will be over. I hope that we will all look back on it with contentment, more confidence and humor. The MBI Chair and I have already talked about making this a yearly event. We’ll see. I would ask everyone involved—fellow planners and attendees—to remember that everyone working on this is a volunteer with program, family and work responsibilities, along with planning this retreat. Please be kind.

Submitted with thanks, Helen K. (Woburn)

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

I have been writing about surrender for a number of months now, and this seems like a good time to add gratitude to the mix. The **Thanksgiving Thank a Thon** starts at 7 AM on Thanksgiving Day with 5 hourly meetings on the hour which end at 1 PM. The meetings will be in the Johnson room at Lawrence Memorial Hospital in Medford, MA.

In my mind, gratefulness and surrender go hand in hand because to be grateful requires a certain humility. Before I got abstinent, I had a bigger ego than I thought. I’m actually grateful to say, chuckling, I have been cut down to size, right size that is.

Respectfully submitted, Dave D., Arlington

**Dates – MBI Meetings – 2016**

October 16  
November 20  
December 18

**Next MBI Meeting-9:15am**  
**Sunday October 16**  
**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.  
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. 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 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 this year’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). 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

**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!

**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.**

**WORKSHOP:**  
**12 Steps in Five Hours.** Saturday, Oct. 22, 9 A to 2 PM at St. John's Episcopal Church, 8 Revere St. in Boston, MA. MetroWest IG. Contact person is Rachel 617-290-5219.

**Upcoming R6 Events:**  
**September 23,** 7:30 PM, R6 Board Meeting.  
**September 24, The Region Six Fall Assembly** is scheduled and will be held at the Radisson Hotel Albany at Wolf Road, 205 Wolf Road, Albany, NY 12205 on a Saturday.

**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

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

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

**OA Tradition September**

10. *Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.*

**The Next MBI Meeting Date – Mark your calendars!  
October 16, 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**

Staff

■  
**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

■  
**OFFICE COMMITTEE**

Jean B. (Somerville) Acting Chair

**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 242990669# (Men, Spkr/Disc)  
Dial-In: (712) 775-7031
- 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.