



# OVEREATERS ANONYMOUS®

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MASS BAY INTERGROUP

MBI Newsletter

September 2016

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## MBI Chair Report- September 2016

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

Having just returned from the World Service Convention last weekend at the Boston Marriott Copley, I am full of emotion. Participating in various sessions and meeting people from all parts of this country and the world, left me present to the gift of fellowship that has been given to each one of us. Most of the work was done by members of the fellowship doing service. This month's tradition states we should never be organized, but we may create service boards or committees that are responsible to those they serve. What it takes to produce an event like this is enormous.

I had the privilege of participating on a Unity panel. Each of us spoke of our path to abstinence. They were very different journeys using various types of OA groups, but the goal was the same. We talked about how important it is to respect and appreciate diversity in our fellowship. It reminded me of how diversity in our country is our strength, and likewise diversity in our OA fellowship fortifies us. There is more than one way to find abstinence. The best way for you is the one that works!

The MBI Retreat will be October 7-9, 2016 at the Espousal Retreat Center in Waltham, MA. What a wonderful way to start the fall with a renewal of our commitment to our physical, emotional, and spiritual recovery. The theme

is to reflect on what it means to practice the principles of the 12 Steps in all our affairs. Please see the [flyer](#) for all the details. I hope you will consider joining us for this opportunity to pause and reflect.

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, September 18, 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)

## ANNOUNCEMENTS:

**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.

### **New address for Region 6 Donations:**

Region 6 Treasurer  
PO Box 1792  
Westfield, MA 01086

**Please spread the word.**

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

Income 2287.40  
 Expenses 1513.98  
 8/8/16 checking bal. 2211.88  
 8/8/16 savings bal. 4004.74  
 Income over expenses 773.42

July was a good month for income with 2100.40 in group donations (thank you to all of the groups who donated), 22.00 from MBI 7<sup>th</sup> tradition collection, and 165.00 from our first retreat entry (more to follow, I’m sure). A list of groups who donated in July follows this report.

Our expenses were for the most part the usual monthly costs: office rent, donation to the hospital for MBI meeting space, paying Pat our wonderful office worker, phone/internet, website, webmaster. Extras this month were 250 each to WSO and R6 for our quarterly donations, \$35 filing fee to Mass. for our non-profit form (we don’t pay taxes as 501(c)3 non-profit but we need to prove our status each year), and \$100.00 to renew our petty cash fund at the office which is used primarily for postage (and yes, Pat does send all of the receipts to back it up), so we spend around \$100 each year on postage for packages and large envelopes.

Upcoming in August will be our accountant’s bill; August is usually pretty quiet.

September has the convention in Boston, and R6 Assembly later in the month. October will have our retreat, the R6 intergroup officers training the weekend after, and we will send another set of donations to R6 and WSO.

Thank you for allowing me to be of service, Jean B., MBI treasurer

**July 2016 Group Donations**

150.00 Weymouth Thurs. AM  
 150.00 Reading BBSS Tues. AM  
 416.40 Newton Wellesley Sat. AM  
 50.00 Winthrop Tues. PM  
 134.00 Swampscott Sat. AM  
 129.00 Medford Sun. 8AM  
 44.00 Chelsea Sat. AM men  
 406.00 Reading Sat. AM  
 260.00 Danvers Mon. PM  
 111.00 Waltham Wed. PM

150.00 Reading BBSS Tues. AM  
 100.00 Medford Fri. PM  
**2100.40 Total**

Thank you to all who support MBI!

**Webmaster REPORT - September 2016**

I am happy to report the OAMBI website is up and running. Meeting lists, newsletters and highlights are all available to download. In August we mailed out 254 newsletters to our subscribers. A banner has been added to show upcoming events quickly. I have been making an effort to keep up with events on the calendar, and make other updates as necessary. The MBI informational brochure and the bylaws are next on my to-do list.

On a personal note, for those of you who don't know me, I was a software engineer for 20+ years, a math/computer science teacher for 12 years and member of OA since 1978 (although sad to say - not continuous through 2004). However, since 2004 I have remained committed to OA. I retired from teaching in 2014 and am glad that I am able to put my skills to work in an organization that has truly changed my life.

Respectfully submitted,  
 Webmaster, Jeanne K., Chelmsford

**Office Activity—August 2016**

Phone calls 11  
 Emails 24  
 Checks Posted 19  
 Professional Packets Made 80  
 Newcomer Packets sent 10  
 Ordered office supplies - yes  
 Newsletter mailed yes - August

Respectfully submitted, Pat from the office

**OFFICE COMMITTEE – August 2016**

The office is running well. Pat took several vacation days in August but things were quiet, I checked the phone messages daily but there were only a few calls. More OA literature has been ordered and received.

Respectfully submitted,  
 Jean B., Office committee

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

“Our primary purpose is to abstain from compulsive eating and to carry the message of recovery through the 12 Steps to those who still suffer.”

PO/PI Committee does this via:  
 Print newspaper announcements,  
 Patch/E news,  
 Tear-offs for public bulletin boards,  
 TV and local Cable Access PSAs (public service announcements),  
 Local radio recorded PSAs, and  
 INTRO to OA packets for medical professionals, spiritual advisors/clergy,  
 Employee Assistance staff, and therapists.

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)

**Fall into Recovery: Practicing These Principles in All Our Affairs – MBI Fall Retreat October 7-9, 2016**

Before we know it, New England will be knee-deep in gorgeous autumn leaves and all the accelerated demands that back-to-school times and the end of summer represent. MBI is offering you an opportunity to step away for a weekend.

The intent of the retreat is to give you time and space to feed your program with a peaceful setting, fellowship, recovery stories, and some nurturing--you don't have to wash the dishes for a whole weekend!

Please get your registration in: before September 10, the cost is \$165. After September 10: \$200.  
 Join us at the Espousal Retreat House and Conference Center, 554 Lexington Street, Waltham, MA.  
 For more information, visit MBI's website: [www.oambi.org](http://www.oambi.org)

Respectfully submitted, Helen K. (Woburn)

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

I have been writing about surrender most of this year. To me, it is the most important ingredient of abstinence. The paradox is that I have to choose to surrender: surrender is my choice, my decision. Unwillingness to let go of my ego has tripped me up more times than I would like to admit. Every abstinent day has within it many surrenders, many opportunities to surrender ego and to engage in cooperation and service.

The **Thanksgiving Day Thank-a-Thon** is coming up, 7 AM to 1 PM in the Johnson room at Lawrence Memorial Hospital; there will be hour long meetings, one after the other, the first starting at 7 AM and the last starting at noon. Time for gratefulness!

Respectfully submitted, Dave D., Arlington

**Dates – MBI Meetings – 2016**

- September 18
- October 16
- November 20
- December 18

**Next MBI Meeting-9:15am**  
**Sunday September 18**  
**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 “Suit Up, Show Up, Be a Part and Share the Load” on August 14 from 3-4 PM. US Phone Bridge: 541-715-3818, 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*

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

**RETREATS:** (more info at Region 6 website)

**October 7-9, MBI is planning a retreat.**  
 "Fall into Recovery" at the Espousal Retreat Center, Waltham MA. Early Bird registration of \$165 by 9-10-16. See the page 3 of this newsletter for more information.

**October 7-9, Biddeford, Maine**  
 "Here are the Steps we took." Weekend walk through the 12 Steps.

**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**

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

**The Next MBI Meeting Date – Mark your calendars!**  
**September 18, 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.