



OVEREATERS ANONYMOUS®

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MASS BAY INTERGROUP

MBI Newsletter

January 2019

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MBI CHAIR REPORT – January

Greetings! Welcome to 2019!

I am a compulsive Overeater and food addict, and my name is Cathie. I am also very gratefully recovering within this awesome fellowship that spans the whole world but is most immediately accessible to me in the group meetings affiliated with Mass Bay Intergroup "MBI". My Higher Power knew what I needed and put members in my path who commit to the meetings that have, per the group conscience, affiliated with Mass Bay Intergroup.

I am so grateful to have different and tremendous "in person" meetings to choose from and to see trusted service beyond the member to member and Group level. The examples I have been shown of grateful, abstinent and trusted service to MBI is the reason that I am writing this, my 1st report as MBI group chair. On my own, I would not be here. I might not be breathing, able to move or conscious. I certainly would not be sticking around one day, sometimes one moment at a time, after anyone in OA had observed any of my various shortcomings.

Thankfully, mercifully, and still sometimes surprisingly, I am not on my own. I am one of us and with abstinence, a Higher Power, powerful examples and examples of Higher Power, I hope, pray, ask and trust that I may be of useful service to MBI.

Concept 1: "the ultimate responsibility and authority for world services reside in the collective conscience of our whole Fellowship."
Spiritual Principle: Unity

This concept allows me to participate in trusted service with less fear, doubt and

insecurity because I am not in charge. The Higher Power of each member, as expressed collectively in group conscience, is the ultimate authority, not me or any chairperson or individual. That informed group conscience is only possible when various, different, individual views have been heard and considered, with "an open mind". A "simple majority" vote will not achieve it.

If 5 Representatives from meetings go to the monthly MBI meeting and agree, but 4 other Representatives disagree, a motion would still get denied.

The 1st concept reminds us that unanimity is preferred and if it is not happening then "significant consensus" is vital to our survival as a fellowship. We go beyond numbers to significant consensus and we know that we are stronger together--unified in service to carry the message to those who still suffer. Unified we share our personal recovery to further OA's primary purpose.

Thank you for your commitment to your abstinence and recovery. Thank you for your service--first to yourself, to the group meetings you attend, and to the Intergroup, semi-annual Region 6 meetings and reverberating ever outward, to the annual World service business meeting and the entire fellowship :)

Respectfully submitted, Cathy B (Lowell)

Step 1: We admitted we were powerless over food--that our lives had become unmanageable.
Spiritual Principle: Honesty

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OA Tradition 1
"Our common welfare should come first; personal recovery depends upon OA unity."

MBI NEWS !

MBI Board as of January 2019

Chair: Cathie B.

Vice Chair: Paulina S.

Corresponding Secretary: Cathryn C.

Recording Secretary: Beth P.

Treasurer: Mary P.

MBI Treasurer's Report November 2018

Income \$2053.90 chg. bal.12/4/18 \$4486.33
 Exps. \$2025.90 sav. bal.12/4/18 \$4005.67
 \$28.00 Income over expenses

Most of our November income was from group donations, \$1871.90, thank you to all the groups who donated. Please see the list at the end of this report. In addition, we received \$42.00 from 2 workshops (\$20 and \$22), \$30.00 from the MBI meeting 7th tradition, and \$110.00 from the Thankathon.

Our expenses were higher than usual due to some annual bills. Our website bill, for example, was \$214.30 due to the annual webhosting charge, we also got the bill for our liability insurance (Dec. 2018-Dec. 2019) which covers all our meetings, that was \$690.00, and I needed to order new checks for the checkbook, that was \$96.62. We give 1/2 of the Thankathon collection to the hospital, that was \$55.00. The regular expenses were \$50.00 webmaster, \$445.00 office rent, \$156.06 Verizon phone and internet, \$50.00 to the hospital for the MBI meeting and a workshop, \$51.42 for a roll of stamps and mailing some goldenrod flyers, and \$217.50 to Marina for office work.

Upcoming expenses in December will be the bill from our accountants which is for \$897.00, the other expenses should be routine.

Just a reminder that holiday time is a great way to remember MBI with an extra donation from your group or a donation in honor of your sponsor or your own recovery. All personal donations will be listed as anonymous unless otherwise requested, and donation envelopes are available on request to the treasurer or the office.

My term as treasurer ends at the end of December, Mary P. of Quincy will succeed me. Please be patient during the transition. Thank you all for allowing me to be of service!

Respectfully submitted,
 Jean B., MBI treasurer

Group Donations November 2018

\$100.00	Dedham Mon. PM
\$300.00	Reading Sat. AM
\$250.00	Reading Tues. AM BBSS
\$ 75.00	Milton Wed. PM
\$120.00	Woburn Wed. AM
\$25.00	Chelmsford, Sat. PM
\$77.50	Weymouth Thurs.AM
\$250.00	Stoneham Sun.AM
\$165.00	Reading Tues. AM BBSS
\$282.60	Newton Wellesley Sat. AM
\$226.80	Medford Sun. 8AM
\$1871.90	Total donations

MBI Office Report November 2018

The office is running well. There was not a lot of activity in November, though we did get some requests for meeting lists and goldenrod flyers, which were sent out. Please remember that the MBI office is here to provide service to the fellowship and let us know how we can help you either find a meeting or provide information about the OA program to those who need it. The office is usually open on Monday and Thursday, but the hours are variable, so best to call or email ahead. The phone messages and emails can be retrieved remotely. I will be filling in for Marina if she is away.

In service,
 Jean B., office chair

MBI OFFICE ACTIVITY REPORT- December 2018

Phone Calls received	08
Emails received	17
Emails sent	21
Checks Received	07
Meeting directories mailed	01

Yours in fellowship, Marina

Professional Outreach and Public Information Committee Report - December

Know someone with questions about OA, Food Addiction, Compulsive Eating, Compulsive Overeating, night eating? Sponsor an OA Public Information meeting and offer Experience, Strength and Hope!! "There is a Solution" for us !

Service Saves Lives!!! Call Marina at the MBI office, 781-641-2303 or email Marina at info@oambi.org for a FREE packet to be sent to professionals who come in contact with Compulsive Eaters, Compulsive Overeaters, Food Addicts, etc. Contact Cathy B at 978-866-9454 and/or come to the January 19 MBI meeting to help in this noble service.

Opportunity for Service!! you can help carry the message of OA Recovery ! Goldenrod flyers and OA Business cards are Available to Post in Libraries, on Grocery store and Laundromat bulletin Boards, any public place!! **Call Marina at the MBI office to have free copies mailed to you!** Also call for Newcomer packets, pamphlets, meeting directories and Phone meeting directories. **Post as you think of it and maybe save a life! Service is Spiritual & Appreciated!!**

Respectfully submitted, Cathy B (Lowell)

**MBI Bylaws Committee Report
November/ December 2018**

At last month's MBI meeting in November, we passed most of the items recommended on last month's report. The parts regarding the Corresponding Secretary and the sign in sheet will be discussed and voted upon at the December MBI meeting. Thank you for your patience as we update our bylaws to better match our actual procedures.

In service,
Jean B., Bylaws chair

**12 Step Committee within Report
December**

New Year's begins and reminds us of Step One : our admission of powerlessness over food. That recognition allows us to genuinely ask the question, over and over, what is the next right thing to do? One day at a time, one step at a time. The Step 12 workshop in December went very well, and the next workshop is on Step One, to be held Saturday, January 26, 2019 from 10:30 to noon in the Johnson Room of Lawrence Memorial Hospital. We will read Step One from the OA 12 and 12, two speakers will share, and there will be time for sharing after each speaker. Step Two is planned for February, the dates and time will be announced.

Dave D
Arlington,12 Step Chair

January 2019 Webmaster Report

239 Newsletters delivered: Sunday, December 16, 2018. During the month the usual updates were made including the meeting lists, workshop dates and flyers, links to the WSO newsletter, and the December newsletter and highlights.

Respectfully submitted,
Jeanne K., Webmaster

MBI MEETINGS DATES -2019

- January 19, 2019**
- February 16, 2019**
- March 16, 2019**
- April 6, 2019**
- May 18, 2019**
- June 15, 2019**
- July 20, 2019**
- August 17, 2019**
- September 14, 2019**
- October 12, 2019**
- November 16, 2019**
- December 14, 2019**

***Come join us at MBI
for Service and Fellowship!
All are welcome!!! Please come
and bring your ideas!***

Report from Region 6 Convention

I really enjoyed the Region 6 Convention in October. It was wonderful to see old OA friends and to meet new ones. There was so much to learn and listen to. One of the highlights for me was the Writing Workshop. It seems that writing for me has been much more infrequent. When I was given the checklist and writing exercise I was surprised how much I was able to write on one topic!

Writing Exercise:

1. What is compulsive eating for me?
2. What are the foods and food behaviors that trigger me to eat compulsively?
3. Am I afraid to get abstinent and if yes, why?
4. Why do I think abstinence is important?
5. What do I do to stop eating compulsively?
6. What steps do I take to remain abstinent in all circumstances?

For the entire checklist and writing prompts see:

http://oa.org/pdfs/strong_abstinence_checklist.pdf

Jeanne K.

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. Check with your Intergroup Rep to get any WSO information if you don't use a computer.

Step 1: "We admitted we were powerless over food - that our lives had become unmanageable."

Workshop leaders emphasize the importance of the Steps by reading the Introduction to the Twelve Steps "...Since our program is based on the Twelve Steps, we would like to offer here a study of those Steps, sharing how we follow them to recover from compulsive eating. We hope in this way to provide help for those who still suffer from our disease..." (p. ix: *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*.) The speakers discuss each aspect of Step One, sharing their experience, strength, and hope on how Step One relates to their beginning and ongoing recovery. References The Twelve Steps and Twelve Traditions of Overeaters Anonymous, *The Twelve -Step Workbook of Overeaters Anonymous*, *Voices of Recovery*, (January 1), and the story, "Freedom of Choice" (*Abstinence, 2nd Edition*). [Listen Now - Step One](#) | [Download](#)

VIDEOS AVAILABLE ON OA WEBSITE:

Tradition 1 Three minute video on Tradition 1. [Click here for video or https://vimeo.com/226014444](https://vimeo.com/226014444)

Work the Twelfth Step with OA's new PI Resource List

Created by the PI/PO Committee, this comprehensive directory lists the many, many, many resources available to members, groups, and service bodies carrying "this message to compulsive overeaters." Free and downloadable, the *PI Resource List* at <https://oa.org/files/pdf/PI-Resource-List-2018.pdf>. Save, share, and reach out!

New Courier Newsletter—Carry the Message to Referring Professionals

A new issue of the *Professional Community Courier* is now available for download on oa.org. The *Courier* is our newsletter to professionals in health care, nutrition, counseling, and similar areas who may refer

patients and clients to OA. *Courier* articles are written by doctors, nurses, counselors, and other providers so that referring professionals can learn from peers in their field about the solution we have found by working the Twelve Steps of Overeaters Anonymous. Help the still-suffering compulsive eater find us by raising awareness among referring professionals in your community. [Download the *Courier*](#) and share it today!

"Been Slipping and Sliding" Updated

OA's helpful relapse-prevention document "Been Slipping and Sliding? A Reading and Writing Tool" is now updated with page references for the OA *Twelve and Twelve, Second Edition*. [Download](#) and support your abstinence with these thirty prompts to help you work your program.

Recovery Roadmap Workshop

Where have you visited on the road to recovery? Self-Pity Falls? Higher Power Service Station? Use OA's new workshop resource, "[Recovery Roadmap](#)," to explore answers and add momentum to a Unity Day event or weekend workshop. In this interactive presentation, participants are visited by several "Recovery Road Travelers" who share their experience. Open sharing and personal mapmaking follow. Scripts, presentation slides, and map materials are available for download at oa.org/documents under "Workshops and Skits."

July (Deadline: 3/15/19) Click for More Info

Generally Speaking - Write on any topic you find meaningful.

Submit a Lifeline story directly through oalifeline.org/lifeline-submission/

Subscribe to Lifeline today at the new beautifully done <http://oalifeline.org/>

OA WORLD SERVICE EVENTS:

Sat., Saturday, 1/12/19 – Twelfth Step Within Day A day to focus on carrying the 12th Step message and reach out to OA members in relapse or still suffering. **Next:** Tuesday 2/12/19.

Upcoming Events and Information
(CORRESPONDING SECRETARY'S REPORT)

Please make flyers available for your meetings

MASS BAY INTERGROUP NEWS & EVENTS

MBI Step 1 workshop, Saturday, 1/26/19 from 10:30 to noon in the Johnson Room at Lawrence Memorial Hospital, Medford. OA 12 & 12 will be used, followed by two speakers and open sharing.

MBI Step 2 workshop, February date to be announced.

MA / NH STATE INTERGROUP NEWS

NEW Meeting: North Shore Intergroup. Focus: Study of OA steps & traditions using the second edition of OA 12 & 12, Thursdays 7-8pm at Lawrence Memorial Hospital, Gallagher Room. Q's or more info: Bea (708)-745-4849

North Shore Intergroup, "Welcome Back, Welcome Home" workshop, Sunday, 1/13/19, from 1pm -3 (doors open at 12:30pm) at the First Congregational Church, 25 Woburn St., Reading. Further details are available on their website. <http://www.oambi.org/wp-content/uploads/2019/01/North-Shore-Intergroup-WELCOME.BACK.FLYER.JAN.2019.pdf>

New Hampshire Intergroup weekend retreat, 2/8/19-2/10/19 at the Barbara C. Harris Camp & Conference Center, 400 Sawmill Rd, Greenfield, NH 03047. NHI website: <https://oanewhampshire.org/2019-nhi-retreat>, flyer: <https://oanewhampshire.org/events-info/2019-nhi-retreat.pdf>

Unity Day will be hosted by the Ocean & Bay Intergroup, Sunday, 2/24/19 from 1pm - 4pm at the Ray Conference Center, Butler Hospital, 345 Blackstone Blvd, Providence, RI. <http://oceanandbay.org/>

Flyer: <http://www.oambi.org/wp-content/uploads/2019/01/Ocean-Bay-Intergroup-Unity-Day-Flyer.pdf>

Western Mass Intergroup Marathon, "Living the Steps" Saturday, 1/12/19, 8:30 to 3:00 pm (Snow Date 1/19/18), St. David's Episcopal Church, 699 Springfield Street, Feeding Hills, MA 01030.

<http://www.oawmass.org/wp-content/uploads/2018/10/marathon-2019-flyer.pdf>

REGION 6 NEWS & EVENTS

NEW ADDRESS FOR REGION 6 DONATIONS:

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

2019 Region 6 Assemblies:

April 12-13: Red Lion Inn, Wolf Road, Albany, NY – formerly the Radisson On Wolf Road.

September 20-21: Hilton Garden Inn, Albany Medical Center, New Scotland Rd., Albany, NY

Greater New York Metro Intergroup Retreat, "Powerless, Not Hopeless", 1/18/19-1/20/19, The Guest House, Chester, CT 06412. Details on their website: oanyc.org



Region 6 Convention 10/18/19-10/20/19 in White Plains, NY. More details available at oaregion6.org/2019/index.php/convention-info.

Click the image to open the Convention website in a new tab.

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:

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 for the recordings. Tel.#1-641-715-3818,code 925619.

** See page 4 for more OA World Service info.

IMPORTANT ! NEW PO BOX FOR WSO

World Service Office
PO Box 44727
Rio Rancho, NM 87174-4727
USA

The next MBI Meeting Dates – Save the Dates!
Saturday January 19, 2019
Saturday February 16, 2019
10:30 A.M. – 12 P.M. - Lawrence Memorial Hospital
Gallagher Conference Room

BOARD & COMMITTEE CHAIRS *

MBI CHAIR
Mary P. (Quincy)

VICE-CHAIR
open

CORRESPONDING SECRETARY
Cathryn C. (Georgetown)

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:
Open

Webmaster:
Jeanne K. (Chelmsford)

12 STEP
Dave D. (Arlington)

BYLAWS
Jean B. (Revere)

*** 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: MONDAY & THURSDAY
CALL FOR APPOINTMENT

OA '90 Day' Telephone Meetings *
Times listed are E.S.T.

Sunday 8-9AM (Big Book Disc)
Dial-In: 641-715-0867 Access Code: 616525#

Sunday 8:30-9:30AM (Men's meeting)
Dial-In: 563-999-2090, Access Code: 316200#

Sunday 2-3pm (Big Book Disc)
Dial-In: 515-604-9609, Access Code: 180204#

Sunday 8-9pm (Spkr/Disc)
Dial-In: 515-604-9742, Access Code: 152802#

Monday 10-11 am (For Today/ Disc)
Dial-In: 515-739-1726, Access Code: 361336#

Monday 6-7pm (Spkr/Disc)
Dial-In: 515-739-1530, Access Code: 342177#

Monday 8-9pm (BB/ Discussion)
Dial-In: 605-475-2875, 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: (712) 451-1095, Access code: 106702#

Wednesday 1-2pm (Spkr/Disc)
Dial-In 605-475-5910, Access Code: 105047#

Wednesday 8-9pm (Spkr/Disc)
Dial-In: 515-604-9742, Access Code: 152802#

Thurs 8-9pm (Spkr/Disc)
Dial-In: 712-451-0673, Access Code: 419032#

Friday 9-10am (Spkr/Disc)
Dial-In: 712-770-4160, Access Code: 156173#

Friday 6-7pm (Spkr/Disc)
Dial-In: 641-715-0863, Access Code: 713226#

Saturday 8-9am (For Today/ Disc)
Dial-In: 641-715-0874, Access Code: 242083#

Sat 10-11:15AM (Spkr/BB/ 12+12)
Dial-In: 515-604-9834, Access Code: 773844#

Saturday 4-5 pm (Spkr/Disc)
Dial-In: 712-451-0921, Access Code: 911188#

* 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 of meetings see 'OAMBI.org' website