



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

March 2021

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My Journey In OA By Karen L

Thinking about joining Overeaters Anonymous was really overwhelming. But joining OA in the age of the pandemic on Zoom was even scarier! That was the challenge I undertook on May 20, 2020. As I soon learned in OA, I had come to the intersection of desperation and willingness. I learned that my life was referred to as "unmanageable." No denying it. I realized almost immediately that gravity was pulling me into OA. Overeaters Anonymous was to become my saving grace.

Early 2020, life was taking a toll on me. A new therapist suggested that I join OA on Zoom just to check out what OA was all about. I told her that I was never able to stick with a diet, but she promised it wasn't just diet. I didn't have anything to lose so the next day I logged in at Noon. From that day forward, I knew I found a place where I belonged. To my amazement, the meetings had little to do with discussing food and more to do with sharing feelings. By listening to genuine, authentic and meaningful shares from fellow OA'ers, my feelings started to overwhelm me. I had been sad for so long and these people understood how I felt about life. But hold the phone – I was never good at sharing my feelings! Maybe I could just listen forever.

I join at least five OA meetings a week. Mostly OA 90-day meetings *where it is strongly suggested** you have 90 days abstinence to share. I thought I'd never get to 90 days of abstinence so I was safe. But to my surprise, I finally asked someone to be my sponsor. Along with the therapist, this is the second person that helped change my life in 2020. Before I knew it, I was 90 days abstinent. How did that happen? *(editor's note—MBI Bylaws)

Everyone says you have to use all the OA tools to stay abstinent and they're right. There have been not so great days that turned out much better when I sat for a half hour and wrote about what was on my mind. There have been times when I called someone to say "Hi" and it's perfect timing because they needed a little "pick me up." For me, the most important two tools are service and sponsorship. Service is a feeling of giving to others without expecting anything in return. What a GREAT feeling. I learned one of the most important ways to do service is to qualify. As scared as I was to speak at a meeting, I was just as gratified to do service and qualify. As my sponsor reminded me, I was not going to die from speaking...lol. Now I speak more frequently.

Next is sponsorship. I admire sponsors. They give of themselves to help others. I'm really thankful for my sponsor. First, she has stuck with me during some hard times. But mostly she's there for me every day to reinforce my program. I'm continually reminded that me and my program come first in my life. If I'm doing my best to work my program, everything else will be ok. Why is it so hard to put myself first?

Lastly, I celebrated my birthday on February 27th. It was my first birthday as a fellow in Overeaters Anonymous. It was the first time in many birthdays that I woke up with my heart & soul filled with joy, happiness and optimism. Oh, I can't forget that I'm thankful to have God in my life, too. Spirituality is part of my new foundation built in 2020.

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Step 3: Made a decision to turn our will and our lives over to the care of God *as we understood Him.*
Spiritual principle: FAITH

OA Tradition 3

"The only requirement for OA membership is a desire to stop eating compulsively."

Spiritual Principle: Identity

MBI NEWS !

Vice Chair Report March 2021

As I look at the 3rd Step, I am reminded that all my rational thoughts are susceptible to being hijacked by anxiety. Step 3 reminded me that the things I tried, and many of my thoughts about what to do, are rooted in my old patterns and anxiety. The short version for me is "Accept help, seek spiritual guidance." My most basic self always tries to "handle" everything. When I drop my old ways and become open, I can listen to others and the guidance of my Higher Power. "Made a decision to turn my life and my will over to the care of God as I understand Him." I remember this daily, one moment at a time, to remember that "there is a solution"; the 12 Steps have worked for me and will continue to work. The tools help me to not get diverted from this path.
 Paulina, Vice Chair

MBI Treasurer's Report January 2021

\$1744.83 Income \$707.63 Expenses
 \$1037.20 income exceeded expenses
 Checking bal. 1/31/21 \$6658.52
 Savings bal. 1/31/21 \$4006.54

In January, \$1744.83 of our income was from group donations. The list of groups who donated in January is at the end of this report.

Thanks to all supporting MBI.

Our January expenses: We paid \$455 for our January office rent. Our Verizon bill was \$164.34. Jeanne K. was paid \$50 for her December website work. We paid \$15.93 to Zoom for a Standard Pro monthly plan. We paid \$5.49 to Yearli.com for a 1099 for Marina. Sainly Solutions was paid \$16.87 for monthly hosting of the MBI website.

Receiving donations through the MBI website is going smoothly. If you have any difficulty

making donations through the website, email our webmaster at webmaster@oambi.org and leave a message at the MBI office for Jeanne K. 7th Tradition donations can also be made by mailing checks to MBI at PO Box 74, Arlington, MA 02476. Individual donations are listed as "anonymous" unless they are made for a specific meeting.

If you would like to ask questions about any of this, contact me through the office email (info@oambi.org) or by phone (781-641-2303). Marina will forward your questions to me and I will get back to you.

Respectfully submitted, Jeanne K., MBI Treasurer

Group Donations January 2021

\$222.75	Andover, Sun. 5pm
\$23.85	Cambridge, Thurs. 9:30am
\$24.15	Chelmsford, Sat. 2pm
\$68.16	Chelsea, Sat. 8am
\$50.00	Lynn, Thurs. 7:30am
\$62.97	Newton-W, Sat. 7:15
\$228.84	N Andover, Mon. 6pm
\$148.21	N Andover, Sat. 8am
\$100.00	North Andover, but which one was not indicated
\$177.65	Reading, Tues., 9:30am
\$217.50	Reading, Wed., 9:30 am
\$9.48	Reading, Wed., 6pm
\$155.88	Stoneham, Sun. 8:30am
\$9.48	Waltham, Wed., 7pm
<u>\$245.91</u>	Anonymous (3)
\$1744.83	TOTAL

MBI Office Activity Report February

Phone calls received	8
Emails received	49
Emails sent	24
Checks & Cash Received	3
Newsletters sent	4
Meeting lists sent	0
Professional packets sent	0
Newcomer packets	0

Office Committee Chair Report – Feb.

The office continued to function smoothly with Sunday in the office and one day during the week accessing everything from home. The OA WS bookstore and the Staples account must be updated with the new bank card.

Marina - OAMBI office worker

12 Step Report February 2021

I heard in a meeting that OA without the 12 Steps is just another diet plan. Our Step 3 Workshop is March 20, Saturday, 10:30 to Noon. Step 4 will be April 24, Saturday, also 10:30 to Noon. Our workshops are on Zoom and it is possible to call in via phone. The Zoom information is in the calendar at oambi.org. I can be reached at 781-835-5017 for more information.

Dave D, 12 Step Chair

MBI MEETINGS DATES –2021

April 17, 2021

May 8, 2021

June 12, 2021

July 10, 2021

August 14, 2021

September 11, 2021

October 16, 2021

November 13, 2021

December 11, 2021

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

PI/PO/Diversity Committee February:

The PI/PO/Diversity Working Group applied for \$600 in funding from Region 6 to improve the OAMBI website's search engine performance and help us carry the message to compulsive overeaters more effectively. However, it is our belief that the most powerful way to get people involved with OA comes from personal recommendations and discussions. MBI continues to work to ensure every member meeting has an active intergroup representative/rep to help us better get the message of OA out into the world.

Please contact Beth P. via the MBI office at info@oambi.org if you would like to join us and find out what we are doing. Come and lend a hand in our activities.

Beth P, PI/PO co-chair

Newsletter Report - February:

Thank you, Karen L, for sharing your OA experience, strength and hope with us! Thank you to all who are contributing to the work of MBI and to this newsletter.

If you have interest in helping with our newsletter, please contact me by email at info@oambi.org .

Respectfully, Mary P., Newsletter Committee

MBI Bylaws Committee Report January

No recent updates. Cathy B, Jeanne K.

Webmaster Report - February 2021

On Fri, February 19, 2021 10:16am the February newsletter was delivered successfully to 273 **Recipients**. Website updated with latest newsletters, highlights, meeting list, events and a promotional video from OA.org.

Newsletter Statistics: 96 recipients opened, **53** Clicked, **0** Unsubscribed, Total opens 271, Last opened 2/27/21, Abuse reports **0**.

7th Tradition button update: We received 28 contributions through our website from Jan 28, 2020 to Feb 27, 2021. Occasionally a donation will not go through the first time if there is a connection problem along the way. Usually trying again at a later time will work. ***If you have a problem let us know!***

Most Popular links:

<https://oambi.org/wp-content/uploads/2021/02/MBI-Newsletter-February-2021.pdf>

<https://oambi.org/wp-content/uploads/2021/02/February-2021-Highlightsa.pdf>

<https://oambi.org/wp-content/uploads/2021/01/Unity-Day-Flyer-2021-approved.pdf>

Respectfully submitted, Jeanne K., webmaster

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, for writing opportunities, and much more go to www.oa.org. Check with your Intergroup Rep if you don't have internet access.

The First Quarter issue of A Step Ahead is now available online!—with a new drop-down menu format that is friendlier for reading on mobile devices. Read the latest world service news, including:

- All proposed WSBC New Business Motions and Bylaws Amendments 2021
- World Service Convention update
- Exciting literature translation news
- Important messages from our board chair and treasurer
- Many literature announcements from the WSO
- and more

New Issue of Professional Community Courier Ready for Download:

OA's [Professional Community Courier](#) is an outreach tool that you can use to carry the message to doctors, nurses, therapists, clergy, and other health and wellness professionals to educate them about OA and how OA can supplement the treatment they provide. Courier articles are written by professionals who have witnessed OA recovery at work in their patients and clients, so the Courier is a great bridge to attract other professionals. Download it now from the [Document Library](#) and talk to your professional outreach committee about carrying the message.

New pamphlets are available from WSO:

Lifetime of Abstinence: One Day at a Time (#155) dives more deeply into the details of what abstinence looks like on a daily basis, combining and replacing the discontinued pamphlets *A Commitment to Abstinence*, *Before You Take That First Compulsive Bite*, *Remember ...*, and *Maintaining a Healthy Body Weight*. **A Lifetime of Abstinence: One Day at a Time** gives newcomers and members practical suggestions for how to build and develop a recovery program as well as compassionate

advice on the multifaceted disease that is compulsive eating. This [pamphlet](#) is now available both in print on the OA bookstore and as an e-book on [Amazon Kindle](#), [Barnes & Noble Nook](#), and [Apple Books](#) platforms for US \$1.00.

In OA, *Recovery is Possible: About Compulsive Eating and the OA Program of Recovery (#135)*, takes the vital introductory information present in *Questions and Answers*, *A Program of Recovery*, and *Compulsive Overeating: An Inside View*—all now discontinued—and distills them into a single pamphlet that focuses more intently on defining compulsive eating and answering questions about the basics of our recovery program. *Compulsive Overeating: An Inside View* will remain included in the Professional Presentation Folder (#870). Conveniently, *In OA, Recovery is Possible* has now been released as both a [print pamphlet](#) in our OA bookstore and as an e-book on [Amazon Kindle](#), [Barnes & Noble Nook](#), and [Apple Books](#) platforms for US\$2.00.

Two Rozanne Recordings free to stream:

"Reflections: A Visit with OA's Founder," the 1999 interview with OA founder Rozanne S., found via the [Podcasts page](#) and more directly at oa.org/founder-recordings. As she is interviewed, Rozanne opens up about her life and lengthy journey toward becoming the founder of the Fellowship of Overeaters Anonymous, chronicling how she's overseen the spread of the OA message around the world.

Also newly available, "And Now a Word from Our Founder" was published in 2003 as a compilation of five of Rozanne's keynote speeches at World Service Business Conferences in 1994, 1997, 1998, 2000, and 2001. In them, Rozanne speaks with her characteristic humor and candid humility on such subjects as the origins of OA's Traditions, the importance of principles before personalities, and complicated issues of empathy and sacrifice. Let yourself be inspired as she ends her addresses with an audibly passionate call for the delegates—and the Fellowship at large—to engage in greater acts of service on behalf of OA.

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

Please make flyers available for your meetings

CHECK WITH YOUR LOCAL GROUPS OR INTERGROUP WEBSITES FOR INFORMATION ON TELEPHONE AND ZOOM OPTIONS FOR FACE TO FACE MEETINGS THAT HAVE BEEN SUSPENDED.

Go to OA.org to change your meeting profile if your face to face meeting has been changed to a phone or Zoom meeting.

MASS BAY INTERGROUP NEWS & EVENTS:

MBI Step 3 Workshop is on Saturday, **March 20, 2021** from **10:30-noon**. The OA 12 & 12 will be used, followed by 2 speakers & open sharing. Join Zoom Meeting:

<https://us02web.zoom.us/j/87900066451?pwd=b05BR0UvV0kva0Z0cjNaZ3pOTlhUT09> Meeting ID: 879 0006 6451 Password: 369375, or call 1-929-205-6099, same ID & password. Zoom active at 10:15am.

MBI Step 4 Workshop is on Saturday, **April 24** from 10:30-noon. Same Zoom information.

MA/NH STATE INTERGROUP NEWS & EVENTS

MWI Workshops: MWI Sponsorship Workshop – Saturdays 3/13, 3/20, 4/10, 5/1 from 11am to 12pm EST. Limited to 12 people. This workshop is free. To register:

<https://www.metrowestoa.org/sponsorship-workshop-2021-registration/>

Newcomer’s Workshop is last Sunday of every month, 1:30pm EST. Next: 3/28 To access: metrowestoa.org/news-and-events/

Cape Cod IG is holding a Traditions workshop: “Alert: Re-entry Ahead: How can we use the Traditions and Spiritual Principles to guide us as we explore meetings in 2021 and beyond.” Part One: Sun., 3/14, 1-3pm EST; Part Two: 3/21, 1-3pm. Registration via phone or email: Ellen V. 508-524-8952, Cheryl G. 508-237-5591

capecodtraditionsworkshop@gmail.com

REGION 6 NEWS & EVENTS

ADDRESS FOR REGION 6 DONATIONS:

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

Region 6 trustee contact:

Region6trustee@gmail.com

2021 Region 6 Spring Assembly

Scheduled for Saturday, April 10 and will be held virtually.

Fall Assembly planned:

September 24–25, 2021

Virtual Region Second Sunday e-workshops

3 pm – 4:30 pm: <https://oavirtualregion.org/news-events/events/vrworkshops/>

Schedule: March 14 “Courage to change the things I can”; April 11 A Spiritual Toolkit; May 9 “Relieve me of the bondage of self”—Losing our ego and re-aligning our will; June 13 The Sponsor – Sponsee Connection. <https://oavirtualregion.org>

OA WORLD SERVICE NEWS & EVENTS:

World Service 2021 Convention. Theme: “Walking in the Sunlight: One Day at a Time”, Dates: August 26-28, ‘21, Orlando, FL. <https://oa.org/world-service-convention/>

Friday, **March 12, 2021**– **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: Monday, April 12, 2021.**

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

For news, events, announcements & info, see the websites:

www.oambi.org; www.oaregion6.org; www.oa.org

The next MBI Meeting Dates – Save the Dates!

Saturday, April 17, 2021

Saturday, May 8, 2021

10:30 A.M. – 12:00 P.M. - ZOOM

BOARD & COMMITTEE CHAIRS *

- **MBI CHAIR**
Cathie B. (Lowell)
- **VICE-CHAIR**
Paulina S. (Lexington)
- **CORRESPONDING SECRETARY**
Cathryn C. (Georgetown)
- **RECORDING SECRETARY**
Beth P. (Newton)
- **TREASURER**
Jeanne K. (Chelmsford)

COMMITTEE CHAIRS

- **OFFICE**
Open
- **PROFESSIONAL OUTREACH PUBLIC INFORMATION**
co-chairs Beth P. (Newton), Willing(Quincy)
- **COMMUNICATIONS**
- **Newsletter:**
Mary P. (Quincy)
- **Webmaster:**
Jeanne K. (Chelmsford)
- **12 STEP**
Dave D. (Arlington)
- **BYLAWS**
Open

MEETING Representatives

Sunday 8:30am MBI Rep: Marie M
 Sun 5 pm Andover BBSS: Bobbie M
 Tue 9:30am BBSS: Diane C
 Wed 7pm Waltham: Eve W.
 Sat 8am N Andover: Cathryn C
 Sat 9am, NW hospital: Paulina S
 Sat 9am, Carney hospital: Mary P
 Sat 2pm, Chelmsford: Barbara Ann F

* 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

Did you know that every MBI meeting has a responsibility and a vote at the Intergroup Level?

Each MBI meeting must have an Intergroup Representative who attends the monthly MBI meetings. At your next Business Meeting please ask, does our meeting have an Intergroup Rep? and who is it? And are they willing and able to attend the monthly meetings?

If there is no rep, please nominate an Intergroup Representative. An Intergroup Rep's responsibility is to attend the monthly virtual business meetings and to communicate to your meeting members all the happenings from the monthly MBI meeting.

OA '90Day' Telephone Meetings* (EST)

Sunday 8-9AM(Big Book Disc)

Dial-In: 605-313-5146 Access Code: 616525#

Sunday 8:30-9:30AM (Men's meeting)

Zoom ID#- 88360650133

Dial-In: 1-669-900-9128, Access Code: sundaymen

Sunday 2-3pm (Big Book Disc)

Dial-In: 605-313-4477, Access Code: 423295#

Sunday 8-9pm(Spkr/Disc)

Dial-In: 515-604-9742, Access Code: 152802#

Monday 10-11 am(For Today/ Disc)

Dial-In: 515-606-5628, Access Code:361336#

Monday 6-7pm(Spkr/Disc)

Dial-In: 515-606-5432, Access Code: 342177#

Monday 8-9pm(Big Book Disc)

Dial-In: 605-313-4488, Access Code: 235224#

Monday 6:30pm, BBSS (Stoneham) Zoom meeting:

<https://us02web.zoom.us/j/71491935523?pwd=V3I3bW5kcTYzOUUpvNm96TFZmNUh1Zz09> Dial (646)558-8656 Meeting ID: 714 9193 5523 **Meeting Password: 1HdZpL**

Tuesday 9:30-10:30am(Women's meeting)

Dial-In: 605-313-5149, Access Code: 964221#

Tuesday 4:30-5:30pm(Spkr/Disc)

Dial-In: 712-775-7035, Access Code: 318539#

Tuesday 7-8pm

(Spkr/Disc)

Dial-In: 646-876-9923, Zoom ID# 72909580027

Wednesday 10-11am (Spkr/Disc)

Dial-In: 712-451-1095, Access code: 106702#

Wednesday 1-2pm

(Spkr/Disc)

Dial-In: 605-313-5144, Access Code:494591#

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: 605-313-5143, Access Code: 713226#

Saturday 8-9am (For Today/ Disc)

Dial-In: 605-313-5149, Access Code: 242083#

Sat 10-11:15am(Spkr/BB/ 12+12)

Dial-In: 1-346-248-7799

Zoom ID: 875 1073 1879 Passcode: 2020

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 www.oambi.org**