



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

April 2021

Page 1

My Program / Faith Journey

I was grateful to be asked to write on my Program (Faith) Journey for the MBI Newsletter. This dovetails so nicely with a commitment I am taking this evening: "Am I willing to accept spiritual help?" If I don't get a chance to share tonight, I am content in being able to share with you, now.

Is "My Program Journey" the same as "My Faith Journey"? For me, it is. Even all these years later I can still feel a bit self-conscious that perhaps this sounds fanatical or that I will turn people off by saying that the entire purpose of my demise via eating (bankrupt on every level) was to put me in touch with God and that my program is entirely about deepening that relationship. But for me that is true. When I am eating compulsively or when food takes on a higher importance in my life, I reap nothing but pain. And when I put God first and my program first, life goes so infinitely much easier.

I heard a quote today, "No one is born wise", and how true that is. The hope is that we learn from our experiences. When I first came in, they said to always share your numbers because this gave people hope and even fortifies my own faith. My last top weight was 213 pounds. It took me about a year to lose 90 pounds at a rate of about 8 pounds a month which, at the time, didn't seem fast enough. However, buying my way through four brand-new pants sizes was pretty darn good. It took many long hard years of pain and humiliation to get to my current "wisdom" and willingness. So now I pray every day that I retain and grow in this state.

In summation, I guess I'd just like to say that abstinence and life and contentment and my proximity to God gets easier and easier and better and better. Where I used to have to ask God for help with patience getting to meals, I no longer do. My meals are great, but they don't outshine the love for my nephews or joy in my friends. "What is the question? God is the answer". I don't have to take inconsiderate people's heads off anymore, and I don't beat myself up for sometimes reacting or feeling fear. Instead, I pause. I know this will pass. And then I say "thank you". Thank you for letting me talk about faith and trust and wisdom.

Wishing you all a wonderful, abstinent day,
Anne from Wellesley

INDEX

Committee Reports	Page 1-3
Update from World Service	Page 4
Upcoming Events (Please announce)	Page 5
MBI and telephone meeting info.	Page 6

Step 4: Made a searching and fearless moral inventory of ourselves.

Spiritual principle: COURAGE

OA Tradition 4

"Each group should be autonomous except in matters affecting other groups or OA as a whole."

Spiritual Principle: Autonomy

MBI NEWS !

Newsletter Report - March 2021

Thank you to everyone who helped put our April MBI Newsletter together. Many reports have the contributor's name after them. Cathryn C. gathered the information for pages 4 and 5. Other MBI members helped with proofreading.

If you are interested in contributing to the work of MBI, reflected in our newsletter, join us at our next Zoom business meeting 4/17 or 5/8/21, 10:30-noon. The Zoom link is in the calendar on our website: oambi.org.

Respectfully, Mary P, Newsletter Chair

MBI Treasurer's Report February 2021

\$2181.00 Income	\$2475.68 Expenses
\$294.68 expenses exceeded income	
Checking bal. 2/28/21	\$6363.84
Savings bal. 2/28/21	\$4006.57

In February, \$2181.00 of our income was from group donations (\$1269.40 through Stripe and \$911.60 from checks). The list of groups who donated in February is at the end of this report. **Thanks to all supporting MBI.**

Our February expenses: We paid \$455 for our February office rent. Our Verizon bill was \$165.32. We donated \$250.00 to WSO and \$250.00 to Region 6. Jeanne K. was paid \$50 for her January website work. Marina was paid \$90.00 for January and \$75.00 for February office work. We sent \$298.00 to WSO for the WSBC Registration. Our yearly office insurance of \$778.00 was also paid. We paid \$31.86 to Zoom for 2 (15.93) Standard Pro monthly plans. Sainly Solutions was paid \$32.50 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 February 2021

\$48.60	Andover, Sun. 5pm
\$103.88	Chelmsford, Sat. 2pm
\$136.32	Chelsea, Sat. 8am
\$19.26	Dorchester(90), Sat., 9am
\$25.00	Lynn, Sat., 8:30am
\$29.04	Milton, Wed., 7pm
\$123.61	Newton-W, Sat. 7:15
\$97.50	Newtonville(90), Sun, 5pm
\$35.59	Reading, Tues., 9:30am
\$135.48	Reading, Wed., 9:30 am
\$120.00	Reading, Wed., 6pm
\$35.59	Reading(90), Mon., 6:30pm
\$23.17	Stoneham, Sun. 8:30am
\$351.78	Swampscott, Sat. 8:30 am
\$9.48	Waltham, Wed., 7pm
\$146.60	Wellesley, Wed., Noon
<u>\$740.10</u>	Anonymous (6)

\$2181.00 TOTAL

MBI Office Activity Report March 2021

Phone calls received	6
Emails received	72
Emails sent	35
Checks & Cash Received	8
Newsletters sent	4
Meeting lists sent	0
Professional packets sent	0
Newcomer packets	0

Office Committee Chair Report – March

The office runs well. There has been some activity to update the bank debit card in the accounts set to Autopay. The professional packets materials have been delivered to Diane.

Marina - OAMBI office worker

12 Step Report - March 2021

The March Step 3 workshop was well attended and there were miraculous moments in the meeting.

This year’s Step 4 workshop is 4/24, a Saturday, from 10:30am to noon; Step 5 is on 5/15, same time, also Saturday.

The workshops are on Zoom, and it is possible to call in via phone. The Zoom information is at oambi.org in the calendar. 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 March:

This was what Jeanne reported at our PI/PO Working Group Meeting April 1. We discussed this at length. Jeanne committed to creating 1 ad in AdWords, and Will committed to writing something for the website about men in OA.

Report from R6 Meetings:

1. Jeanne K attended the Region 6 meeting on March 28 to present our PIBlitz application for outreach funding. Diane was also there in support. Our request was accepted on the condition that I amend the application because there was no money committed from MBI. Jeanne changed the cost of AdWords to be a total of \$900.00, \$300 of which would come from MBI and \$600.00 from Region 6. Jeanne amended the application the same night and sent it to Lynda B.
2. It seems that every Blitz funding application from other intergroups involved AdWords or website work.
3. On Tuesday evening Jeanne also attended the R6 Web & pub meeting. Most of the discussion was about what Region has done for AdWords, as well as Metro-West Intergroup. The discussion involved the price of keywords in ads, as well as how to coordinate between different intergroups that may be in competition for AdWords.

4. Jeanne asked the Metro-West webmaster if she thought they got a lot of traffic from their Facebook page, and she said no.
5. The most successful strategy is an ad targeting the 15 questions, which we had thought of. However, the Metro-West webmaster has a link to an interactive questionnaire (very slick). Jeanne thought perhaps we could link ours to a survey, another good idea from the workshop of words to use. (At the Working Group meeting April 1, we discussed building this into the MBI site rather than making it a separate survey link to make sure traffic goes to the MBI site.)
6. It was reported at the R6 Web meeting that most of the respondents to online ads were in younger age groups -the most hits were from women ages 18-24, and 2nd most hits were from women 25-34. Metro-West has a chat function that will connect you with an OA person – very useful.

Respectfully, Jeanne K, Beth P, Marie M

MBI Bylaws Committee Report - March

No recent updates. Cathy B, Jeanne K.

Webmaster Report - March 2021

On Fri, March 19, 2021, 5:41 pm, the March newsletter was delivered successfully to **275 Recipients**. Website was updated with latest newsletters, highlights, meeting list, events. A posts page was added to include writings from members as well as more key words as ongoing work to increase Search Engine Optimization.

Newsletter Statistics: 131 recipients opened (up from 96 last month), **29** Clicked, **0** Unsubscribed, Total opens **248**, Last opened 3/27/21, Abuse reports **0**.

New 7th Tradition button update: We received 18 contributions through our website from Feb 28, 2021 to Mar 24, 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://cdn.oambi.org/wp-content/uploads/2021/03/MBI-Newsletter-March-2021.pdf>

<https://cdn.oambi.org/wp-content/uploads/2021/03/March-2021-Highlights.pdf>

<http://OAMBI.ORG>

<https://oa.org/world-service-convention/>

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.

To the Young Person has been updated to include all-new recovery stories—plus a classic testimonial—submitted by young OA members. Also included is a revised questionnaire to help young people better decide if they have a problem with food. Available exclusively as an e-book on [Amazon](#), [Barnes & Noble](#), and [Apple](#) platforms.

"Where Do I Start?" Everything a Newcomer Needs to Know is now available as an e-book on [Amazon Kindle](#), [Apple Books](#), and [Barnes & Noble Nook](#). Combining several individual pamphlets along with other OA literature, the pamphlet is an in-depth guide for those new to program. Print copies ([#705](#)) are also available from the OA bookstore at bookstore.oa.org.

OA has developed four public information videos in 8-, 13-, 14-, and 60-second lengths. Please share these videos with your members, groups, and service bodies. Link the videos to your websites, include them in your newsletters and at your public information events, share them with your healthcare providers. The videos are on the [Podcast page](#) under Public Information.

Lifeline Sampler, a collection of over 200 stories from Lifeline magazine covering a wide variety of recovery topics, is now available in print again from Amazon (also available as an e-book) Go to amazon.com and enter <https://amzn.to/2NM4vgW> in the search bar.

"Meeting Transition Guidance" – a letter from World Service with suggestions about how to make face to face meetings into virtual/ phone meetings is available for download:
<https://oa.org/app/uploads/2020/11/Meeting-Transition-Guidance.pdf>

"Lifetime of Abstinence: One Day at a Time" This pamphlet combines several older pamphlets which have been discontinued. It contains practical suggestions for how to build and develop a recovery program as well as compassionate advice on the multifaceted disease that is compulsive eating. It 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.

Temporary Sponsors: Newcomers' First Twelve Days, a new piece of OA literature, gives a suggested format for temporary sponsors to use when introducing newcomers to the program. Each day includes readings from the pamphlet *Where Do I Start? Everything a Newcomer Needs to Know*. Download this free guide from oa.org/sitemap under "Group Resources".

NEWLY UPDATED: the Twelve Step Workshop and Study Guide, Second Edition (#960-2) is an in-depth resource for leading groups or individual sponsees through the twelve steps.

NEWLY AVAILABLE: the Participant Guide for Twelve Step Workshop and Study Guide, Second Edition (#965) has the pages attendees and sponsees need in order to participate in the Twelve Step Workshop and follow along with the leader. Both are available through the OA [bookstore](#).

OA's Suggested Meeting Formats now include OA's updated definitions of "Abstinence" and "Recovery" and the new suggested contribution of five US dollars. Find and download these in the [documents library](#) under "Meeting Formats."

**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 4 Workshop is on Saturday, **April 24, 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 5 Workshop is on Saturday, **May 15** from 10:30-noon. Same Zoom information.

MA/NH STATE INTERGROUP NEWS & EVENTS

MWI Workshops:

Newcomer's Workshop is last Sunday of every month, 1:30pm EST. Next: 4/25. To access: <https://metrowestoa.org/news-and-events/>

MWI will be holding workshops the first Sunday of the month, 1:30pm EST. Next one is May 2nd. <https://www.metrowestoa.org/news-and-events/>

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: 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>

VR Phone Marathons are being held during many important holidays this year.

<https://oanova.org/2020-marathon-phone-meetings-2/>

90-Day VR is holding a newcomer's workshop series: "Welcoming the Newcomer" on Saturdays, 4/17 and 5/15, noon EST.

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/>

Monday April 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: Wed., May 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**