



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

May 2021

Page 1

FROM DIETING TO SPIRITUAL AWAKENING

I was a perpetual dieter for more than half of my life. I am Terri O. from Waltham. I am a Food Addict /Compulsive Overeater, grateful to be in recovery. January 30th marked the miracle experience of 30-years of sustained abstinence, and release of 60 lbs. I grew up with the notions that Food was Love, Life, Soother. I ate my way through childhood into obese adolescence when I discovered dieting. And from then on, I was continually starting a diet, giving up a diet, looking for another diet, spending money on diets – and experiencing frustration and failure. My living at any present moment was usually discontented, and my head was in the future. I thought that if only I could just get to a perfect weight, my life would be perfect. But then, when I would control my eating with a diet, those feelings that I had usually pushed down with food, would surface, Life disappointed me again. And I would want relief, and so would eat compulsively again. And again. In my mind the cause was someone else's fault. Whatever the fear or disappointment– it didn't take much to send me back to the vending machine, fridge or pantry looking for relief in food.

By some "miracle," I found the road "home" to safety in OA. I didn't come to OA for a Spiritual Awakening! I didn't know such a thing was even to be sought. I had used OA as a diet my first time around in 1979 – lost weight, gained it back, lived in relapse for another 11+ years. Then in 1991 on my desperate return to OA, I was told that the Twelve Steps distinguish OA from any of the other weight management options I'd tried. I was instructed to read the Big Book of Alcoholics Anonymous slowly translating "alcoholic" as "compulsive overeater." Making that vocabulary substitution revealed much that I could relate to. I could feel myself on Bill's spiral downward, and, in the case studies of those who relapsed, see my own misguided thinking that someday soon I could eat the way I wanted to with no unwanted consequences.

The early pages of the Big Book talk about needing a "vital spiritual experience." I thought I had this covered because I believed myself to be a woman of faith. But there it was on p. 27, "...while her religious convictions were very good...they did not spell the necessary vital spiritual experience." Then on page 43, I was really struck by the words, "The [compulsive overeater] at certain times has no effective mental defense against the first [bite]... neither she nor any other human being can provide such a defense. Her defense must come from a Higher Power." This must mean that my relationship with food had to change, be given to God, be wrapped in God's protection. That did not come easily but it did come through committing my food to my sponsor and following her suggestions to pray for help and imitate the example of "the OA winners." That meant getting to work on the Twelve Steps. I joined an AWOL. And instead of serial dieting, I began "serial" systematic 12-step studies in AWOLs and the Big Book Step Study Process. And each time I worked through the 12 Steps, my friendship and partnership with God in my life became – and continues to become – more vital and rich. And with that spiritual vitality came more contentment and satisfaction in living, especially in my relationships, as abstinence became my way of being.

This program cannot be done alone! I need God. I need my sponsors. I need my OA Fellows. This axiom gleaned from the literature has guided me: FAITH IN GOD + MENTAL RE-EDUCATION = MODERN MIRACLE. Thank you, All, for being part of my "miracle!"

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Step 5: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Spiritual principle: INTEGRITY

OA Tradition 5

"Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers."

Spiritual Principle: Purpose

MBI NEWS !

Newsletter Report - May 2021

Thank you, Terri O and Eve W, for page one! Thank you everyone who has contributed to creating this newsletter.

If you are interested in contributing to the work of MBI, reflected in our newsletter, join us at our next Zoom business meeting 5/8 or 6/12/21, 10:30-noon. The Zoom link is in the calendar on our website: oambi.org.

Respectfully, Mary P, Newsletter Chair

MBI Treasurer’s Report - March 2021

\$2327.45 Income	\$997.04 Expenses
\$1330.41 income exceeded expenses	
Checking bal. 3/31/21	\$7694.25
Savings bal. 3/31/21	\$4006.61

In March, \$2178.45 of our income was from group donations (\$1234.45 through Stripe, \$944.00 from checks) and a reimbursement from Region6 of \$149.00 for one WSBC Registration. The list of groups who donated in March is at the end of this report. **Thanks to all supporting MBI.**

Our March expenses: We paid \$455 for our March office rent. Our Verizon bill was \$165.32. Jeanne K. was paid \$50 for her February website work. Marina was paid \$120.00 for February 28 to March 14 office work. We paid \$31.86 to Zoom for 2 (15.93) Standard Pro monthly plans. Sainly Solutions was paid \$5.62 updates to the MBI website. We purchased \$45.50 in stamps and 50 *Where Do I Start* Pamphlets from WSO for \$60. We also had a onetime yearly fee of \$63.74 for our yearly Norton Antivirus plus software for office computer.

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 March 2021

\$ 82.83	Andover (BBSS) Sun 5 pm
\$ 136.62	Boston Fri 12:15 pm
\$ 595.50	Cambridge Sat 9:30 AM
\$ 23.17	Chelmsford Sat 2pm
\$ 97.50	Dorchester Sat 9am
\$ 123.60	Lynn Sat 8:30 am
\$ 32.00	Medford Sat 9 am
\$ 58.38	Milton Wed 7pm
\$ 156.00	Milton Wed 7pm
\$ 48.60	Newtonville Sun 5pm
\$ 43.41	Newton Wellesley Sat 8:15am
\$ 19.26	North Andover Mon 6pm
\$ 19.26	North Andover Sat 8am
\$ 73.60	Reading Tues 9:30 am
\$ 9.48	Reading Wed 6pm
\$ 48.60	Reading Wed 9:30 am
\$ 138.53	Stoneham sun 8:30am
\$ 19.26	Swampscott Tues 7pm
\$ 33.60	Waltham Wed 7pm
\$ 19.26	Winthrop Tues 7pm
\$ 400.00	ANON
\$2,178.45	Total

MBI Office Activity Report April 2021

Phone calls received	6
Emails received	22
Emails sent	15
Checks & Cash Received	2
Newsletters sent	4
Meeting lists sent	0
Professional packets sent	0
Newcomer packets	0

Office Committee Chair Report – April

The office was less active in April. Only two checks, fewer emails than usual. To sum up: no news, good news.

Marina - OAMBI office worker

12 Step Report – April 2021

When working the Steps, we are in part clearing away the residue of our resentments, allowing our minds to more clearly hear guidance from Higher Power as to the next right thing. This year’s Step Six and Step Seven workshop is June 19, a Saturday from 10:30 to noon. The workshop is on Zoom, and it is possible to call in via phone. The zoom information is available on oambi.org. I can be reached at 781-835-5017 for more information.

Respectfully, Dave D, 12 Step Chair

MBI MEETINGS DATES –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 - April

“What gets measured, gets done.” That was the rallying cry from our co-chair, Willing P, last month. Prompted by the Region 6 representatives who attended our March MBI meeting, the PI/PO working group devised a plan, approved at the April MBI meeting, to ask our intergroup reps to count attendance, including newcomer attendance, at MBI virtual meetings. This data will be used to assess whether members are remaining in contact with the OA community amid the ongoing COVID-19 pandemic, and help us inform efforts to return to in-person meetings.

SEEKING INTERGROUP REPS: It is still our goal to establish an intergroup representative at every MBI member meeting. We have had several new reps join us so far in 2021, but many meetings still have not appointed one to this service position. Anyone interested in serving as a liaison to MBI from a member meeting is invited to attend our monthly meetings. You are under no obligation to join MBI to attend our meeting and hear about our

work, but, of course, we’d love it if you joined us!

We are also seeking volunteers to help with public information and professional outreach. If you’re interested in carrying the OA message to doctors, nurses, nurse education programs, medical schools, therapists, employee assistance program staff, spiritual advisors, clergy and compulsive overeaters everywhere who still suffer, call Marina at the MBI office, 781-641-2303, or email info@oambi.org for a FREE packet.

Respectfully submitted, Beth P. Co-chair

MBI Bylaws Committee Report - April

No recent updates. Cathy B, Jeanne K.

April 2021 Webmaster Report

Website updated with latest newsletters, highlights, meeting list, WSO Bulletin, posts, and events.

New 7th Tradition button update: We received 19 contributions through our website from April 1, 2021 to April 30, 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!***

Newsletter Email Statistics

Delivered: Tue, Apr 20, 2021 10:32 am
Audience: Over 65% Female, from 55 and up
1 Bounced 0 Unsubscribed

Successful deliveries 279 Total opens 346
Last opened 5/3/21 12:20PM

Top links clicked

14 <https://cdn.oambi.org/wp-content/uploads/2021/04/MBI-Newsletter-April-2021.pdf>

6 <https://cdn.oambi.org/wp-content/uploads/2021/04/April-2021-Highlightsb.pdf>

5 <http://OAMBI.ORG>

Respectfully submitted, Jeanne K., webmaster

A Man in OA?

When I joined my wife in OA, 50 pounds gradually disappeared and my health improved. More importantly, I discovered new choices I could make which transformed our marriage to a new level.
Willing P

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.

New! "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 several discontinued pamphlets. Available as a [pamphlet](#) on the OA bookstore and as an e-book on [Amazon Kindle](#), [Barnes & Noble Nook](#), and [Apple Books](#) platforms for US \$1.00.

New! "In OA, Recovery is Possible: About Compulsive Eating and the OA Program of Recovery" (#135), combines several discontinued pamphlets and focuses on defining compulsive eating and answering questions about program basics. Available as 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.

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>

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 5 Workshop is on Saturday, **May 15, 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=b05BR0UvV0kva0Z0c0NaZ3pOTlhUT09> Meeting ID: 879 0006 6451 Password: 369375, or call 1-929-205-6099, same ID & password. Zoom active at 10:15am.

MBI Step 6 & 7 Workshop is on Saturday, **June 19** from 10:30-noon. Same Zoom information.

Coming Back to OA Workshop June 26, 10:30-12N. A panel of speakers will share how they returned to program after relapse and achieved abstinence. All are welcome. The Zoom link will be posted on the MBI Website calendar.

MA/NH STATE INTERGROUP NEWS & EVENTS

MWI Workshops:

Newcomer's Workshop is last Sunday of every month, 1:30pm EST. Next: 5/30. To access: <https://metrowestoa.org/newcomers/>

North Shore Intergroup zoom meeting, "Stepping Into Summer...Celebrate the Sunlight of the Spirit", May 22, 11am - 12:30pm. Two speakers and time for reflection and sharing. Free. <https://www.oanorthshoreintergroup.org/upcoming-events/#page-content>

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

Fall Assembly planned:
September 24-25, 2021

Virtual Region Second Sunday e-workshops

3 pm - 4:30pm.

VR Fourth Saturday e-workshops 12:30-2pm.

For full schedules of both workshops, go to: <https://oavirtualregion.org/virtual-region-workshop/>

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

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

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/>

Wednesday, May 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: Sat., June 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, May 8, 2021

Saturday, June 12, 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

Sun 5 pm Andover BBSS: Bobbie M
 Tue 9:30am BBSS: Diane C
 Wed 9:30am Stoneham: Paulina S
 Wed 7pm Waltham: Eve W.
 Sat 8am N Andover: Cathryn C
 Sat 7:15am, NW hospital: Deb
 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 can 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**