



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

June 2021

Page 1

## **FROM CHAOTIC REACTING to GOOD ORDERLY DIRECTION.**

I was so lost for so long. About the age of seven, I just no longer knew what was happening. My family members would be content, active, sociable and then they would be angry, crying, and unapproachable. I thought I figured out that the bottle of clear liquid in the cupboard was the problem. I emptied that bottle's contents into the sink and re-filled the bottle with water. I was wrong though. Even with water in that bottle, moods shifted, and behavior changed, and no one seemed to know what to do.

My solution became to hide, and to eat. I really tried not to ask any questions or to show any emotion so that my family would stay happy. When I had no idea what something meant or what I was feeling, I would guess. My thinking got very binary. Not only did I guess right or wrongly, my head told me "I" was right or wrong. I felt good or bad. Other people were "good" or "bad." Everything became a judgement. I was essentially terrorizing myself and had no idea how to stop.

What I did know and feel, was the pleasure I got from certain foods. I got very confused again. I tried to get more or the most of certain foods while trying to avoid or get out of eating other food. I wanted to control people and situations but with one taste or bite of certain foods, I lost all control. I ate the whole thing, bag or box, not really hungry when I started and not full when I finished. The weight came on and I began to feel anger, shame, and humiliation. I did not think anyone could help and I had no idea how to ask if someone could.

I am tremendously grateful to write that my parent with alcoholism got sober and got to AA. I heard a professional working with my parent say that alcoholism is a family disease and I needed treatment too. I was directed to 12 step recovery meetings which led to my first Sponsor. My Sponsor helped me study the Big Book, to get to Big Book step study meetings and to work through the 12 steps. It was suggested that I identify and not compare. I listened and learned and began to heal. I did not have to guess or hide anymore. I heard others who thought and felt like I did.

A priceless gift! Freedom! I acknowledged my powerlessness over food and, basically, everything! I was teachable, and able to ask for help for the first time in years (decades really.) The more I let go of my ideas, the more I could feel joy and let in truth and helpful information. I could follow directions which led to more meetings, specifically OA meetings and my OA Sponsor. The incredibly good orderly direction from my Sponsor resulted in my having a plan of eating and this "program of recovery that works in rough going" (Big book of AA). I still get confused at times, but I have our OA fellowship and a gracious, gentle, and all-powerful Higher Power to point me in the help-full, hope-full direction.

Thank you, OA! Cathie B.

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**Step 6:** Were entirely ready to have God remove all these defects of character.

**Spiritual principle:** WILLINGNESS

**OA Tradition 6**

*"An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose."*

**Spiritual Principle: Solidarity**

**MBI NEWS !**

**Newsletter Report - June 2021**

Thank you to everyone who has contributed to creating this newsletter. Thank you Cathie B. for providing your recovery share for page 1.

If you are interested in contributing to the work of MBI, reflected in our newsletter, join us at our next Zoom business meeting 6/12 or 7/10/21, 10:30-noon. The Zoom link is in the calendar on our website: [oambi.org](http://oambi.org).

Respectfully, Mary P, Newsletter Chair

**MBI Treasurer’s Report - April 2021**

\$ 796.08 Income      \$733.17 Expenses  
 \$ 63.10 income exceeded expenses  
 Checking bal. 4/30/21      \$7286.23  
 Savings bal. 4/30/21      \$4006.64

In April, \$796.08 of our income was from group donations (\$796.08 through Stripe, \$0 from checks). The list of groups who donated in April is at the end of this report. **Thanks to all supporting MBI.**

Our April expenses: We paid \$455 for our April office rent. Our Verizon bill was \$165.32. Jeanne K. was paid \$50 for her February website work. We paid \$31.86 to Zoom for 2 (15.93) Standard Pro monthly plans. Office supplies totaled \$19.74. Sainly Solutions was paid \$11.25.

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](mailto:webmaster@oambi.org) and leave a message at the MBI office for Jeanne K. 7<sup>th</sup> 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](mailto: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 April 2021**

\$ 28.74	Andover (BBSS) Sun 5 pm
\$ 25.13	Cambridge Sat 9:30 AM
\$ 54.08	Chelmsford Sat 2pm
\$ 4.59	Dorchester Sat 9am
\$ 28.95	Lynn Sat 8:30 am
\$ 33.93	Milton Wed 7pm
\$ 72.75	Newton Wellesley Sat 7:15am
\$ 37.84	North Andover Mon 6pm
\$ 38.82	North Andover Sat 8am
\$ 48.60	Reading Tues 9:30 am
\$ 48.60	Reading Wed 9:30 am
\$ 52.51	Reading (BBSS) Tues
\$ 58.38	Reading/Stoneham Mon. 6:30pm
\$ 243.90	Waltham Wed 7pm
<u>\$ 19.26</u>	ANON
<b>\$796.08</b>	<b>Total</b>

**MBI Office Activity Report - May 2021**

Phone calls received	6
Emails received	24
Emails sent	17
Checks & Cash Received	4
Newsletters sent	4
Meeting lists sent	0
Professional packets sent	0
Newcomer packets	0

**Office Committee Chair Report – May**

The office is working smoothly. There is a new and exciting thing: the speakers and sponsors database is taking shape. Call the office (781-641-2303) if you want to find a speaker or a sponsor. There are three categories of speakers and sponsors: 90 days, HOW and BBSS.

Marina - OAMBI office worker

**12 Step Report – May 2021**

One never knows when one is going to get a clear message from HP, and abstinence helps me hear those messages. The Step 5 Workshop went very well. Steps 6 & 7 combined is at the usual time, 10:30 to noon on Saturday, June 19. The Coming Back to OA Workshop-part 1, is on June 26, 10:30 to noon. This workshop is for those who are or have been experiencing relapse; we welcome sponsors with time available. Both workshops are on Zoom. See p. 5 announcements or the calendar on the oambi.org website. Call me at 781-835-5017 for info and help with Zoom.

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 – May 2021**

This month, we have mostly focused on recording attendance and newcomer numbers at MBI member meetings that are being held virtually. It’s difficult to pin down an average for our meetings on either count – we range from attendees per meeting to as many as 140! Similarly, while most meetings saw at most one or two newcomers, the Wednesday 90-day meeting at 7pm previously held in Waltham had one meeting that recognized seven, only two of whom were returning or not new to OA. We will continue to record and glean insights from this data. Thanks to Intergroup Reps and MBI board members doing the important service of reporting attendance numbers – it will be important in determining how to serve our member meetings best going forward.

Seeking Intergroup Reps: It is still our goal to establish an intergroup representative at every MBI member meeting. Anyone interested in servicing as a liaison to MBI from a member

meeting is invited to attend our monthly meetings. Join us as a visitor to hear about our work!

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](mailto:info@oambi.org) for a FREE packet.

Respectfully submitted, Beth P. Co-chair

**MBI Bylaws Committee Report - May**

No recent updates. Cathy B, Jeanne K.

**Webmaster Report – June 2021**

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

**New 7th Tradition button update:** We received 23 contributions through our website from May 1, 2021 to May 31, 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: Thu, May 13, 2021 8:21 pm  
 1 Bounced 0 Unsubscribed  
**Successful deliveries 278**, Total opens **219**  
 Last opened 5/31/21 11:07PM

**Top links clicked**

<https://cdn.oambi.org/wp-content/uploads/2021/05/MBI-Newsletter-May-2021.pdf>

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

<https://cdn.oambi.org/wp-content/uploads/2021/05/May-2021-Highlights.pdf>

<http://OA.org>

<https://oaregion6.org/2021/>

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](http://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](http://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](http://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](http://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 Steps 6 & 7** Workshop is on Saturday, **June 19, 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.

**Coming Back to OA Workshop** June 26, 10:30-12N. A panel of speakers will share how they returned to program after relapse, achieved abstinence and maintain it. All are welcome. First of a 3 part series: upcoming dates 9/25 and 11/6. Zoom Meeting ID:879 0006 6451 Password: 369375, or call 1-929-205-6099. Can call 10:15a. Zoom link at <https://oambi.org> on calendar.

**MA/NH STATE INTERGROUP NEWS & EVENTS**

**MWI Workshops:**

Newcomer's Workshop on the last Sunday of every month, 1:30pm EST. Next: 6/27. To access: <https://www.metrowestoa.org/news-and-events/>

MWI is also holding workshops the first Sunday of the month, 1:30-2:30pm ET. To access: <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](mailto:Region6trustee@gmail.com)

**2021 Region 6**

Fall Assembly planned:

September 24-25, 2021

**R6 Virtual Convention**, "Together We Can" Oct. 22-24/2021. Registration is now open.

<https://oaregion6.org/2021/>

**Virtual Region Second Sunday e-workshops**

3 pm - 4:30pm. 6/13 The Sponsor-Sponsee connection.

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

6/26 Anonymity as a spiritual principle.

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. Reservations now open!

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

**Saturday, June 12, 2021- Twelfth Step Within**

**Day.** A day to focus on carrying the 12<sup>th</sup> Step message and reach out to OA members in relapse or still suffering. **Next: Mon., July 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](http://www.oambi.org); [www.oaregion6.org](http://www.oaregion6.org); [www.oa.org](http://www.oa.org)

**The next MBI Meeting Dates - Save the Dates!**

**Saturday, June 12, 2021**

**Saturday, July 10, 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.  
 Wed 7pm, Milton: Willing P  
 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](mailto: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 send an Intergroup Representative who attends the monthly MBI meetings. At your next Business Meeting, please ask, does our meeting have an Intergroup Rep? Who is it? 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: 88360650133

**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=V3I3bW5kcTY2oUpvNm96TFZmNUh1Zz09> 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](http://www.oambi.org)