



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

September 2021

Page 1

“Grant me the serenity to accept the things I cannot change . . .”

My name is Adina, and I am a compulsive overeater and food addict. I’ve been in program for over 2 years now and without this work I would be in a very different place.

Going to my first meeting, I remember freezing in my car and almost driving away. I had admitted that I needed help; accepting that help was another story. I did go inside, and I remember not saying anything during the meeting, though I listened. What I heard was shocking to me. It was my story coming out of another person. How could this person know I felt that way too?

Like many things in my life, I was determined to do this on my own, no sponsor. At first, I was convinced I was doing well. I had cut out flour and sugar; I could do that on my own. After 2 weeks I had that internal conversation that said, “See, I can do this if I really want to,” and “I’ve proven I can do it, I just don’t want to.” Thinking about it now, I know I was still being controlled by my addiction.

I came ‘back’ to program a few months later and told myself I would not leave that meeting without a sponsor. I know now my Higher Power was at work that day. I had nearly left when I met someone else heading to the meeting who could show me where to go, and I DID find a sponsor that day.

I learned quickly that program was helping me in ways I never thought it would. I had better focus and was more present to my surroundings. I learned how to take a moment and breathe, or make a call when things felt tough.

Fast forward to where I am now, I’ve been abstinent for over 2 years, and I’ve gotten even more out of program than I expected. My family and I are dealing with a crisis and my reaction now is very different from what it would have been. Pre-program, I would have gone out and binged on pretty much anything I could get my hands on. Now, my first instinct was to reach out and talk to someone in program.

My reaction now is to work through my feelings and understand that they won’t go away overnight, but also remind myself that this crisis is something out of my control. It’s what we say every time we recite the Serenity Prayer. “Grant me the serenity to accept the things I cannot change...” I cannot change my family’s situation. I am working on my acceptance of this, and I keep working my program.

I know I’m going to have my weighed and measured meals three times a day. I’m going to three meetings this week. I’m going to reach out to other members and do service where I can.

The OA community and 12-step program have helped me so much, and I plan to keep working my program to the best of my ability. Thank you, Adina

On page 8 of this newsletter is a tribute to Pat C., who was a dear friend, mentor, and teacher to many of us in MBI. Pat passed away quietly in her sleep on September 9th.

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Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Spiritual principle: LOVE

OA Tradition 9

"OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."

Spiritual Principle: Structure

MBI NEWS !

Newsletter Report - September 2021

Thank you to everyone who has contributed to creating this newsletter. Thank you, Adina, for contributing your recovery share for page 1. If anyone is interested in contributing to the work of MBI, reflected in our newsletter, join us at our next Zoom business meeting 10/16 or 11/13/21, 10:30-noon. The Zoom link is in the calendar on our website: oambi.org.

Respectfully, Mary P, Newsletter Chair

MBI Treasurer's Report - July 2021

\$ 1344.61 Income \$ 837.41 Expenses
 Income exceeded expenses \$507.20
 Checking bal. 7/31/21 \$5949.19
 Savings bal. 7/31/21 \$4006.74

In July, \$1344.61 of our income was from group donations (\$1144.61 through Stripe, and \$200.00 in Check donations). The list of groups who donated in July is at the end of this report. **Thanks to all supporting MBI.**

Our July expenses: We paid \$480 for our July office rent. Our Verizon bill was \$165.70. We paid \$31.86 to Zoom Standard Pro monthly plan (July 15 & 29). We paid Marina S. \$45.00 for office work, Jeanne K. \$50.00 as webmaster, and Saintly Solutions \$18.75 (web hosting). Our 2020 Tax returns have been submitted. The Mass State Tax form was sent by mail with the required fee of \$35.00 at a cost of \$11.10.

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, Jeanne K., MBI Treasurer

Group Donations July 2021

\$ 252.75	ANON
\$ 48.60	Andover (BBSS) Sun 5PM
\$ 341.70	Cambridge (HOW) Sat 9:30 AM
\$ 48.60	Medford Sat 9:00 AM
\$ 95.92	Newton Wellesley (90) Sat. 7:15AM
\$ 50.00	North Andover
\$ 48.60	Reading (BBSS) Tues. 9:30AM
\$ 26.11	Reading Wed 6PM
\$ 146.49	Reading/Stoneham (BBSS) Mon 6PM
\$ 176.11	Stoneham (90 FF) Sun 8:30AM
\$ 109.73	Waltham Wed. 7PM
\$1344.61	Total

MBI Office Activity Report - August 2021

Phone calls received	7
Emails received	43
Emails sent	15
Checks & Cash Received	12
Newsletters sent	4
Meeting lists sent	1
Professional packets sent	0
Newcomer packets	0

Office Committee Chair Report – August

There were an unusually large number of checks in August, for the La Salette retreat. What a shame that COVID has reared its ugly head again and we had to cancel this year as well. Several people enquired on the phone about in person meetings. So far there are none in MBI that I am aware of.

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 – September 2021

As the openness of summer subsides, let us remember, as we move into fall and winter, that HP is always open to us. -

The Step 9 Workshop will be 9/18/21,
Saturday, 10:30am to Noon.

The Step 10 Workshop will be 10/23/21,
Saturday, 10:30am to Noon.

The Coming Back to OA, part 2, Workshop, will be 9/25/21, 10:30am to Noon. That workshop is for folks who have been away from the halls or challenged by relapse. Sponsors with time available are welcome.

Call me at 781-835-5017 for info and help with Zoom. Zoom info for all workshops will be in the calendar at oambi.org.

Respectfully, Dave D, 12 Step Chair

MBI MEETINGS DATES –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–Aug. 2021

We are continuing to explore ways to apply our Region 6 grant for website optimization. Jeanne and Beth have followed up to begin search engine optimization for our website, and Jeanne has begun the Google AdWords ad placement process. Willing is working on drafting updates to our bylaws’ description of the intergroup rep position and duties.

Developing Intergroup Reps (IGR) remains an important area of focus for our committee. We are compiling a master list of all the groups and their IGR and their phone numbers. This information can be sent to Willing P at: Willing@TheThirdAgenda.com.

We want to increase outreach from our meetings to the MBI meetings. Currently, IGRs are giving group attendance numbers to Beth P., reporting both number attending weekly and number of newcomers. We also want to increase sharing of information from the MBI Board meetings to MBI groups. We want to encourage group members to share their success in OA with their physician or healthcare worker and let them know MBI can provide an experienced speaker for presentations for staff meetings and professional development.

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.

Anyone interested in serving as a liaison to MBI from a member meeting is invited to attend our monthly MBI business meetings as a visitor to hear about our work!

Respectfully submitted, Beth P. Co-chair

MBI Bylaws Committee Report - August

Currently reviewing bylaws related to Intergroup Reps. Cathy B, Jeanne K.

Webmaster Report – August 2021

The OAMBI website was updated with latest newsletters, highlights, meeting list, WSO Bulletin, posts, and events. Also, we are still working out the details on the Google ads.

7th Tradition button update: We received 10 contributions through our website from July 28 to Aug 31, 2021. Occasionally a donation will not go through the first time if there is a connection problem along the way. Usually trying again later will work. ***If you have a problem, let us know!***

Newsletter Email Statistics

Delivered: Wed, Aug 18, 2021 10:25 am
3 Bounced 0 Unsubscribed

Successful deliveries 286, Total opens 298
Last opened 8/25/21 5:54PM

Most popular links:

- <https://cdn.oambi.org/wp-content/uploads/2021/08/MBI-Newsletter-August-2021.pdf>
- <https://oambi.org/>
- <https://cdn.oambi.org/wp-content/uploads/2021/08/MBI-August-2021-Highlights.pdf>
- <https://us02web.zoom.us/j/84658800386?pwd=bFdDR1lscDIUwTEhGQ3lDenNSTDFrdz09>
- <https://oaregion6.org/2021/>
- <http://OA.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.aa.org. Check with your Intergroup Rep if you don't have internet access.

Latest News:

Please Review: On page 7 of this newsletter is a letter from OA Board of Trustees to all meetings who are screensharing OA materials. **Please review this letter and share it with your meeting if your meeting is screensharing OA materials.**

"Working the Program. A New Plan of Eating" is a new OA pamphlet that replaces "Dignity of Choice" and "A Plan of Eating."

OA is updating the pamphlet, **"A Common Solution: Diversity and Recovery"**, and seeking stories that express the experience, strength, and hope of under-represented groups within the fellowship. You can download the call-for-stories flyer at the aa.org website. Help others find hope by sharing how the OA recovery program has helped you. Deadline is 10/31/21.

"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.

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.aa.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.

"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://aa.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 aa.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, and for information on meetings that have resumed face to face meetings.

Go to OA.org to change your meeting profile to reflect the latest changes in your group's status.

MASS BAY INTERGROUP NEWS & EVENTS:

MBI Step 9 Workshop is on Saturday, **Sept. 18, 2021**, from **10:30-noon**. The OA 12 & 12 will be used, followed by 2 speakers & open sharing.

Coming Back to OA Workshop, Part 2, September 25, 2021, 10:30-12N. A panel of speakers will share how they used the Tools to achieve and maintain their abstinence. All will be welcome. Final Workshop: Nov. 6, 2021.

MBI Step 10 Workshop is on Saturday, **Oct. 23, 2021**, from **10:30-noon**. The OA 12 & 12 will be used, followed by 2 speakers & open sharing.

Zoom links for all three workshops will be on the oambi.org website in the calendar. Zoom will be active at 10:15am. See Step 12 report for more info.

MBI Fall Retreat: "Fall into Recovery – Practicing these Principles in All Our Affairs". The La Salette retreat has been cancelled. **A Zoom event is scheduled for October 10, 2021, from 2-5pm. Registration is required with no fee.** The registration form is on oambi.org website, in the calendar, under 10/10/21. The Zoom information will be given to those who register in the week before 10/10/21.

MA/NH STATE INTERGROUP NEWS & EVENTS:

MWI Newcomer's Workshop on the last Sunday of every month, 1:30-2:30pm ET. Next: 9/26. To access: <https://www.metrowestoa.org/news-and-events/>

MWI will be holding **workshops** the first Sunday of the month, 1:30-2:30pm ET. <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

REGION 6:

Region 6 Virtual 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:

Virtual Region Second Sunday e-workshops

3 pm – 4:30pm. 10/10-Applying the Traditions in Daily Life, 11/14 – "To carry the message to other compulsive overeaters."

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

9/25-Step 10-How to Turn It Around, 10/23 "Sponsor and Sponsee – A Unique Relationship."

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:

Tuesday, Oct. 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: Friday, November 12.**

**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, October 16, 2021

Saturday, November 13, 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 8:30am, Stoneham, Alice
 Sun 5 pm, Andover BBSS: Bobbie M
 Sun 5 pm, Newtonville, Eve W
 Wed 9:30am, Stoneham: Paulina S
 Wed 7pm, Waltham: Donna
 Wed 7pm, Milton: Willing P
 Sat 8am, N Andover: Cathryn C
 Sat 7:15am, NW hospital: Deb
 Sat 8:30am, Lynn: Karen C
 Sat 9am, Carney hospital: Mary P
 Sat 9:30am, HOW meeting: Austine
 Sat 2pm, Chelmsford: Barbara Ann F

**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 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 PW: sundaymen
 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: 681-999-0125, Access Code: 152802#

Monday 10-11 am (For Today/ Disc)

Dial-In: 240-591-0217, Access Code:361336#

Monday 6-7pm (Spkr/Disc)

Dial-In: 240-591-0206, 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=V3I3bW5kcTY2Z0pVNm96TFZmNUh1Zz09Dial> (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, Access Code: 72909580027

Wednesday 10-11am (Spkr/Disc)

Dial-In: 540-792-0084, Access code: 106702#

Wednesday 1-2pm (Spkr/Disc)

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

Wednesday 8-9pm (Spkr/Disc)

Dial-In: 681-999-0125, Access Code: 152802#

Thurs 8-9pm (Spkr/Disc)

Dial-In: 412-924-7121, 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 Access code: 87510731879
 Zoom ID: 875 1073 1879 Passcode: 2020

Saturday 4-5 pm (Spkr/Disc)

Dial-In: 434-300-4186, 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**

8/25/2021

RE: Screen Sharing OA-Owned Material

To Overeaters Anonymous groups and members:

Over the past eighteen months, with the need to meet virtually as a result of the global health emergency, most OA meetings have been meeting using virtual means. Groups are primarily using web-based applications, such as Zoom and MS Teams.

At the World Service Business Conference committee meetings, questions arose from the delegation as to the appropriate use of OA-owned material protected by copyright with regards to online screen sharing or online posting when the OA material is purchased or downloaded for free from oa.org. OA members will appreciate that all OA materials are protected under copyright law, and the copyright is owned by Overeaters Anonymous, Inc. Any unauthorized reproduction and distribution of OA material is considered copyright infringement. The materials that are downloadable for free at oa.org are authorized by Overeaters Anonymous, Inc. to be screenshared during a registered OA group meeting. This includes all files in the Document Library on oa.org, as well as:

- [The Twelve Steps of Overeaters Anonymous](#)
- [The Twelve Traditions of Overeaters Anonymous](#)
- [The Twelve Concepts of OA Service](#)
- [The OA Preamble](#)
- [Our Invitation to You](#)
- [The Fifteen Questions](#)
- [The Tools of Recovery \(abridged\)](#)
- Welcome Home! (Abridged) - found on page nine of the [Suggested Meeting Format](#)
- [The OA Promise \(I Put My Hand in Yours\)](#)
- [The OA Responsibility Pledge](#)

When sharing OA materials that were downloaded for free from oa.org, cite the source by adding the following copyright statement: "Copyright Overeaters Anonymous. All rights reserved." It is recommended that the statement appears on each page that is screen shared.

All other OA material may not be photocopied, quoted by being retyped into a new document, reproduced on social media or meeting apps, recorded, screen shared, or otherwise reproduced without OA permission.

Overeaters Anonymous, Inc. supports its mission and associated expenses with proceeds derived from the sale of OA materials. Overeaters Anonymous, Inc. has made certain materials available on the oa.org website for free download to registered OA groups to facilitate these groups in their meetings. Therefore, do not post online or screen share OA material purchased either from Overeaters Anonymous, Inc. or another vendor selling OA material.

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

Continuing to take the action of screen sharing purchased OA-owned material without permission affects OA as a whole. While our Steps, Traditions, and Concepts are our governing ideals, following the law is actually a more primary responsibility. This is NOT a topic for group conscience; if your meeting is doing this, it should stop immediately.

Please contact your Region Chair or Trustee if you have any questions.
Thank you for your cooperation,
OA Board of Trustees



We are deeply saddened to let you know that our dear friend, Pat C., passed away peacefully in her sleep September 9 at the age of 89. A longtime resident of Westford, MA, in her final years Pat enjoyed living at Brooksby Village in Peabody MA, where she made many friends and took advantage of everything from social events to lectures on current world events. Pat was a woman of deep faith and, with increasingly limited mobility, was grateful to even find a common faith community there.

Pat's only sister preceded her in death and OA became her only family. Pat would frequently call one of us from hospital waiting rooms and ask for our prayer warriors to help get her through difficult and painful situations. We were truly "the wind beneath her wings." Pat, and all the program love that surrounded her, were a true testament to the fact that we are never alone in this program.

Pat hailed from Vermont and, while she was not an outdoorsy person, everyone who met her described her as "feisty." That and her rugged New England constitution kept her going. "The Energizer Bunny" was another favorite moniker of friends. Doctors universally said they had **never** seen a patient of **any** age withstand all the heart and other surgeries she endured. She was an inspiration to us all. She actively worked the program right till the end, and was even on phone meetings till the day before her death.

Pat never married. Her career as a teacher ensured she was surrounded by children and wonderful colleagues. She was a pioneer of the OA 90 Day Format and was active in program at the local, regional and world service levels. She shared her experience, strength, and hope with so many, and was particularly helpful to those overcoming anorexia and bulimia. She will be missed.

Rest In Peace, dear friend.