



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

October 2021

Page 1

My life changed completely . . .

On March 8, 2000 my life changed completely by walking into a room at a local church that had an OA meeting. I remember it as if it were yesterday. I finally had suffered enough pain to take Step 1... I'm powerless over food and my life is unmanageable.

I was 4ft. 11 inches tall and 260 pounds. I was practically as wide as I was tall. I could not stop eating sugar (later I realized I also couldn't eat flour). Believe it or not, I didn't come into Overeaters Anonymous to lose weight. I came for the Steps! I knew the answer was in the Steps. I guess I didn't think I could ever lose the amount of weight I needed to. But I was wrong! I did lose 130 pounds. I took the first step that night and asked God to please take away my compulsion to eat sugar, and it was lifted. I have not eaten sugar in 21 years. I gave up the flour when I got a sponsor 16 days later.

The first three steps were easy as I knew I was beat, that only something bigger than me could take care of it, and that I would turn my entire life over to that Divine force! It was suggested to me by my sponsor, that I join a closed study of the 12 Steps. I believe that this too was a Higher Power moment as my mom died three months after I came into OA and my dad passed 6 months after that. I don't believe I would have been able to handle such an enormous loss if it weren't for working the 12 Steps. I knew I was powerless over what happened and trusted God to help me through it. I DID NOT EAT over it! That is a miracle!!!

I finished the rest of my Step work and still work the Steps in my life. I have been so blessed during my recovery and have had such wonderful (I believe God given) opportunities that I am filled with incredible gratitude. Once the sugar was down my rage disappeared. Although I still get annoyed and frustrated, I don't scream at people anymore. Because of the program I changed jobs and have fulfilled a deferred dream of mine which was to teach. I went back to Grad school and received my Master's degree in Special Education. I have a career I love, friends in and out of the program who enjoy my company and I am described by my co-workers as one of the most patient people they know. Ha! If they only knew!

I work Step 10 and promptly admit when I make a mistake. I ask God for guidance daily, sometimes moment by moment when I am struggling with something, and I am always willing to do service. Again, I am so happy that 21 plus years ago I was led to and willing to listen to someone in a church room/basement share their recovery with me and Start my own journey on the Happy Road of Destiny.

Bobbie M.
Waltham, MA

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Step 10: Continued to take personal inventory and when we were wrong, promptly admitted it.

Spiritual Principle: PERSEVERANCE

OA Tradition 10

"Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy."

Spiritual Principle: Neutrality

MBI NEWS !

Newsletter Report - September 2021

Thank you to everyone who has contributed to creating this newsletter. Thank you, Bobbie, for submitting 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 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 -August 2021

\$ 541.85 Income \$916.42 Expenses
 Expenses exceeded income \$374.57
 Checking bal. 8/31/21 \$5,574.62
 Savings bal. 8/31/21 \$4006.78

In August, 541.85 of our income was from group donations (\$133.65 through Stripe, and \$408.20 in Check donations). The list of groups who donated in August is at the end of this report. **Thanks to all supporting MBI.**

Our August expenses: We paid \$480 for our August office rent. Our Verizon bill was \$165.35. We paid \$31.86 to Zoom Standard Pro monthly plan (August 15 & 29). We paid Marina S. \$97.50 for office work, Jeanne K. \$75.00 as webmaster, and Saintly Solutions \$12.50 (web hosting). Office supplies from Staples (\$29.21) and literature from WSO (\$25.00) were also paid.

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 August 2021

\$ 19.06 ANON
 \$ 88.82 Andover (BBSS) Sun 5 PM
 \$ 24.15 Chelmsford Sat. 2PM
 \$ 50.00 Dorchester Sat 9:00 AM
 \$ 54.00 Lynn Sat 8:30 AM
 \$ 50.00 Medford Sat 9:00 AM
 \$ 24.15 Newton Wellesley (90) Sat. 7:15AM
 \$ 51.00 Reading (BBSS) Tues. 9:30 AM
 \$ 51.00 Reading Wed 9:30 AM
 \$ 11.44 Reading/Stoneham (BBSS) Mon 6PM
 \$ 16.03 Waltham Wed. 7 PM
 \$ 52.20 Wellesley (BB) Mon 9:30 AM
 \$ 50.00 Wellesley Wed Noon
\$541.85 Total

MBI Office Activity Report-Sept. 2021

| | |
|---------------------------|----|
| Phone calls received | 6 |
| Emails received | 25 |
| Emails sent | 16 |
| Checks & Cash Received | 2 |
| Newsletters sent | 4 |
| Meeting lists sent | 0 |
| Professional packets sent | 0 |
| Newcomer packets | 0 |

Office Committee Chair Report – Sept.

September was a quiet month. We did get a request for the speakers-sponsors list from the South Coastal MA Intergroup. I shared with them the format and the process and gave them my name as a speaker, to get them started. 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 – October 2021

In a meeting today I heard: “When I focus on my weight, I lose my recovery. When I focus on my recovery, I lose weight.”

The Step 10 Workshop will be 10/23/21 and the **Step 11 Workshop will be 11/20/21**, both on Saturday, 10:30am to Noon. **The Coming Back to OA, part 3, Workshop, will be 11/6/21**, 10:30am to Noon. The Zoom links are on page 5 and on the oambi.org website.

The Annual MBI Thanksgiving Day Thankathon will be held 11/25/21 from 7am to 1pm, the last meeting starting at noon. The hourly meetings will be sponsored by MBI meetings. Let me know or let any MBI Board member know if your group wants to sponsor an hour and we will form the schedule.

Call me at 781-835-5017 for info and help with Zoom.

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–Oct. 2021

Willing P is revising our bylaws for the intergroup rep. role and responsibilities. MBI will vote on the proposed changes at the October business meeting. Jeanne and Beth are working on website search engine optimization (SEO). Jeanne is monitoring Region 6 discussions about coordinating Google AdWords efforts among intergroups—AdWords setup on hold until those talks conclude. Eve W began college outreach for students in medical and social service fields.

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

Webmaster Report – October 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 for Google Ads. **7th Tradition button update:** We received 12 contributions through our website from Sept 1, 2021 to Sept 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: Thu, Sep 16, 2021 1:23 pm to 290 subscribers 2 Bounced 0 Unsubscribed **Successful deliveries 288**, Total opens 228 Last opened 9/30/21 5:54PM

Most popular links:

<https://cdn.oambi.org/wp-content/uploads/2021/09/MBI-Newsletter-September-2021.pdf>
<https://cdn.oambi.org/wp-content/uploads/2021/09/MBI-September-2021-Highlights.pdf>
<https://oambi.org/> , <https://oaregion6.org/2021/http://OA.org>

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.

Latest News:

"Working the Program: A New Plan of Eating" is a new OA pamphlet that replaces both a "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 oa.org website. Help others find hope by sharing how the OA recovery program has helped you.

"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 to better decide if they have a problem with food. They are available exclusively as an e-book on [Amazon](#), [Barnes & Noble](#), and [Apple](#) platforms.

"Where Do I Start?" is 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 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 Step10Workshop is on Saturday, Oct. 23rd, 2021 from 10:30-noon. MBI Step 11 Workshop is on Saturday, November 20th from 10:30-noon.

The OA 12 & 12 will be used, followed by 2 speakers and open sharing. Join Zoom Meeting:

<https://us02web.zoom.us/j/87900066451?pwd=b05BR0UvV0kva0ZOciNaZ3pOTIhUT09> 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, Part 3, Saturday, Nov. 6, 2021, 10:30-12N. A panel of speakers will share how they use the Steps to keep them abstinent and sane. All are welcome. This is the last of a three-part series.

Zoom information is the same as the Step 10 and Step 11 workshops. Zoom is active at 10:15am.

MA/NH STATE INTERGROUP NEWS & EVENTS:

MWI Newcomer's Workshop on the last Sunday of every month, 1:30-2:30pm ET. Next: 10/31. 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. Same link as the MWI Newcomer's Workshop.

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:

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. Upcoming topics: 11/14 "To carry the message to other compulsive overeaters", 12/12 – Connection is the opposite of Addiction.

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

10/23-"Sponsor and Sponsee – A Unique Relationship, 11/27 –"Trudging the Road of Happy Destiny".

For full schedules of both workshops, go to:

<https://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:

Friday, Nov. 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: Sunday, December 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=V3I3bW5kcTY2oupvNm96TFZmNUh1Zz09Dial> (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**