



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

November 2021

Page 1

## HOPE

Hello, OA family, my name is Brenda from Waltham. I'm a Compulsive Overeater and Food Addict. I must always remember that I'm powerless over food. And today, I want to live in recovery. Thank you for asking me to share my experience, though I confess, fear and procrastination nearly prevented me from sharing with you all.

Today, I'm grateful to have a program of hope and recovery from my Compulsive Overeating. Today, I live with HOPE, where I work the program of recovery to the best of my ability, and with that, I get a daily reprieve from eating compulsively. Hope: such a powerful phrase that has made my life's journey just that – a journey. It wasn't always this way, living alongside HOPE and GRACE. My disease affected me in every capacity – physically, mentally, and spiritually. Physically, you could see the weight going up and down, though I couldn't see this happening because I lived in denial. Mentally, food consumed my thoughts throughout the day, owning and controlling my every moment. I hid food in my pockets and when someone would come into the room, I would simply slip that food right under a paper towel. If food disappeared, I'd make up excuses and blame anyone else except myself. Spiritually, I was totally lost. I didn't have a Higher Power in my life, and I firmly believed that my Higher Power had abandoned me. I was lost, with no anchor to ground me.

I tried controlling my weight with diets, diet clubs, counting calories, and exercise clubs. I always left these programs feeling terrible, and I was constantly comparing myself to others. I remember believing with all my being that if I was thin, then my life would be perfect, and I would be happy. Each day, when I stepped on that scale (in the morning before any food intake and clad only in my birthday suit, of course), that scale determined how my day would unfold. A slight decrease? Fantastic, I was moving along in life. A slight increase? My day was already a failure before it even began. I never stayed the same weight for long, and it wasn't uncommon to gain 20 pounds in a month. Those moments where I gained that weight, I remember consuming volumes of food -- anything to help me feel better. I went from sweet to sour to fresh to frozen, repeating the process until I felt sick. In these moments, as shame and anger consumed me, I would say over and over, I won't eat like this again. I'll start my diet tomorrow or Monday morning. But tomorrow or Monday morning never came.

One day, when I mustered the courage, I walked into an OA room in April 1997. That was a pivotal moment in my journey, though it was not the end of my journey. For you see, relapse came on oh-so-slowly and in such a subtle way. I had years under my belt, so of course I'd be aware of any signs that would popup along my path to self-destruction again. I convinced myself I could be a "normal" eater; I was in control; I was the mistress of my own destiny.

But I was not, and it took me years to humble myself enough to rejoin OA. I felt hopeless again with my out-of-control binging and eating, so I returned in October 2017. And at that meeting, I remember seeing a sign at the back of the room that read "hope". I clung to that word. Hope is what encouraged me to start this program again. Hope is what allowed me to find peace and serenity in my mind with food. Hope helped to quiet the chattering going on between my ears.

Today I realize less is more. Today, I have a choice, and I choose not to have extra food. My mantra is, "it's not my food, just for today." Today, I'm not on any diets; today, I have a food plan; today I live in honesty, open mindedness, and willingness; thank you, God. Of course, a special thank you to the sponsor who has been there with me all these years. My journey is far from over, but as I take those next 12 Steps, and face life's turns, I live in hope. Thank you, Brenda C.

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**Step 11:** Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.

**Spiritual principle:** SPIRITUAL AWARENESS

**OA Tradition 11**

***"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication."***

***Spiritual Principle: Anonymity***

**MBI NEWS !**

**Newsletter Report - October 2021**

Thank you to everyone who has contributed to creating this newsletter. Thank you, Brenda, 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 11/13 or 12/11/21, 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 –Sept. 2021***

\$ 814.54 Income      \$1808.31 Expenses  
 Expenses exceeded income \$ 993.77  
 Checking bal. 9/31/21      \$ 4580.85  
 Savings bal. 9/31/21      \$ 4006.81

In September, 814.54 of our income was from group donations (\$614.54 through Stripe, and \$200.00 in Check donations). The list of groups who donated in September is at the end of this report. **Thanks to all supporting MBI.**

Our September expenses: We paid \$480 for our September office rent. Our Verizon bill was \$165.35. We paid \$31.86 to Zoom Standard Pro monthly plan (September 15 & 29). We paid Marina S. \$60.00 for office work, Jeanne K. \$50.00 as webmaster, and Sainly Solutions \$62.50 (web hosting & updates for Google Ads). We paid \$947.00 to the accountant for our Federal and State Tax returns and \$11.60 for stamps.

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 September 2021**

\$ 67.86	ANON
\$ 4.54	Andover (BBSS) Sun 5pm
\$342.00	Cambridge (HOW) Sat 9:30am
\$ 48.60	Milton (BBSS) Wed 7pm
\$ 38.52	Newton/Well. (90) Sat 7:15am
\$240.18	Reading Wed 6pm
\$ 22.88	Reading/Stone. (BBSS) Mon 6pm
\$ 14.37	Stoneham (90FF) Sun 8:30am
\$ 11.44	Waltham Wed 7pm
<u>\$ 24.15</u>	Wellesley (BB) Mon 9:30am
<b>\$814.54</b>	<b>Total</b>

**MBI Office Activity Report–Oct. 2021**

Phone calls received	18
Emails received	61
Emails sent	36
Checks & Cash Received	7
Newsletters sent	4
Meeting lists sent	0
Professional packets sent	0
Newcomer packets	0

**Office Committee Chair Report – Oct.**

October was very busy. The only constant was the number of newsletters sent by mail. The phone calls, the emails and the checks all were triple from last month. As they say "busy is good." 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 – November 2021**

The process of working the steps, service, and participation in program in the community of fellowship that is OA is for me a process of interesting and consistent revelation, over and over, of new dimensions of presence, service, and healing.

The zoom number for the step workshops has changed, and the number will remain consistent for the next year. The 11th Step Workshop is on November 20, and the 12<sup>th</sup> Step Workshop is on December 18, both Saturday from 10:30 to noon. The meeting zoom room will open at 10:15. One can participate via zoom through computer or cell phone, or simply by telephone. Anyone with questions can call me at 781-835-5017. Text is OK.

Thankathon is coming up on Thanksgiving Day. At MBI we are organizing the 6 meetings beginning every hour on the hour starting at 7 AM, with the last meeting ending at 1 PM. Any MBI meeting can take one of the hours and provide two or three speakers. Thankathon will be on zoom with a separate number, and I look forward to seeing many of you there!

Respectfully, Dave D, 12 Step Chair

**MBI MEETINGS DATES – 2021**  
**December 11, 2021**  
**January 8, 2022**

***Come join us at MBI for Service and Fellowship! All are welcome!!! Please come and bring your ideas!***

**PI/PO/Diversity Committee–Nov. 2021**

Willing P’s proposed amendments to MBI Bylaws to update the description of Intergroup Rep duties were discussed at our October meeting. However, we tabled a vote on the updates, pending discussion on further proposed changes which came up during the October session. Willing is also compiling a master list of all MBI member groups, their reps and their phone numbers. This information can be sent to Willing P at: [Willing@TheThirdAgenda.com](mailto:Willing@TheThirdAgenda.com). We encourage all MBI member meetings to send an intergroup rep to our monthly MBI business meetings – this is the lifeblood of our organization.

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](mailto: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–Oct.**  
 Currently reviewing bylaws related to Intergroup Reps. Cathy B, Jeanne K.

**Webmaster Report – November 2021**

The OAMBI website was updated with latest newsletters, highlights, meeting list, WSO Bulletin, posts, and events. Also, the document for Google Ads from the R6 Web & Pub committee needs to be reviewed.

**7th Tradition button update:** We received 12 contributions through our website from Oct 1 to Oct 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:  
 Wed, Oct 20, 2021 1:23 pm to 290 subscribers.  
 1 Bounced 1 Unsubscribed (No longer interested)  
**Successful deliveries 289** Total opens 298 Last opened 10/30/21 at 5:34 AM

**Most popular links:**

- <https://cdn.oambi.org/wp-content/uploads/2021/10/MBI-Newsletter-October-2021.pdf>
- <https://cdn.oambi.org/wp-content/uploads/2021/10/MBI-October-2021-Highlights.pdf>
- <https://oambi.org/> , <https://oaregion6.org/2021/http://OA.org>

In addition, several people do use the links on our front page for ZOOM.

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.

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

**NEW! "Recovery is Possible: About Compulsive Eating and the OA Program of Recovery" (#135)**, combines the discontinued pamphlets Questions and Answers, A Program of Recovery, and Compulsive Overeating: An Inside View. Available as a [print pamphlet](#) and as an e-book on [Amazon Kindle](#), [Barnes & Noble Nook](#), and [Apple Books](#)

**UPDATED! "The Tools of Recovery" pamphlet (#160)** includes recently restored definitions of abstinence and recovery, as well as timely references to our newest combination pamphlet, [A New Plan of Eating](#) (#144). Available on [bookstore.oa.org](http://bookstore.oa.org) and on [Barnes and Noble Nook](#), [Apple Books](#), and [Amazon Kindle](#) e-readers.

### **CALL FOR STORIES ON SPONSORSHIP!**

In a few months, OA will begin updating and reforming our current sponsorship literature and creating a new publication to provide guidance to sponsors who are challenged to meet the needs of our increasingly diverse Fellowship. We are asking all sponsors to share their experience, strength, and hope, and we have some great questions in our [downloadable flyer](#) for you to respond to. **The deadline to submit your story is November 30, 2021.**

**NEW! The Fourth Quarter 2021 Issue of the WSO newsletter "A Step Ahead" is now available.** Read it [online](#) or download a [printer friendly PDF](#) and share this announcement with your group. Get the latest, in-depth news coming from OA world service in the Fourth Quarter 2021 Issue of *A Step Ahead*. In this issue:

- Hybrid meetings now on [Find a Meeting](#)
- Two calls for your stories: 1) diverse voices and 2) sponsors

- World Service Business Conference 2022 update
- Important messages from our board chair and treasurer
- World Service Convention announcement
- What's new from WSO
- WSBC translations survey and more translation news
- and more!

**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."

**Abridged Tools of Recovery** has also been updated.

**The OA Board of Trustees issued an instructive letter to all OA groups that meet virtually to immediately stop screen sharing and all other unauthorized reproductions of OA literature in virtual meetings.** This was published in the September MBI Newsletter on page 7.

**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 Step11Workshop is on Saturday, Nov. 20th, and the Step 12 Workshop will be Saturday, December 18<sup>th</sup>, both from 10:30am to Noon.**

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

<https://us02web.zoom.us/j/87673886608?pwd=TIk4NmMxUjE1aVV1dHRsdkVFN3RqUT09> Meeting ID: 876 7388 6608 Passcode: 518096, or call 1-929-205-6099, same ID & password. Zoom active at 10:15am.

**Thankathon on Thanksgiving Day, Thursday 11/25, from 7am to 1pm, every hour on the hour, sponsored by individual MBI meetings. The last meeting will begin at Noon. The Zoom link will be published in the calendar at oambi.org.**

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

**Cape Cod Intergroup Virtual Workshop: "Creating Your Recovery Map: Getting and Staying Abstinent"** –Sundays, 11/14 and 1/16, from 1 to 2:15pm.

<http://capecodoa.org/wp-content/uploads/2021/10/Flyer-Creating-a-Recovery-Map-Workshop.pdf>

**MWI Newcomer's Workshop** on the last Sunday of every month, 1:30-2:30pm ET. Next one is November 28. 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](mailto:Region6trustee@gmail.com)

**VIRTUAL REGION NEWS & EVENTS**

**Virtual Region Second Sunday e-workshops**

3 pm – 4:30pm. Upcoming topics

12/12 – Connection is the opposite of Addiction.

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

11/27 – "Trudging the Road of Happy Destiny".

For full schedules of 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:**

**Sunday, Dec. 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.

**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, December 11, 2021**

**Saturday, January 8, 2022**

**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](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 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](http://www.oambi.org)**