



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

December 2021

Page 1

Program of Possibilities

Program doesn't make life easy, but it makes life possible.

I woke up a little over two years ago, morbidly obese and absolutely miserable. Sitting on the side of my bed that morning, I sighed and acknowledged that this was the way my life was going to be. I was going to be angry, depressed, and hopeless until I died. I found comfort knowing that someday I would pass on and go to Heaven where I could find peace. Now, a little over two years later, I have a life I cannot believe is mine. It's far from a perfect life!! Like I said, program doesn't make life easy. But no matter what I encounter in my days, my program supports me. I finally have the peace and serenity I longed for. When situations come up that are difficult, I remind myself that, "This too shall pass." I have faith that God will help me through whatever is in front of me. I have my fellows, my tools, the steps and amazing sponsors to teach me how to live the way God wants me to. I am learning how to make the best next decision and how to ACCEPT the things I cannot change. My mind is clear. No longer plagued by food thoughts, I can think clearly. I can pause and take a breath before acting out. I have found a spiritual connection with God that I did not know could exist. I have shed over 100 pounds and feel light in my body, mind and soul. My anxiety and depression have lessened, and on many days is gone. I am a completely different person than I was two years ago. I am so eternally grateful to this program and the hundreds of OA fellows that I am honored to call my friends.

I was forty years old when I came into program. A therapist had recommended it. I had gone to see her as a last-ditch effort to find happiness. In our first session together, I made a joke about eating a whole box of Oreos and she said, "Have you ever heard of OA." I had not. I looked it up and quickly determined it was not for me. "Another diet club," I thought. But she persisted, week after week until I finally gave in and went to the Wednesday night Waltham meeting, eager to go and report back to my therapist how wrong she was. But that is not what happened. A woman got up and talked about how her day was turned upside down and backwards, but that she still had peace and serenity and hope that it would be ok. There was something in her eyes. Her face was shining. She seemed sincere. She had something I wanted, so I asked her to be my sponsor. For me, it wasn't about losing weight. I needed to, but I had given up on that. I had tried every diet I could think of and did not have the energy to compulsively exercise like I had done in my 20s. I had accepted that I was going to be fat. But there was a small part of me that still clung to hope that I didn't have to be fat AND miserable.

My early days of program were a rollercoaster of emotions. When I put the food down, the emotions invaded me and took hold. I was breathless at times trying to manage these feelings that I had pushed down for forty years. I started using the tools every day and soon started an AWOL to learn about the steps. Slowly, I came out of the fog. I learned how to talk about my emotions; How to talk with God and how to ask for help. I started a program of action, working the tools and steps and "cleaning up my side of the street." I learned that not only could I not control my food; I could not control the people, places and situations around me. The more I tried to control the situations in my life, the more unmanageable my life became. When I accept that things in life are exactly the way they are supposed to be today and focus on changing the things in me versus the world I find my peace. Today, my emotions do not define who I am. I have faith and hope that my life is full of possibilities. I have a life second to none. Program makes this possible.

I am forever grateful, Eve W

INDEX

Committee Reports	Page 1-3
Update from World Service	Page 4
Upcoming Events (Please announce)	Page 5
MBI and telephone meeting info.	Page 6

Step 12: Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Spiritual principle: SERVICE

OA Tradition 12

"Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities."

Spiritual Principle: Spirituality

MBI NEWS!

Newsletter Report – November 2021

Thank you to everyone who has contributed to creating this newsletter. Thank you, Eve, 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 12/11/21 or 1/8/22, 10:30-noon. The Zoom link is in the calendar on our website: oambi.org.

Respectfully, Mary P, Newsletter Chair

MBI Treasurer’s Report October 2021

\$ 2303.30 Income \$1057.21 Expenses
 Income exceeded expenses \$ 1246.09
 Checking bal. 10/31/21 \$ 5826.94
 Savings bal. 10/31/21 \$ 4006.84

In October, \$2303.30 of our income was from group donations (\$1797.30 through Stripe, and \$506.00 in Check donations). The list of groups who donated in October is at the end of this report. **Thanks to all supporting MBI.**

Our October expenses: We paid \$480 for our October office rent. Our Verizon bill was \$165.35. We paid \$31.86 to Zoom Standard Pro monthly plan (October 15 & 29). We paid Marina S. \$75.00 for office work, Jeanne K. \$50.00 as webmaster, and Saintly Solutions \$240.00 (web hosting & updates for Google Ads). We paid \$15.00 to the Commonwealth of Massachusetts for our Annual Report fee.

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 October 2021

\$ 446.10	ANON
\$ 53.10	Andover (BBSS) Sun PM
\$ 195.30	Boston Fri 12:15 PM
\$ 130.00	Lynn Sat 8:30 AM
\$ 75.98	Milton Wed 7:00 PM
\$ 4.15	North Andover Mon 6 PM
\$ 12.00	North Andover Sat 8 AM
\$1265.72	Reading Sat 7:30 AM
\$ 39.00	Reading Tues 9:30 AM
\$ 5.57	Reading Wed 6 PM
\$ 19.26	Stoneham(90) Sun 8:30 AM
\$ 11.44	Waltham Wed. 7 PM
\$ 25.68	Wellesley(BB) Mon 9:30AM
\$2303.30	Total

MBI Office Activity Report–Nov. 2021

Phone calls received	9
Emails received	24
Emails sent	8
Checks & Cash Received	6
Newsletters sent	4
Meeting lists sent	0
Professional packets sent	1
Newcomer packets	0

Office Committee Chair Report – Nov.

November was a quiet month. More and more people are asking for face-to-face meetings. I qualified the beginning of December at the North Andover Monday 6pm meeting and learned that meeting is now a hybrid meeting—in the church and on Zoom. Let us know if your meeting is face-to-face. 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 – December 2021

Recovery is a process, it seems to me, of becoming more conscious of myself and others in each moment, as I endeavor, with my program fellows, to undergo ongoing spiritual awakening. Every day is a new awakening.

The Step 12 Workshop is on December 18, Saturday from 10:30 to noon, and the Step 1 Workshop will be on January 15, 2022, 10:30 to noon.

I am supporting us all to have abstinent and safe holidays.

Respectfully, Dave D, 12 Step Chair

MBI MEETINGS DATES –2022

- January 8, 2022**
- February 12, 2022**
- March 12, 2022**
- April 9, 2022**
- May 14, 2022**
- June 11, 2022**
- July 9, 2022**
- August 13, 2022**
- September 10, 2022**
- October 15, 2022**
- November 12, 2022**
- December 10, 2022**

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

PI/PO/Diversity Committee–Dec. 2021

As we grow our ability to carry the message of OA and work to broaden participation in MBI, **we have updated our MBI Bylaws to reflect the current duties of Intergroup Reps.** Amendments approved at our November 13 meeting account for the widespread transition to the use of electronic materials, rather than paper, with the elimination of the requirement that Intergroup Reps maintain a binder of MBI documents. Instead, the bylaws now read, “Each IR and/or AR (alternate rep) will consult the MBI website for resources including links to the Bylaws, minutes, and relevant reports. Additionally, there are handouts, flyers, and brochures that can be sent if you do not have internet access.” Language that required MBI Reps to serve on an MBI committee was altered to reflect that, while Reps are welcome to join committees as they grow in service; their primary responsibility is “to attend monthly MBI meetings, to represent their group, and be a communications liaison between their group and the OAMBI Board.”

Finally, an amendment was debated, but not passed, that would have eliminated a 90-day abstinence

requirement for OA MBI Reps. While we want to encourage participation from as broad a membership as possible, MBI has strong roots in the OA 90 Day tradition, and we elected to uphold that requirement.

We encourage all MBI member meetings to send an Intergroup Rep to our monthly MBI business meetings – this is the lifeblood of our organization. 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!

Also, if you are interested in joining us 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, Beth P, Committee Co-Chair

Webmaster Report – December 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 27 contributions through our website from Nov1, 2021 to Nov 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 to 292 subscribers on Fri Nov. 9, 2021 at 3:25 pm
 2 Bounced 2 Unsubscribed
Successful deliveries 290, Total opens 332
 Last opened 12/1/21 6:01 PM

Most popular links:

- <https://cdn.oambi.org/wp-content/uploads/2021/11/MBI-Newsletter-November-2021a.pdf>
- <https://cdn.oambi.org/wp-content/uploads/2021/11/MBI-November-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.

"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 and on [Barnes and Noble Nook](#), [Apple Books](#), and [Amazon Kindle](#) e-readers.

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](#)
- 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 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. <https://oa.org/news/all-oa-groups-read-this-letter-about-screen-sharing-oa-literature/>

**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 the latest changes about group status. Many meetings have transitioned between face-to-face, zoom and telephone formats, as well as becoming hybrid meetings.

Go to OA.org to change your meeting profile to reflect the group's current status.

MASS BAY INTERGROUP NEWS & EVENTS:

MBI Step 12 Workshop will be Saturday, December 18th, 2021, and the Step 1 Workshop will be Jan. 15, 2022, both from 10:30 am to 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=b05BR0UvV0kva0ZOcjNaZ3pOTIhUT09> Meeting ID: 879 0006 6451 Password: 369375, or call 1-929-205-6099, same ID & password. Zoom active at 10:15am.

MA/NH STATE INTERGROUP NEWS & EVENTS:

Cape Cod Intergroup Virtual Workshop: "Creating Your Recovery Map: Getting and Staying Abstinent" --Sunday 1/16, from 1:00 to 2:15pm. <http://capecodoa.org/wp-content/uploads/2021/10/Flyer-Creating-a-Recovery-Map-Workshop.pdf>

New Hampshire Intergroup Virtual Retreat: "The God of Our Understanding" – Saturday 1/22/22, from 8:30am-3:30pm. Retreat admission is \$20, limited scholarships available. https://oaregion6.org/wp-content/uploads/2021/12/RetreatFlyer_Final_120321.docx.pdf

MWI will be holding a Newcomer's Workshop on the last Sunday of every month, 1:30-2:30pm ET. <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

VIRTUAL REGION NEWS & EVENTS

Virtual Region Second Sunday e-workshops
3 pm – 4:30pm.

VR Fourth Saturday of the Month workshops
12:30-2pm. Dec. 25 – "Step 2 – Came to Believe"
(date subject to change, check website)

For full schedules of both, 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:

Twelfth Step Within Day – Wednesday, Jan 12th, 2022. A day to focus on carrying the 12th 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; www.oaregion6.org; www.oa.org*

**The next MBI Meeting Dates – Save the Dates!
Saturday, January 8, 2022
Saturday, February 12, 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

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**