



www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

January 2022

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A New Beginning

It's January 2022, my 31st January in OA - My 31st year of living one day at a time - My 31st year of not having my jeans uncomfortably tight in the waist. Gratefully, the 31st year of not hanging on the fridge door to find what will solve my life's problems, what will change my awful mood, or find what I thought I needed at any given moment. The solution was never in the fridge it turns out.

The solution to my compulsive overeating is in OA. For one day at a time, if I have the willingness to ask for help, I have a chance to live a happier and fulfilling life. To some, it may look like a "normal" life. It's actually all the support from OA that gives me the chance to live more fully.

Thirty-one years ago, I said yes to an invitation to go to an OA meeting in Arlington, MA. I sat in the back, hiding in my long raincoat. I don't remember what was said or who said it. I do remember the lack of judgment in the room. I had more judgment in my own head! My weight was about 30 pounds too high. I felt miserable and very depressed at 26. A close family member was morbidly obese and diabetic. It was my future. I needed a bit of hope, so I went a couple more times. There was a woman who spoke eloquently and often. She also wore a size jean I wanted to fit into. She said yes when I finally asked for help.

For the next month or two, I showed up partly because my sweet and concerned husband reminded me that I could quit in the morning when through tears I described the seemingly crazy things this new sponsor suggested. Imagine not eating some of the things in that fridge...ever! Imagine using a digital scale for all my meals! Imagine making phone calls every morning! But I was out of other options. I made the calls.

From that first January until now, one day at a time, I have not eaten those things and fit nicely in my jeans even after having two children in program. I'm so grateful for that first sponsor and the sponsor I have today. I'm so grateful for the twelve steps that teach me how to meet life's ups and downs with patience, love, and kindness. I'm most grateful for Step 1 and the new beginning it gave me and continues to give me.

Today my jeans fit, we've celebrated 31 years of marriage, and I have 2 beautiful and grown children who talk to me. It looks like a healthy, normal life. I know it all comes from getting off that fridge door and admitting I am powerless over food.

It's January 2022, January 3rd of the pandemic, what a great time to feel powerless!

Donna F.

Service positions open: BYLAWS COMMITTEE CHAIRPERSON

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Step 1: We admitted we were powerless over food—that our lives had become unmanageable.

Spiritual Principle: HONESTY

OA Tradition 1

"Our common welfare should come first; personal recovery depends upon OA unity."

Spiritual Principle: Unity

MBI NEWS!

Newsletter Report – January 2022

Thank you to everyone who has contributed to creating this newsletter. Thank you, Eve, for continuing to find members willing to contribute their experience, strength, and hope for our first page.

It is time for me to step down from the service of putting together our newsletter. There are several reasons including the fact that I will be 80 years old in June.

I have gained a lot from doing service in our Intergroup. It has strengthened my recovery in OA. I have met a lot of people through our intergroup with strong recovery. And, I have more appreciation for the role of IGs in OA.

Respectfully, Mary P, Newsletter Chair

A new Newsletter Chair has begun publishing the newsletter. Barbara Ann, Lowell, MA has volunteered for this service effective with this newsletter. You may contact me by leaving a phone message at the MBI office (781-641-2303) or email me at info@oambi.org.

MBI Treasurer's Report November 2022

\$1443.42 Income	\$957.09 Expenses
Income exceeded expenses \$486.33	
Checking bal. 11/30/21	\$ 6313.27
Savings bal. 11/30/21	\$ 4006.88

In November, \$1443.42 of our income was from group donations (\$1131.42 through Stripe, and \$312.00 in Check donations). The list of groups who donated in November is at the end of this report. **Thanks to all supporting MBI.**

Our November expenses: We paid \$480 for our November office rent. Our Verizon bill was

\$204.81. We paid \$47.79 to Zoom Standard Pro for 3 monthly plans (November 15 & 29). We paid Marina S. \$112.50 for office work, Jeanne K. \$50.00 as webmaster, and Saintly Solutions \$17.00 (web hosting). We paid the USPS \$44.99 in postage and mailing fees (filing our annual report).

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 November 2021

\$ 231.13	ANON
\$ 43.31	Andover (BBSS) Sun 5PM
\$ 24.15	Boston Fri 12:15 PM
\$ 150.75	Cambridge (HOW) Sat 9:30AM
\$ 115.39	Chelmsford Sat 2PM
\$ 77.64	Dorchester (90) Sat 9AM
\$ 29.04	Milton Wed 7:00 PM
\$ 23.17	Newt/Wellesley (90) Sat 7:15 AM
\$ 12.00	North Andover Sat 8AM
\$ 74.97	Reading Tues 9:30AM
\$ 31.68	Reading Wed 6 PM
\$ 37.55	Reading/Stoneham Sun 8:30AM
\$ 48.60	Swampscott Tue 7 PM
\$ 83.17	Stoneham (90FF) Sun 8:30AM
\$ 401.39	Waltham Wed. 7PM
\$ 50.00	Wellesley (BB) Mon 9:30AM
\$ 9.48	Weymouth Thurs 10:00AM

\$ 1443.42 Total

MBI Office Activity Report–Dec. 2022

Phone calls received	6
Emails received	32
Emails sent	17
Checks & Cash Received	5
Newsletters sent	4
Meeting lists sent	0
Professional packets sent	0
Newcomer packets	0

Office Committee Chair Report – Dec

December was quiet and uneventful.

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 – January 2022

As we begin the new year, step workshops go back to Step 1. The 12 Steps are not 12 and done. We run through them repeatedly, in a process of recovery. Recovery is not a destination, and there's joy, sadness, and pain in the ongoing process.

The Step 1 Workshop is on January 15, Saturday from 10:30 to noon, and the Step 2 Workshop will be on February 26, 2022, 10:30 to noon; there will be reading, two speakers and sharing.

Happy New Year! You can call me with questions at 781-835-5017.

Respectfully, Dave D, 12 Step Chair

MBI MEETINGS DATES –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-January 2022

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 6 contributions through our website from Dec 12, 2021 to Dec 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 to 292 subscribers on Fri Dec 17, 2021, at 4:58 pm

2 Bounced 1 Unsubscribed 1 new subscriber in December and 1 new in January

Successful deliveries 290, Total opens 397

Last opened 1/3/22 6:52 PM

Most popular links:

<https://cdn.oambi.org/wp-content/uploads/2021/12/MBI-Newsletter-December-2021.pdf>

<https://cdn.oambi.org/wp-content/uploads/2021/12/MBI-December-2021-Highlights.pdf>

<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). They are 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 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/>

LIFELINE IS RETURNING! Lifeline is on track to keep coming back! Stories of Recovery will be a new blog where we can share our experience, strength and hope both to inspire each other and to attract the still-suffering compulsive eater who is searching online for a solution. Look for LIFELINE to launch in February 2022.

Secretaries: Update Your Meeting Info at OA.org. The WSO wants your group's most current meeting details. Go to **Edit a Meeting** at oa.org to update your information so that members in recovery and still-suffering compulsive eaters can locate meetings they can attend. While we are affected by social distancing, it is best to send meeting updates to your service body as well. Thank you for your service!

**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 your group's current status.

MASS BAY INTERGROUP NEWS & EVENTS:

MBI Step 1 Workshop will be Saturday, Jan. 15, 2022, from 10:30am to Noon.

The Step 2 Workshop will be Feb. 26, 2022, same time.

The OA 12 & 12 will be used, followed by 2 speakers and open sharing. Join Zoom Meeting <https://us02web.zoom.us/j/87673886608?pwd=TIk4NmMxUEE1aVV1dHRsdKVpN3RqUt09>
Meeting ID: 876 7388 6608 Passcode: 518096, 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 Assembly

April 2, 2022 9Am-6pm (Virtual)

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 to 2pm. (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 – Saturday, Feb. 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 Business Conference (WSBC)

April 25-30, 2022 (HYBRID).

**World Service Office
PO Box 44727
Rio Rancho, NM 87174-4727
USA**

For news, events, announcements & info, see the websites:

www.oambi.org; oaregion6.org; www.oa.org

The next MBI Meeting Dates – Save the Dates!

Saturday, February 12, 2022

Saturday, March 12, 2022

10:30 A.M. – 12:00 P.M. – ZOOM

BOARD & COMMITTEE CHAIRS *

- **MBI CHAIR**
Bobbie M. (Waltham)
- **VICE-CHAIR**
Cathie B. (Lowell)
- **CORRESPONDING SECRETARY**
Eve W. (Waltham)
- **RECORDING SECRETARY**
Paulina S. (Lexington)
- **TREASURER**
Jeanne K. (Chelmsford)

COMMITTEE CHAIRS

- **OFFICE** - open
- **PROFESSIONAL OUTREACH**
PUBLIC INFORMATION
co-chairs Beth P. (Newton), willing (Quincy)
- **COMMUNICATIONS**
- **Newsletter:**
Barbara Ann F. (Lowell)
- **Webmaster:** Jeanne K. (Chelmsford)
- **12 STEPS**
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 if our meeting has 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/85241422955?pwd=dGhQSnB6SWszbnNHamRUSUJIUT09Dial> (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)