



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

February 2022

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An Unshakeable Foundation for Life

I entered program 33 years ago; I was 5'4" and approaching 200 pounds. I believed I was joining a program to control my weight, or my eating, for I grazed all day long. What I discovered is that when I followed the recommendations of my sponsor, the weight I carried on my body came off. I was not aware of the weight I held in my head—the weight of fear, doubt, insecurity, anger, and rage. I often described myself at that time as a "tantrumming teenager," even though I was 31!

I learned that I had to turn away from the things I was using to stuff down my feelings and "go away" and turn toward strategies, tools, literature, people, and meetings that would calm down my head and heart. When I prepared meals initially, I caught myself carrying my shoulders up by my ears. When I was baffled and confused in life, I would intensely react. I lived in a fight or flight mode.

I learned little by little about the 12 steps of the program by reading one page at a time from the Alcoholics Anonymous "Big Book" every night - and through discussions with my sponsor, people at meetings, AWOLs, and Big Book Step Study meetings. I learned to turn toward a power greater than myself, to breathe, to trust that I would get what I needed when I needed it.

In step-study meetings, members often say, "Hi, my name is Maryellen. I am a compulsive overeater; I have been through the steps as outlined in the Big Book with a loving sponsor, and I practice steps 10, 11, and 12 on a daily basis." The keyword for me is practice. This month, I have begun the study and discussion again of step 11 with a group of OA fellows.

The book Twelve Steps and Twelve Traditions states, "There is a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life" (p. 98). That is what I have received by practicing the principles of the program in all my affairs.

What a gift I have received by learning about and practicing the steps of the program. A 12 Step prayer/meditation I once read was called "The Weight of the World." I offer it here.

O God of many names, bless You for lifting the weight of the world off my shoulders. It was never mine to carry in the first place. Surrendering my will to You has removed the loneliness and isolation that addiction placed within me. I need other people. I need their help. The key to unlocking the many gifts of recovery is asking for help. Your direction and love have taught me to ask for help and help when asked.

Maryellen L

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Step 2: Came to believe that a power greater than ourselves could restore us to sanity.

Spiritual principle: INTEGRITY

Tradition 2 For our group purpose there is but one ultimate authority –a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

Spiritual Principle: TRUST

MBI NEWS!

Newsletter Report–February 2022

If you have any suggestions for the newsletter, you may contact me by leaving a phone message at the MBI office (781-641-2303) or email me at info@oambi.org.

Barbara Ann, Lowell
Newsletter Chair

MBI Treasurer’s Report December 2021

\$1413.53	Income	\$2512.04	Expenses
Expenses exceeded Income \$1098.51			
Checking bal.	12/30/21	\$5214.76	
Savings bal.	12/30/21	\$ 4006.90	

In December, \$1413.53 of our income was from group donations (\$924.53 through Stripe, and \$489.00 in Check donations). The list of groups who donated in December is at the end of this report. **Thanks to all supporting MBI.**

Our December expenses: We paid \$480 for our December office rent. Our Verizon bill was \$204.81. We paid \$47.79 to Zoom Standard Pro for 3 monthly plans (December 15 & 29). We paid Marina S. \$75 for office work, Jeanne K. \$50.00 as webmaster, and Saintly Solutions \$7.08 (web hosting). We donated \$584.52 to WSO and \$194.84 to Region 6. We also paid \$868.00 for insurance.

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

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 December 2021

\$ 516.76	ANON
\$ 43.71	Andover (BBSS) Sun 5PM
\$ 395.49	Cambridge (HOW) Sat 9:30AM
\$ 65.00	Lynn Sat 8:30AM
\$ 29.04	Medford(R&R) Sun 10:00 am
\$ 170.55	Newton/Wellesley (90) Sat 7:15 AM
\$ 12.00	North Andover Sat 8AM
\$ 12.00	Reading Tues 9:30AM
\$ 11.44	Reading Mon 6:30 PM
\$ 48.60	Stoneham (90FF) Sun 8:30AM
\$ 108.84	Waltham Wed. 7PM
\$ Total 1413.53	

MBI Office Activity Report–January 2022

Phone Calls received	3
Emails received	61
Emails sent	24
Checks & Cash Received	8
Newsletters sent	4
Meeting lists sent	1
Professional packets sent	3
Newcomer packets	8

Office Committee Chair Report – Jan.2022

The big news is the installation of a digital business phone. It is substantially reducing our phone bill and it offers enormous advantages for the office worker. Instead of having to query the voice system, I set it up to get a text each time a message is left, so I can react much quicker. There are many things I am still exploring in this new system. The number has not changed.

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.

Warmly, together we recover,
 Marina - OAMBI office worker
 PO Box 74, Arlington, MA 02476
 Office - 781-641-2303
 Cell - 617-797-7544

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 went very well. The **Step 2** Workshop is on **February 19**, Saturday from 10:30 to noon and **Step 3 on March 19**. There will be reading, two speakers and sharing.

You can call me with questions at 781-835-5017.
 Respectfully, Dave D, 12 Step Chair

MBI MEETINGS DATES –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-February 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

Thoughts from Willing, Committee Co-Chair: I am continuing to compile contact information for intergroup reps, and am working with another rep to provide outreach to the Black community. Teamwork makes a difference!

MBI Bylaws Committee Report -No recent updates. Cathy B, Jeanne K.
Service positions open: BYLAWS COMMITTEE CHAIRPERSON

Webmaster Report – February 2022

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 24 contributions through our website from Jan 3, 2022 to Jan 31, 2022. 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 294 subscribers on Mon, January 17, 2022 at 10:41am **0 Bounced**
7 New Contacts from Jan 3 to Feb 2, 2022
Successful deliveries 294, Total opens 304
 Last opened 2/1/22 5:33 PM

Most popular links:

- <https://cdn.oambi.org/wp-content/uploads/2022/01/MBI-Newsletter-January-2022.pdf>
- <https://oa.org/news-events>
- <https://oanewhampshire.org/2022-retreat>
- <http://OAMBI.ORG>, <http://OA.org>
- <https://cdn.oambi.org/wp-content/uploads/2022/01/January-2022-Highlights.pdf>

Jeanne K., Webmaster
 Respectfully submitted, Jeanne K., webmaster

NEWS FROM OA WSO

All new pamphlets and many books are available on bookstore.oa.org and on [Barnes and Noble Nook](#), [Apple Books](#), and [Amazon Kindle](#) e-readers. Hard copy books and pamphlets may be found on Amazon.com.

NEW Downloadable: Twelve and Twelve Introduction The introduction page from OA's keystone book, The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition, is now available as a free PDF download on oa.org. This brief passage serves as a heartfelt welcome and clarifies for newcomers that OA uses the terms "compulsive overeating" and "compulsive eating" interchangeably. Key differences between the OA program and a typical diet are also included. Newcomers will find this PDF on the "And Your Journey Begins..." page on oa.org.

Next World Service Convention: 2025 Orlando! Save the date and start your travel fund! The next World Service Convention will be held from **August 21–23, 2025** at the Renaissance Orlando at SeaWorld® in Orlando, Florida USA. We would like to offer a sincere thank-you to the many planning volunteers and registrants who gave steadfast service to Convention during what has been the most uncertain of times in 2020 and 2021.

NEW! The First Quarter 2022 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 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!

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."

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

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.

Go to OA.org to change your meeting profile if your face to face meeting has been changed to a phone or Zoom meeting.

MASS BAY INTERGROUP NEWS & EVENTS:

MBI Step 2 Workshop will be **Feb. 19, 2022**, 10:30 am to noon.

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

MARCH Step 3 Workshop

March 19, 2022 @ 10:30-12:00 pm

NOTE: Zoom and phone information for ALL workshops and retreats can be found on oambi.org under "Upcoming Events"****

MA/NH STATE INTERGROUP NEWS & EVENTS:

Partners in Recovery – Celebrating OA Unity

February 26, 2022 1:00 pm - 3:00 pm

Hosted by North Shore Intergroup and New

Hampshire Intergroup

<http://www.oanorthshoreintergroup.org/wp-content/uploads/2022/01/Unity-Day-flyer-2022-updated.pdf>

MWI will be holding workshops the first

Sunday of the month, 1:30-2:30pm ET.

<https://www.metrowestoa.org/news-and-events/>

March Workshop Topic - Waltzing Through

the First 3 Steps... 1, 2, 3... 1, 2, 3

It will include readings, quick shares, and prompts for participant sharing on each step.

Sunday, March 6th

1:30 pm EDT via zoom

<https://zoom.us/j/7056582426>

contact info@metrowestoa.org for the passcode

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

2022 Region 6 Spring Assembly

April 2, 2022 from 8:00 am to 5:00 pm

VIRTUAL REGION NEWS & EVENTS

Save the date February 18 – 20, 2022

Virtual Region – There is a Solution!

<https://oa.org/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:

World Service Business Conference (WSBC)

April 25-30, 2022 (**VIRTUAL**).

Saturday March 12, 2022– 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: Tues., April 12, 2022.**

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, March 12, 2022

Saturday, April 9, 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** –Marina, MBI Office Worker
- **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
 Tues 9:30 am, Reading, Ellen C.
 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

* To reach any of the members in these service positions, contact the MBI office. See info below

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 have an Intergroup Representative who attends the monthly MBI meetings. At your next Business Meeting please ask, does our meeting have an Intergroup Rep? And who is it? And 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
 Dial-In: **1-669-900-9128**, Access Code: sundaymen

Sunday 2-3pm (Big Book Disc)

Dial-In: 605-313-4477, Access Code: 423295#

Sunday 8-9pm(Spkr/Disc)

Dial-In: 515-604-9742, Access Code: 152802#

Monday 10-11 am(For Today/ Disc)

Dial-In: 515-606-5628, Access Code:361336#

Monday 6-7pm(Spkr/Disc)

Dial-In: 515-606-5432, 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=dGhQSnB6SWszbnNHamRTRWFUSUJUT09> Dial (646)558-8656 Meeting ID: 852 4142 2955 **Passcode: 371377**

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, Zoom ID# 72909580027

Wednesday 10-11am (Spkr/Disc)

Dial-In: 712-451-1095, Access code: 106702#

Wednesday 1-2pm(Spkr/Disc)

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

Wednesday 8-9pm(Spkr/Disc)

Dial-In: 515-604-9742, Access Code: 152802#

Thurs 8-9pm(Spkr/Disc)

Dial-In: 712-451-0673, 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
 Zoom ID: 875 1073 1879 Passcode: 2020

Saturday 4-5 pm (Spkr/Disc)

Dial-In: 712-451-0921, 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**