



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

March 2022

Page 1

I Did Not Know It Was Never About My Weight

When I was younger, in program, I used to cringe when I heard sayings like "A grateful heart doesn't eat," or "It is easier for me to stay abstinent than it is to get abstinent." I had to fight my eyes from involuntarily rolling as I heard the words. These very sayings, and there are so many of them, are also the ones that I apply daily today.

I have relapsed numerous times since going to my first Overeaters Anonymous meeting in 1997. I would hear people say, "thin is not well," and "I came for the vanity, stayed for the sanity." My brain would contort into knots trying to compute how these sayings could be true. I honestly thought that being obese was my only problem and if I could just get thin then I would not have any problems. I told myself "Thin people do not have problems. And if a thin person says they have problems, then they are just whiners." I honestly thought that my weight was the problem.

I could not wrap my head around the fact that everybody has problems, and it has nothing to do with body size. On June 25, 2012, as I struggled in the worst relapse I had ever had, I had this realization, "If I could be fat and peaceful, I would take that over thin and crazy like this." At that point I was thin, in comparison to 324 plus pounds that I hit in my mid-twenties, but I was engaging in the most animalistic eating I had ever done in my life, and the craziest thinking as my disease was continuing to progress. The food had me by the throat. In this moment, I had a spiritual awakening, that let me understand how my overeating and weight were symptoms of deeper issues. They were not the problem; they were the result of the only solution I was ever able to find to ease the pain. Until it did not anymore, when I surrendered. I asked a fellow to sponsor me, and then did what was suggested to me, whether I thought it would help or not, and it always helped.

I have had so many wonderful things come into my life in the last 10 years. These are things that never would have happened without my abstinence. Getting my doctorate, getting married, going on all inclusive vacations, moving from teaching to administration, and so much more. While these wonderful things have happened, this is life, so trials and tribulations have come up too. I am grateful to know today that compulsively overeating is not the solution to any of my problems. The only solution is the same one that has helped me get and stay abstinent a day at a time. A relationship and the help of my Higher Power, whom I choose to call God, that I have found through the 12 Steps. God does for me what I cannot do for myself. There are many things that have changed for me over these 10 years, but one slogan I live by daily, is just one of the ones that used to drive me crazy. "I don't eat not matter what, no matter what, don't eat." Today I choose to turn my will and my life over to the care of God.

Taryn D.

Step 3: Made a decision to turn our will and our lives over to the care of God as we understood him.

Spiritual principle: FAITH

Tradition 3: *The only requirement for OA membership is a desire to stop eating compulsively.*

Spiritual Principle: IDENTITY

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

MBI NEWS!

MBI Treasurer’s Report January 2022

Income:	\$1772.15
Expenses:	\$963.95
Income exceeded Expenses	\$808.20
Checking bal. 1/31/22	\$6022.94
Savings bal. 1/31/22	\$4006.94

In January, \$1772.15 of our income was from group donations (\$968.15 through Stripe, and \$804.00 in Check donations). The list of groups who donated in January is at the end of this report. **Thanks to all supporting MBI.**

Our January expenses:

January office rent	\$480
Verizon bill	\$204.81.
We paid	
Zoom Standard Pro \$47.79 to (for 3 monthly plans)	
Marina S. \$127.50 for office work	
Jeanne K. \$50.00 as webmaster	
Saintly Solutions \$17.00 (web hosting)	
Yearli.com \$10.98 for 2 1099-NECs (for Marina and Jeanne.)	
Staples \$18.05	
Postage \$7.82	

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 or leave a message at the MBI office for Jeanne K. SeventhTradition 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 Treasure
treasurer@oambi.org

Group Donations January 2022

\$ 324.15	ANON
\$ 375.00	Andover (BBSS) Sun 5PM
\$ 169.26	Dorchester (90) Sat 9AM
\$ 37.63	Lynn Sat 8:30AM
\$ 48.60	Medford (90) Sun 8:00 am
\$ 150.00	Milton Wed 7PM
\$ 72.40	Newtonville (90) Sum 5PM
\$ 24.15	Newton/Wellesley Sat 7:15 AM

\$ 24.15	N. Andover ID 45063 Mon. 6pm
\$ 31.26	N. Andover Sat 8AM
\$ 23.17	Reading (BBSS) Wed 6PM
\$ 233.90	Reading Tues 9:30AM
\$ 37.63	Reading Wed 9:30 AM
\$ 135.05	Reading/Stone (BBSS) Mon 6:30PM
\$ 26.11	Stoneham (90FF) Sun 8:30AM
\$ 59.69	Waltham Wed. 7PM

Total \$ 1772.15

12 Step Within Report – February 2022

The Step 2 Workshop went very well. The reading and sharing were deep and uplifting.

Step 3 Workshop is on March 19, Saturday from 10:30 to noon, and

Step 4 Workshop will be April 23. We will read the step; two speakers will share and open sharing in the time remaining.

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

MBI MEETINGS DATES –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 March 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 – 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 – meeting with Region 6 Committee next week.

7th Tradition button update: We received twenty-four 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 later will work. ***If you have a problem, let us know!***

Newsletter Email Statistics:

Delivered to 294 subscribers on Mon, January 17, 2022, **0 Bounced**
7 New Contacts from Jan 3, 2022, to Feb 2, 2022, **Successful deliveries 294**,
 Total opens 304 Last opened 2/1/22 6 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>

Respectfully Submitted,
 Jeanne K.
 Webmaster

Newsletter Chair Report

The Newsletter, under a new volunteer, is coming along, but not without its growing pains as I learn more about putting it together. I am grateful to the Webmaster for all her help in getting started, to others who helped with proofreading, and to my HP for clarity, serenity, and patience as I work on putting the March newsletter together. I hope you enjoy the member’s story on page 1, and a bit of color on page 4. If you have any ideas you would like to see in the newsletter, please let me know. Blessings to all.

Barbara Ann, Newsletter Chair
 barbinlowell@comcast.net

7th TRADITION CONTRIBUTION

The suggested meeting contribution is US \$5, which helps to account for inflation and OA’s increased reliance on oa.org, social media tools, and other information technology to carry worldwide our message of recovery through OA’s Twelve Steps.
The work of MBI still goes on. We provide scholarships to recovery events, maintain, and improve this website, and spread the message of recovery. MBI donates 10 percent of your contribution to Region 6 and 30 percent to World Service.

Office Committee Chair Report – February 2022

There have been a few newcomer calls. They were directed to our website to find meetings. The new digital phone is still not fully understood - lots of setup options. All good things take time!

Phone calls received	6
Emails received	43
Emails sent	15
Checks & Cash received	5
Newsletters mailed	4
Meeting Lists mailed	3
Newcomer packets mailed	8
Literature sent*	3

*Pamphlet “15 Questions” and “About OA”

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

A WRITING OPPORTUNITY

ANSWER THE SECOND CALL FOR DIVERSE VOICES

OA is updating the existing publication *A Common Solution* and expanding the representation of OA's diverse membership. All are welcome to submit stories that express your experience, strength, and hope. **We are hoping to specifically hear from those who identify as a member of one or more of these under-represented groups within OA:**

Asian/Pacific Islander • Latinx • Indigenous • Members who have had or considered a surgical solution • Transgender • Non-binary • Muslim • Buddhist

You can help under-represented members identify with other OA members by sharing what brought you to OA, what you found here, and what keeps you coming back. Please include which diverse group(s) you identify with and how our common solution (i.e., the Twelve Steps of OA, the nine Tools of Recovery, and reliance on a Higher Power) has led to your abstinence and recovery.

We need your unique story!

1. How do you celebrate your diversity as a recovering member of OA? How have you used your diversity to support your physical, emotional, and spiritual recovery?
2. Did you ever feel misunderstood or unwelcomed by other OA members because of your diversity? What kept you coming back?
3. What would you like other OA members to better understand about your diversity as it relates to your disease and recovery?
4. How has racism, prejudice, bigotry, or marginalization affected your disease of compulsive eating?
5. As a bulimic, anorexic, or bariatric surgery patient, have you felt welcomed?
6. As an atheist or agnostic, how were you able to come to believe that a power greater than yourself could restore you to sanity without becoming religious?
7. As a trans person, how has your recovery and membership in OA challenged or supported your transition?
8. Do you have a physical or mental disability that requires accommodations in order to participate in OA? Do you have a health condition that you would like other OA members to understand?
9. Has living in a country outside of North America challenged or supported your recovery from compulsive eating?
10. How have you welcomed, reached out to, or sponsored newcomers who belong to a race, ethnicity, gender, sexual orientation, age group, or nationality different from your own? What have you learned from them?

Important Rules

1. Submissions are assumed intended for publication, are subject to editing, and become the property of OA, Inc.
2. Submissions are not returned.
3. All submissions must contain the author's full name and address. You may request anonymity with publication. Your state, province, or country may remain anonymous if you so indicate.
4. Submissions must be submitted with a signed release form.
5. Submissions of approximately 500-800 words are preferred.

Due by April 29, 2022

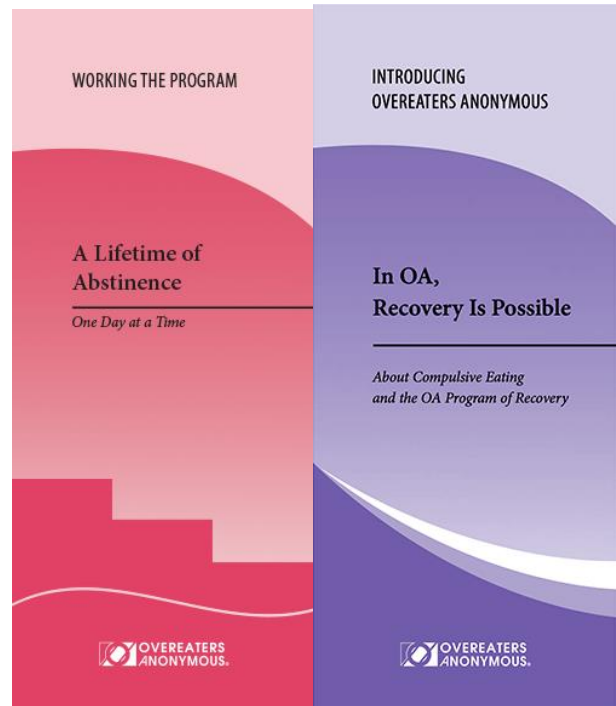
Email your story to info@oa.org with subject line "Common Solution."

OA WORLD SERVICE NEWS & EVENTS:

All new pamphlets and many books are available on bookstore.oa.org and on [Barnes and Noble Nook](https://www.barnesandnoble.com), [Apple Books](https://www.apple.com/books), and [Amazon Kindle](https://www.amazon.com) 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.

Showcasing Two New Pamphlets



Working the program on a daily basis. Your day starts with reading some program literature or taking time to pray and meditate on what you have read or on something about the day ahead. You might phone, text, or email a program friend or your sponsor to go over your Plan of Eating for the day. You might even get to a meeting. At the end of your day, you may reflect on what happened and what you learned. This simple routine keeps us on track. *[Taken from WSO website, "Working the Program"]*

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.

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

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 3 Workshop will be March. 19, 2022, 10:30 am to noon.

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

Next workshop will be April 16, 2022

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:

Metro West (MWI) will be holding workshops the first Sunday of the month, 1:30-2:30pm ET.
<https://www.metrowestoa.org/news-and-events/>

**People of Color-focused OA meeting
Every Tuesday**

11:30 a.m. – 12:30 p.m. (*Pacific U.S.*)

2:30-3:30 p.m. (*Eastern U.S.*)

7:30-8:30 p.m. BST (*British Summer Time*)

For anyone who identifies as a Person of Color.

Meeting ID: 294 207 2024

Password: 115324

Newcomers' Workshops

When: Last Sunday of every month, 1:30-2:30 pm EST

Sign up here:

https://docs.google.com/forms/d/e/1FAIpQLSf_3G8J8TCxUp3dwWiil8Hx9mwSf_hfgRA3p4x12RIB4h1iA/viewform

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

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/>

Virtual Region 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**).

Tues., April 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.

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, April 9, 2022

May 14, 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 STEP WITHIN-** 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.

NOTES

For Zoom meetings, a complete list of 90 Day meetings (including phone meetings), previous Newsletters, members stories, information for Newcomers and more, so much more, please see our website at www.oambi.org