



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

April 2022

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Don't Leave Before the Miracle Happens

I walked into my first OA meeting in late June, 2003. I had gained 70 pounds in the previous 9 months. I was obese for the first time in my life. In those 9 months – once I'd finally become a functioning, employed, law-abiding citizen --I was eating healthily during the day, but I could not stop eating at night.

Since getting sober in 2001, I had met people in AA who were maintaining significant weight loss. I learned they were going to OA. I didn't know the exact details of their program, but they all seemed to have a food plan that eliminated sugar and flour, and they weighed and measured their food. That wasn't for me. I was an alcoholic and a drug addict – and I had a problem with night-eating and couldn't stop gaining weight – but I "knew" I wasn't a food addict. I kept trying my own solutions: alarms on my bedroom door, not keeping much food in the apartment, counting calories, forcing my very heavy body to do high-impact exercise daily. But as things got worse, my AA sponsor encouraged me to attend an OA meeting. I agreed, but only to prove to her it wouldn't work.

My first meeting was at a small meeting at noon in Post Office Square. They were all thin, nicely dressed, and clearly happy to see each other. I didn't belong here; I was the only fat person there. I heard that many of them used to be up to 100 pounds heavier. They described doing all the things with food that I did. A woman turned to me at the end of the meeting: "Are you new? Do you need a food plan? Do you need a sponsor?" I burst into tears. I told her I would be able to follow any food plan during the day. but I got up and ate in my sleep. I didn't think anything could keep me from doing that. She said, "Why don't you try it just for today?"

During the next couple of weeks, I had a few breaks at night, but eventually I was able to go from dinner to breakfast without eating anything. Over the next 3 years, I got involved in all kinds of service, worked the steps, and stayed in the "center of the pack". Although I lost all my extra weight (about 100 pounds), I had addictions to artificial sweeteners and caffeine, about which I was in denial. Over time, I became resentful about sponsor questioning me about my food and became defiant and resistant to suggestions. One night I woke up in front of the refrigerator with a piece of "abstinent" protein in my hand and a piece partially dissolved in my mouth. For the next years I never left, I never stopped working with a sponsor, I never stopped working the steps or the tools, but I also couldn't get through the nights without eating.

How did I finally get out of relapse? I have no single answer, but I listened to phone meetings where I heard long term recovery. I found their programs extreme, but the desperation grew. Finally, I called someone who was available to sponsor and told her I was willing to do whatever she told me to do. Almost 10 years later, I am blown away by the gifts in my life. Yes, my "thin" clothes still fit after all these years, but the biggest gifts are getting to be present for all of life's incredible joys and sorrows and being able to work the steps without the numbing of compulsive eating. Thank you to all who kept reminding me "Don't give up until the miracle happens."
Emily R.

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Step 4: Made a searching and fearless moral inventory of ourselves.

Spiritual principle: COURAGE

Tradition 4: Each group should be autonomous except in matters affecting other groups or OA as a whole.

Spiritual Principle: IDENTITY

COMMITTEE REPORTS

MBI Treasurer’s Report February 2022

Income: \$1319.35
 Expenses: \$ 2303.63
 Expenses exceeded Income: \$ 808.20
 Checking bal. 2/28/22 \$ 5035.66
 Savings bal. 2/28/22 \$ 4521.98

In February, \$1319.35 of our income was from group donations (\$864.35 through Stripe, and \$455.00 in Check donations). The list of groups who donated in February is at the end of this report. **Thanks to all supporting MBI.**

Our February expenses:

\$480.00 February Office Rent
 \$230.85 Verizon Bill (includes fees for changing to a cheaper plan)
 \$31.86 Zoom Standard Pro to (for 2 monthly plans)
 \$97.50 Marina S. for office work
 \$50.00 Jeanne K. as webmaster
 \$120.42 Sainly Solutions (web hosting)
 \$13.00 SEC OF MA FILING F617-7279640 MA (updating officers for MA non-profit)
 \$768.00
\$515.00 Moved to Savings for Prudent Reserve (about 25% of yearly expenses)
2306.63 Total

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. Seventh 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 Treasure
treasurer@oambi.org

Group Donations February 2022

\$308.08 ANON
 \$102.09 Andover (BBSS) Sun 5 PM
 \$108.26 Boston Fri 12:15 PM
 \$37.63 Lynn Sat 8:30 AM
 \$97.50 Medford Sat 9 AM
 \$ 4.82 Milton Wed 7 PM
 \$53.19 North Andover Mon 6 PM
 \$128.76 North Andover Sat 8 AM
 \$ 49.63 Reading Tues 9:30 AM
 \$ 5.57 Reading Wed 6 PM
 \$ 52.00 Reading Wed 9:30 AM
 \$ 11.44 Reading (BBSS) Wed 6:30 PM
 \$117.06 Swampscott Tues 7 PM
 \$ 59.69 Waltham Wed 7 PM
 \$ 2.63 Wellesley (90) Mon 9:30 AM
\$181.00 Winchester Tue 7 PM
\$1319.35 Total

12 Step Within Report – March 2022

The Step 3 Workshop went very well. The reading and sharing were deep and uplifting.

Step 4 Workshop will be April 23, 2022. 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

Our PI/PO co-chair Willing staffed an OA info table at the Natick High School Wellness Program, which the school held last month for its 1700 students. There were about 50 displays in the gymnasium. Willing reports that most of the students passed by the OA display, and only one or two picked

up a brochure. This led to many observations about what the dynamics are in this kind of wellness fair, particularly for young people, and how we can more effectively reach this group. .

The MBI PI/PO committee is collaborating with Metro-West Intergroup and South Coastal Intergroup to help Turning Point, a recovery center in Walpole, MA, educate its staff about OA and start an OA meeting. We are seeking volunteers to attend the new meeting in its first months to get it off the ground. Anyone interested can contact Beth P. at oambizoom@gmail.com.

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 March Report

The OAMBI website was updated with February newsletter, highlights, 90 day meeting list, WSO Bulletin, and the front page ZOOM meeting list. The calendar was updated with the March and April step workshops.

Our Google Ad Campaign is moving forward. The money was approved by Region 6 for a coordinator for the Google Ads. I have been working with the R6 Web & Pub committee to contact all R6 Intergroups to give them the Google Ads information and to find out which ones would like to be involved.

Newsletter Email Statistics:

Newsletter was successfully delivered to 296 people. Of those, 143 (48%) opened it. Total opens on website were 329.

Most visited Links

- <https://cdn.oambi.org/wp-content/uploads/2022/02/MBI-Newsletter-February-2022-2.pdf>
- <http://www.oanorthshoreintergroup.org/wp-content/uploads/2022/01/Unity-Day-flyer-2022-updated.pdf>

Respectfully Submitted,
Jeanne K.
Webmaster

7th TRADITION CONTRIBUTION

The suggested meeting contribution is US \$5. Where your donations go:

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 Report – February 2022

Phone Calls Received	6
Emails Received	60
Emails Sent	17
Checks and Cash Received	5
Newsletters Mailed	5

The PI/PO committee has participated in a wellness fair at the Natick High School. They have used for the first time the new tablecloth and banners that have been waiting in the office for such an occasion since we got them, just before COVID. Many informational pamphlets were also taken to the fair in one of the "fair/conference" rolling suitcases. The office worker is getting more comfortable with the new digital phone, but there are still subtleties to be mastered.

There are no office hours at this time. Marina can be reached by email or telephone.

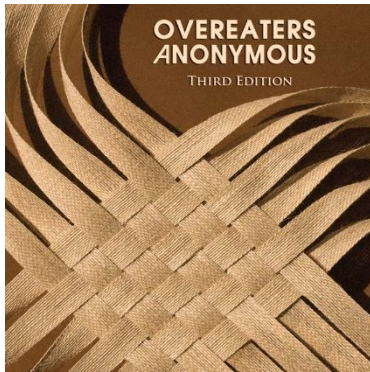
Warmly, together we recover,
Marina - OAMBI office worker
PO Box 74, Arlington, MA 02476
office - 781-641-2303
cell - 617-797-7544
<https://oambi.org/>

SAVE THE DATE – October 7-9, 2022
MBI RETREAT

Tentatively scheduled at LaSalette Retreat Center, Attleboro, MA

NEWS FROM WORLD SERVICE

Audiobook! [Overeaters Anonymous, Third Edition Now Available](#)

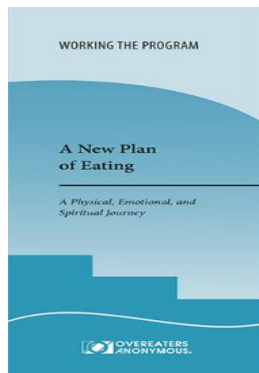


2025 World Service Convention

Dates: August 21-23, 2022

Location:

Renaissance Orlando at SeaWorld®
6677 Sea Harbor Drive
Orlando, FL 32821 USA
Phone: 407-351-5555



A New Plan of Eating explores our eating patterns, motivations, and behaviors, from explaining what “trigger” or “binge” foods are to accepting the many imperfections that come with active recovery. This pamphlet, helps compulsive eaters define, structure, and review a new eating plan with clarity and confidence. *A New Plan of Eating’s* guidelines also helpfully include insightful tips for long days, irregular hours, and special occasions, including twelve-hour shifts and food-centered social engagements. E-book formats are

available through these third-party vendors.

[Amazon Kindle](#), [Apple Books](#), [Barnes and Noble Nook](#)

THERE IS STILL TIME: 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!

<ol style="list-style-type: none"> 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? Did you ever feel misunderstood or unwelcomed by other OA members because of your diversity? What kept you coming back? What would you like other OA members to better understand about your diversity as it relates to your disease and recovery? How has racism, prejudice, bigotry, or marginalization affected your disease of compulsive eating? As a bulimic, anorexic, or bariatric surgery patient, have you felt welcomed? As an atheist or agnostic, how were you able to come to believe that a power greater than 	<ol style="list-style-type: none"> yourself could restore you to sanity without becoming religious? As a trans person, how has your recovery and membership in OA challenged or supported your transition? 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? Has living in a country outside of North America challenged or supported your recovery from compulsive eating? 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?
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Important Rules

- Submissions are assumed intended for publication, are subject to editing, and become the property of OA, Inc.
- Submissions are not returned.
- 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.
- Submissions must be submitted with a signed release form.
- 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](#), [Apple Books](#), and [Amazon Kindle](#) e-readers. Hard copy books and pamphlets may be found on Amazon.com.

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:

Next MBI Workshop will be Step 4, April 23, 2022, 10:30-12:00

MAY MBI Meeting on May 14, 2022, 10:20-12:00

MAY MBI Step 5 Workshop will be May 21, 2022, 10:30 am to noon.

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

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

REGION 6 NEWS & EVENTS

Metro West (MWI)Newcomer's Meeting Sundays 7 p.m. (Eastern U.S.)

Zoom: <https://zoom.us/j/7056582426> or call (929) 205-6099

Meeting ID: 705-658-2426

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_3G8J8TCxUp3dwWii18Hx9mwSf_hfgRA3p4x12RIB4h1IiA/viewform

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 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 most 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**).

World Service Office

PO Box 44727

Rio Rancho, NM 87174-4727

USA

Connecticut OA Workshop: [The Hidden Promises of the Big Book](#); April 24 @ 2:00 pm – 4:00 pm EDT;

Zoom Workshop with three speakers sharing on the hidden promises in the 12 Steps! For Zoom ID and password, contact secretaryctig@gmail.com

Ocean and Bay Intergroup: May 4: Came to Believe – Finding the Higher Power of Your Understanding

workshop from 6:30 PM to 8:30 PM

ET. Zoom Meeting ID: 837 3177 1987. Passcode:

200730; Dial in: 1-646-558-8656; Contact Person:

Margie M 304-615-4336 or mom1925j@gmail.com

The next MBI Meeting Dates – Save the Dates!

Saturday, May 14, 2022

Saturday, June 11, 2022

10:30 A.M. – 12:00 P.M. - ZOOM

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.

MEETING Representatives

- Sun 8:30am, Stoneham, Alice
- Sun 5 pm, Andover BBSS, Bobbie M
- Sun 5 pm, Newtonville, Eve W
- Mon 6:30-7:30 BBSS, Helen K.
- Mon 9:30 am Wellesley, Judith R/Donna
- Mon 12:30 pm, Boston, Richard G.
- Tues 9:30 am, Reading, Ellen C.
- Wed 9:30am, Stoneham, Paulina S
- Wed 7pm, Waltham, Brenda C./Donna S.
- Wed 7pm, Milton, Willing P
- Sat 8am, N Andover, Heather H.
- Sat 7:15am, NWW, Gail B.
- Sat 9am, Carney hospital, Mary P
- Sat 2pm, Chelmsford, Barbara Ann F

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

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 WITHIN-** Dave D. (Arlington)
- **BYLAWS** - open

*** 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