



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

May 2022

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I came into Program in February 1983. In the intervening years I have been witness to many profound changes. The first of those changes was replacing the Lord's Prayer with a second Serenity Prayer. This did not happen overnight or without serious, passionate and sometimes rancorous discussion. Next arose the many opinions surrounding AWOLs. When I came into program, my first sponsor took me to a "Step Meeting." We met every Saturday morning for an hour and a half and people came and people went from week to week like any ordinary meeting. When some put forth the idea of a "closed study of the 12 Steps" many thought it would not be condoned! "How would program as we know it survive." But it has. We continue to evolve and adapt Program to "carry the message."

There have been less contentious changes along the way as well. The no coffee or other beverages, for example. A meeting I used to attend distributed soda at the "break." Oh yes, "the break." Most meetings at one time went for 90 minutes. Naturally, the shortening of meetings to an hour was another issue debated over several months, but not with the level of acrimony of the other changes mentioned here.

Shortly before Covid, telephone meetings entered the world of OA. These meetings had many benefits, including carrying the message to those who may be infirmed or live in remote areas. But they also brought the loss of attendance to in-person meetings. It appears while those issues were being discussed, the pandemic hit. End of discussion! Electronic communication overnight had become the lifeline. Irony of ironies!

So now a new era is upon us, and we are once again called upon to adapt. Will Program be zoom forever? Will we ever meet face to face again? I suggest that Program will survive because it and we are flexible. We are guided by a Higher Power, whose name I do not know, but in whom I believe with every fiber of my being. OA will continue one day at a time wherever and whenever two or more of us are gathered with the guidance of that Power.

Larry

Step 5: Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Spiritual principle: INTEGRITY

SLOGAN: DON'T LEAVE BEFORE THE MIRACLE HAPPENS!

Tradition 5: Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.

Spiritual Principle: PURPOSE

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COMMITTEE REPORTS

MBI Treasurer’s Report for April Meeting 2022 (March Data)

Income: \$1887.08
 Expenses: \$968.75
 Income exceeded Expenses: \$918.33
 Moved \$515.00 from Checking to Savings
 Checking bal. 3/31/22 \$ 5953.99
 Savings bal. 3/31/22 \$ 4521.98

In March, \$1887.08 of our income was from group donations (\$928.08 through Stripe, and \$959.00 in Check donations). The list of groups who donated in March is at the end of this report. **Thanks to all supporting MBI.**

Our March 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 two 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 Norfolk and Dedham Insurance
Total \$968.75

12 Step Within Report – March 2022

The April Step 4 workshop went very well! Several attendees (some coming from far away) had big questions about how to do step 4. It seemed to me that they got a variety of very good answers.

Step Five Workshop is

May 21, 10:30am-12:00pm
 Info at **OAMBI.org**.

On a personal note, I go to a meeting where the tradition is to have fifteen large, folded cards with a 12 step slogan on either side. The slogan jumping out of my mind’s eye is **“together we can make it”** Those words resonate! At meetings I hear voices that have guided and supported me since the beginning of my twelve-step journey 8 years ago. Program folks have saved my life, and I am grateful. Dave D.

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

MBI MEETINGS DATES –2022

June 11, 2022
July 9, 2022
August 13, 2022
September 10, 2022
October 15, 2022
November 12, 2022
December 10, 2022

March Donations

\$ 146.10 ANON
 \$ 60.00 Andover (BBSS) Sun 5PM
 \$ 195.30 Boston Fri 12:15 PM
 \$ 45.37 Chelmsford Sat 2PM
 \$ 4.59 Dorchester (90) SAT 9AM
 \$ 58.38 Newton Wellesley (90) Sat 7:15AM
 \$ 57.78 North Andover Mon 6PM
 \$ 313.08 North Andover Sat 8AM
 \$ 84.45 Reading (BBSS) Tue 9:30AM
 \$ 11.44 Reading/Stone (BBSS) Mon 6:30PM
 \$ 85.00 Stoneham Sun 8:30AM
 \$ 11.44 Waltham Wed 7PM
 \$ 24.15 Wellesley (90) Mon 9:30AM
 \$ 790.00 Winthrop Tue 7PM
\$1887.08 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

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

OUTREACH

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.

NOTE: I have volunteered to take over the chair of the outreach committee pending the board's approval. We are now getting organized and working out our agenda.

Respectfully, Willing P, 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. Region 6 approved the money 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.

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

Office Activity:

Phone calls received:	17
Emails received	27
Checks & Cash received	9
Newsletters mailed	4

Meeting lists, professional packets, newcomer packets are available from the office. None requested, none sent in April
Office report: The digital phone is being finally domesticated. I can easily get the voice messages from anywhere, even as

attachments to email. Inquiries about in person meetings continue to trickle in. Otherwise, a quiet April.

There are no office hours currently. 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 La Salette Retreat Center, Attleboro, MA

Is OVEREATERS ANONYMOUS right for me?

(A series of questions from OA, part 1, extracted from OA.org)

What is the OA eating plan?

The organization follows a 12-step approach and is centered on group meetings and sponsors to aid with recovery. OA has created a [Plan of Eating](#) to help people recover from compulsive eating behaviors.

The primary focus of the plan is abstinence from harmful behaviors rather than weight loss. You don't need to have overweight or obesity to join OA, but some members may choose to use their plans to manage their weight on a steady and sustainable schedule. OA may have benefits if you:

- have obsessive thoughts about your body weight
- have obsessive thoughts about food
- use diet pills or laxatives with the aim of weight loss
- feel compelled toward binge eating

OA recognizes that compulsive overeating can be physical, emotional, and spiritual. The organization recommends that your Plan of Eating be part of a holistic approach

OA WORLD SERVICE NEWS AND EVENTS

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

Literature

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.

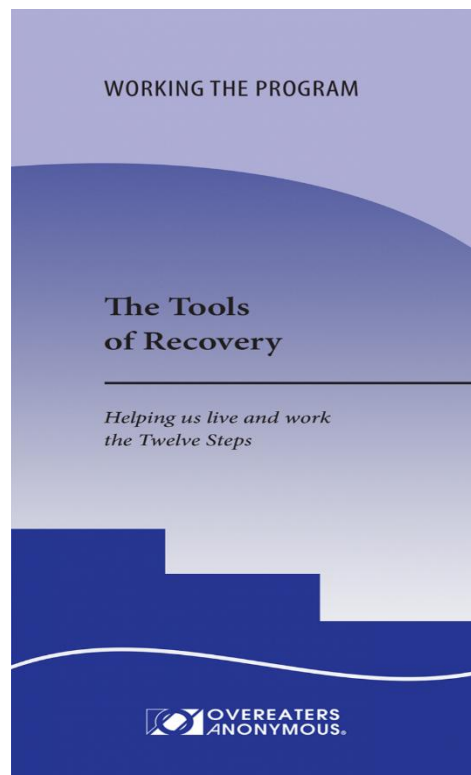
Along with the Twelve Steps of Overeaters Anonymous, OA’s nine Tools of Recovery are vital for working our program and finding and maintaining abstinence. Now updated [The Tools of Recovery](#) (#160) helps all OA members—from newcomers to long timers—understand how to use our nine Tools—a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity, and service—to live a life of sanity and happiness. This essential guide to the Tools also includes OA’s recently restored definitions of abstinence and recovery, as well as timely references to our newest combination pamphlet, [A New Plan of eating](#) (#144).

Find The Tools of Recovery in print on bookstore.oa.org, Barnes and Noble Nook, Apple Books and Amazon Kindle e-readers for \$1 (US\$)

Find the [Introduction to the Twelve Steps](#) on the “[And your journey begins](#)” page for newcomers, the [Twelve Steps page](#), and in the [Document Library](#) under “New to OA”, under categories “Tools” and “Meeting Formats”.

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:

JUNE MBI Meeting on June 11, 2022, 10:30-12:00.

JUNE Workshop, Step Sixon June 18, 2022, 10:30-12:00.

See oambi.org for details 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

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_hfgRA3p4x12RIB4h1iA/viewform

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

Meeting ID: 294 207 2024

Password: 115324

Info at MWI: <https://www.metrowestoa.org/>

North Shore

(NSI) <https://www.oanorthshoreintergroup.org/>

10th Annual One Day OA Retreat: June 25, 2022, 9:00 am - 3:00 pm, Ipswich, MA, UPON AWAKENING. For information and registration form contact: Charlene 978-273-2093 or Patti 978-387-6006

Western MA Intergroup(WMI)44th Annual Retreat: June 3-5, 2022, Genesis Spiritual Life Center, Westfield MA; Cost: \$245 per person; Call/Text Karen S at 413-6368237

ADDRESS FOR REGION 6 DONATIONS:

Region 6 Treasurer

P.O. Box 644, Peabody, Mass 01960

Region 6 trustee contact:

Region6trustee@gmail.com

VIRTUAL REGION (VR) NEWS & EVENTS

Virtual Intergroup Zoom Workshop: Gratitude as an Action Word; June 12th, 3:00-4:30 pm EST, Zoom ID 891 6554 0024, Password 120912

Virtual Region Phone Marathons are being held during most important holidays this year.

<https://oanova.org/2020-marathon-phone-meetings-2/>

For full schedule of events, go to:

<https://oavirtualregion.org/virtual-region-workshop/>

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**
(Interim)Willing P., Quincy
- **PUBLIC INFORMATION**
Willing P., Quinch
- **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