



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

June 2022

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Together WE Recover

I found my way to OA in August of 2002. I grew up in a family in which all of us were overeaters. Two of my siblings have died with medical issues related to this disease. When I was 13 years old or so, I started dieting, following my mother's example. The dieting worked many times, but I always returned to my overeating. I was an RN and worked for a while, in my late thirties, in a substance abuse program where I learned about the 12 Steps. I was inspired by a co-worker who was a recovering alcoholic. I wanted the serenity I saw in her. I don't when I first heard of OA but about 20 years later, I came to OA because I knew without any doubt that I was powerless over food. My first home meeting was a Step Meeting in the San Diego area. We went through the Steps in three books, reading and sharing. I felt very at home in that meeting. Everyone was open, welcoming, and willing to share their own experience. My sponsor shared her food plan with me, and I started asking the God of my understanding for help creating my food plan and not eating outside of it. Doing service kept me attending our meetings regularly. When I retired, my husband and I moved to the Boston area. A new food sponsor and we started working the Steps together. I became aware of the Big Book Step Study process. When we read the 9th Step promises at the end of our OA meeting, that I was not experiencing those promises. I was impressed by the recovery I heard in BBSS meetings, got a sponsor, and started the Step work. By the time I was working the 9th Step, my abstinence was good, and my weight was an abstinent weight.

As I reflect on my experience in OA, I am grateful for my growing recovery. I give credit first to the God of my understanding, and the continuing growth in our relationship. The fact that this is a WE program— "We admitted we were powerless over food. . ." —is, I think, a major factor in my recovery. I am not alone. I am inspired in meetings and in my relationships with my sponsors and others, including sponsees. Working the Steps in an ongoing way through attending and doing service in BBSS and OA, keeps the Step work fresh in my life. Being active in Mass Bay IG also supports my abstinence physically, emotionally, and spiritually. Thank you, Eve, for your service and for asking me to share my ESH, Mary P.

Step 6: Were entirely ready to have God remove all these defects of character
Spiritual principle: WILLINGNESS

Tradition 6: An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

Spiritual Principle: SOLIDARITY

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COMMITTEE REPORTS

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

Income: \$ 1808.45
 Expenses: \$ 1478.33
 Income exceeded Expenses: \$ 330.12
 Checking bal. 4/30/22 \$ 6284.31
 Savings bal. 4/30/22 \$ 4522.05

In April \$1808.45 of our income was from group donations (\$722.25 through Stripe, and \$1086.20 in Check donations). The list of groups who donated in March is at the end of this report. **Thanks to all supporting MBI.**

Our April expenses:

\$480.00 April Office Rent
 \$130.42 Verizon Bill (includes fees for changing to a cheaper plan)
 \$31.86 Zoom Standard Pro to (for two monthly plans)
 \$82.50 Marina S. for office work
 \$50.00 Jeanne K. as webmaster
 \$63.75 Sainly Solutions (web hosting)
 \$58.00 Stamps
 \$436.20 Quarterly Donation to OA.org
 \$145.40 Quarterly Donation to Region 6
Total \$1478.13

12 Step Within Report – May 2022

The Step 5 workshop in May was willingness in action!!! The Spiritual principle of step six is willingness, specifically willingness to have a higher power remove our defects of character. This willingness also applies throughout the program. For example: willingness to work the steps, willingness to show up, willingness to do service, etc. I deeply appreciate the willingness of everybody in program that I have ever met. All workshops are virtual.

Steps Six and Seven Workshop is Saturday June 25, 10:30 am-12:00 pm
 Info at **OAMBI.org**.

Step Eight Workshop Saturday, July 23, 10:30 am-12:00 pm

Coming Back to OA: A New Beginning July 16, 2022, 10:30-12:00 noon.

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

MBI MEETINGS DATES –2022

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

April Donations

\$ 465.10 ANON
 \$ 109.20 Andover (BBSS) Sun 5PM
 \$ 23.17 Boston Fri 12:15 PM
 \$ 19.41 Chelmsford Sat 2PM
 \$ 24.15 Dorchester (90)
 \$ 9.48 Lynn Sat 8:30
 \$ 19.26 Medford(R&R) Sun 10AM
 \$ 5.00 Milton Wed 7PM
 \$ 38.52 Newton Wellesley (90) Sat 7:15AM
 \$ 14.37 North Andover Mon 6PM
 \$ 400.38 North Andover Sat 8AM
 \$ 182.00 Reading (BBSS) Tue 9:30AM
 \$ 50.26 Reading/Stone (BBSS) Mon 6:30PM
 \$ 204.59 Stoneham Sun 8:30AM
 \$ 24.15 Swampscott Sun 8:30AM
 \$ 200.00 Waltham Wed 7PM
 \$ 19.41 Wellesley (90) Mon 9:30AM
\$1808.45 Total

Respectfully submitted,
 Jeanne K.
 MBI Treasurer
 treasurer@oambi.org

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.

Respectfully, Willing P, Chair

Webmaster May Report (April data)

The OAMBI website was updated with April newsletter highlights, 90 day meeting list, WSO Bulletin, and calendar. I am still waiting to hear about exactly when we will be given info on the help with ads. We received 21 donations through Stripe in April. I would like to continue improving SEO (Search engine Optimization) for our website and create an ad.

April Newsletter Distribution data from Mailchimp

We had three new subscribers in April 2022
 Delivery Date/Time: Sat, Apr 16, 2022, 9:42 am
 Successful Deliveries: 300
 Recipients Who Opened: 153 (51.0%)
 Total Opens: 297
 Total Unsubscribed: one

Most visited sites

<https://oambi.org/wp-content/uploads/2022/04/MBI-Newsletter-April-2022.pdf>
<http://OAMBI.ORG>
<https://oambi.org/wp-content/uploads/2022/04/Highlights-April-2022a.pdf>

Respectfully Submitted,
 Jeanne K.
 Webmaster

Office Activity:

Phone Calls received 12
 Emails received 41
 Emails sent 22
 Checks & Cash Received 10

Newsletters sent 4
 Meeting lists sent none
 Professional packets sent none
 Newcomer packets 2
 Literature sent 3

Meeting lists, professional packets, newcomer packets are available from the office. None requested, none sent in April

The new digital phone is very useful. The voice messages come as attachments to email, and I can react to them more quickly. Two meeting representatives visited the office. A meeting that voted to stay on zoom permanently has donated their literature and A/V equipment to the Intergroup. One representative wanted to check their literature (currently stored in the office) and what we have in general. She bought four pamphlets.

Warmly, together we recover,
Marina - OAMBI office worker
 snail mail: PO Box 74, Arlington, MA 02476
 email: info@oambi.org
 office phone: 781-641-2303
 cell phone: 617-797-7544
 web-site: <https://oambi.org/>

A TIP for leaving messages when making our daily calls. As soon as I hear the first word of the recording, I press the star key (*), and then, usually, I hear the beep to record right away, no waiting! Usually. Sometimes, instead of the beep, I hear "Please enter your password." I ignore that and call again. This time, at the first sound of the recording, I press the pound key (#). Usually, then, I hear the beep to record. RARELY, neither the (*) key nor the (#) key works. In that case, you may hear "GOODBYE!" Then, I just call again and wait. I note in my records if a number takes (#) instead of

Alice
 Wakefield, MA

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

Sponsors/Sponsoring (extracted from News and Events)

If you are looking for a sponsor, take heart! A recent survey of 1,149 OA members suggests that three of every ten OA members are sponsors who are willing to take on new sponsees.

What’s the most effective way to find a sponsor? According to the survey, OA members are most likely to find a sponsor when sponsors and those looking for a sponsor announce themselves at OA meetings and events.

Here’s more good news: the survey suggests that eight of every ten OA members has a sponsor, and 80 percent of sponsees say their relationship with their sponsor is “going very well.”

Understanding OA’s Sponsors

The survey indicates that six of every ten OA members serve as sponsors. When it comes to the total number of sponsees that OA sponsors typically support, there is a fifty/fifty split: half of all OA sponsors have one or two sponsees while the other half takes on three or more. What makes for a good sponsor? Here’s what members said, in order of importance:

1. Being abstinent
2. Working the Steps
3. Having spiritual recovery
4. Having emotional recovery
5. Having physical recovery
6. Having a sponsor of their own
7. Having a perspective that the sponsee admires and that makes the sponsee feel understood
8. Communicating clearly and giving advice that can be easily acted upon
9. Having more time in program than the sponsee

Sponsors can serve in a variety of ways. The most common types of sponsors, in order of popularity, include:

1. A single sponsor who covers all of a sponsee’s program needs
2. Long-distance sponsor
3. Steps and Traditions sponsor
4. Food sponsor
5. Temporary sponsor
6. Co-sponsors (two people who sponsor each other)
7. Service sponsor

Obstacles to Sponsorship

Two of every ten survey respondents said they were reluctant to start sponsoring. These were the top five reason

1. Not having sponsors available
2. Being afraid to ask
3. Not finding anyone they like or trust
4. Having sponsors available but not one who has what they want
5. Having differing concepts of abstinence
6. Not knowing anyone who is abstinent
7. Not having the same concept of a Higher Power
8. Feeling like they don’t have time for a sponsor
9. Not being able to find someone who shares the same eating compulsion (anorexia, bulimia, overeating)
10. Feeling like they don’t need a sponsor

Based on these survey results, what can your group, intergroup, or service board do to strengthen sponsorship in OA?

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

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 (Mass Bay) <http://OAMBI.org> ([zoom links online](#))

- Steps Six and Seven Workshop June 25, 2022 @10:30 am – 12:00 pm
-
- OAMBI Meeting July 9, 2022 @ 10:30 am – 12:00 pm
-
- Coming Back to OA: A NEW BEGINNING: July 16, 2022 @ 10:30 am – 12:00 pm
-
- Step 8 Workshop July 23, 2022 @ 10:30 am – 12:00 pm

Save the Date!**Sixth Annual MBI Retreat****Fall Into Recovery****October 7-9 @ La Salette Retreat Center****Oct 7 @ 3:00 pm – Oct 9 @ 11:00 am****Practicing These Principles in All Our Affairs****REGION SIX - OTHER INTERGROUPS:****MWI (Metro West)**<https://www.metrowestoa.org/>

- MWI Newcomer Meeting: **Every Sunday 7-8pm EST**;
Zoom: <https://zoom.us/j/7056582426> or call (929) 205-6099; Meeting ID: 705-658-2426
- People of Color Weekly Virtual Meeting: Wednesdays 8-9pm; Zoom ID: 7056582428; For password text or call Jeff B at 781-510-3789

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

- NSI 10th Annual One Day OA Retreat: June 25, 2022, 9:00 am - 3:00 pm; "UPON AWAKENING..." (AA Big Book pg 88); A day of connecting to ourselves, our Higher Power and each other; Where: Notre Dame Spirituality Center 30 Jeffery's Neck Road, Ipswich MA; For information and registration form or contact: Charlene 978-273-2093 or Patti 978-387-6006

REGION 6 NEWS & EVENTS**R6 Fall Assembly****Hilton Garden Inn Albany Medical Center
Saturday, September 17, 2022****9:00 am – 6:00 pm****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 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/>



JOIN US ON THE
ROAD TO RECOVERY

OCTOBER 21-23, 2022

The 2022 Region 6 Convention will be virtual! More will be revealed!

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
- 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**
OPEN
- **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