



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

JULY 2022

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## FINDING MY HIGHER POWER

At my first OA meeting in Carney Hospital, I was caught off guard by the ease and frequency of the other OA members talking about God. I did not have a God in my life. I briefly thought this might be my last meeting. I was reassured to learn that "half of us thought we were agnostics (BB p. 44).

As a child, I went to Sunday School regularly. I remember reading comic books about the Bible and playing softball after church. Our minister was a great hitter. As I grew older, I would light the candles on the altar and then put them out at the end of the service. I would carry the cross leading the choir, followed by a baseball-playing minister in and out of each service. I felt proud doing this. I had no connection with God.

I spent hours and whole days tramping and exploring in the woods around our house during my youth. I climbed trees collected rocks, bugs, insects, snakes, and turtles. This was my place; I belonged. While I struggled in school, I excelled in sleepover summer camp.

In my forties, I realized there was a difference between religious and spiritual life. I learned about the non-secular spirituality of musicians, athletes, and rock climbers. In my 50s and 60s. I spent weekends and weeks in the mountains and was "enchanted under a starry night" in the deserts of California. I felt at home, at peace, rejuvenated and restored. I began to think of those famous New Englanders I read in high school – Thoreau and Emerson, the New England transcendentalists who wrote about spirituality in nature, and their compatriots, the Hudson River School of painters who gloried spirit in paintings of mountains, sunsets, and woodland streams. Their experience and mine all connected me directly with a universal conscious spirit. In contrast, the word God brought to mind an old white man with a beard in a throne up in the clouds.

As OA helped me identify, accept, and push away my character defects, I experienced glimmers of that higher power emerging from within myself. I realized the bondage of my petty, ego-focused, self-centered, dishonest self had been hiding my Higher Power within me. OA provided the tools to help me slowly let go of my childhood hurts, always wanting to be right, believing I was in charge, and being the director of everyone in my life. This willingness to let go, let my Higher Power emerge. Slowly, but emerge it did.

For years I thought I had a weight problem, so of course, Weight Watchers was a sensible solution that failed me three times. When I joined OA, learned I had an eating problem which was quite different than a weight problem. As I worked Step Four, I realized it was not a food addiction. I had a selfishness problem. I learned that my problem required a spiritual solution (p. 44). Then it made sense to seek a spiritual solution.

OA enchanted and transformed me when I learned I did not have to believe in a Higher Power. I just had to be willing to be open to the possibility of a Creative Intelligence or a Spirit of the Universe. And "when we speak to you of God, we mean your conception of God." When I realized the word "willing" appears sixty-eight times in the Big Book, I changed my name from Will to Willing. Then learning that "when we speak to you of God, we mean your own conception of God," I became even more willing and open to a Higher Power of my own choosing. Willing P.

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**Step 7: Humbly asked Him to remove our shortcomings.**

**Spiritual Principle: HUMILITY**

**Tradition 7: Every OA group ought to be fully self-supporting, declining outside contributions.**

**Spiritual Principle: RESPONSIBILITY**

**COMMITTEE REPORTS**

**MBI Treasurer’s Report for July Meeting 2022 (MayData)**

Income: \$1935.82  
 Expenses: \$ 803.84  
 Income exceeded Expenses: \$ 1131.98  
 Checking bal. 5/31/22 \$ 7416.29  
 Savings bal. 5/31/22 \$ 4522.09

In May \$1935.82 of our income was from group donations (\$805.82 through Stripe, and \$1130.00 in Check donations). The list of groups who donated in May is at the end of this report. **Thanks to all supporting MBI.**

**Our May expenses:**

\$480.00 May Office Rent  
 \$113.87 Verizon Bill (includes fees for changing to a cheaper plan)  
 \$ 63.72 Zoom Standard Pro to (for 3 monthly plans for May & one from April)  
 \$ 75.00 Marina S. for office work  
 \$50.00 Jeanne K. as webmaster  
 \$ 21.25 Saintly Solutions (web hosting)

**Total \$803.84**

**May Donations**

\$ 288.60 ANON  
 \$ 173.60 Dorchester(90) Sat 9am  
 \$ 39.26 Lynn Sat 8:30 AM  
 \$ 24.15 Medford(R&R)Sun. 10am  
 \$ 113.27 Milton Wed 7pm  
 \$ 97.50 Newtonville (90) Sun  
 5pm  
 \$ 29.04 North Andover Sat 8am  
 \$ 299.69 ReadingTue 9:30am)  
 \$ 13.09 Reading Wed 6pm  
 \$ 300.00 Reading Wed Am #38115  
 \$ 11.44 StonehamMon 6:30pm  
 \$ 248.60 Reading Wed 9:30am  
 \$ 87.23 Swampscott Tue 7pm  
 \$ 179.65 SwampscottSat 8:30am  
 \$ 30.70 Waltham Wed 7pm

**Total\$ 1,935.82**

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

**12 Step Within Report – June 2022**

Fear is the corrosive thread that runs through everything. And that is absolutely true. It is also the case that fear has a utility in keeping us alive and so the key is to experience and notice just the right amount of just the right kind of fear. The workshop for steps six and seven went very well. The next one, Step 8, is scheduled for July 23. The next coming back to OA meeting is on 16 July. Both run on a Saturday from 10:30 to noon. Zoom info is on OAMBI.org. There will be no workshop for MBI in August and then the step 9 workshop will be in September. Happy Summer!

Dave D  
 12 Step WithinChair

**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**

**August 13, 2022**  
**September 10, 2022**  
**October 15, 2022**  
**November 12, 2022**  
**December 10, 2022**

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](mailto: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](mailto: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](mailto:info@oambi.org) for a FREE packet.

Respectfully, Willing P, Chair

**Webmaster June Report (May data)**

The OAMBI website was updated with May newsletter, highlights, 90 day meeting list, WSO Bulletin, and calendar. No news on Google Ads. Asked Sainly Solution look into caching issue. 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.

**May Newsletter Distribution data from Mailchimp**

**We had 3 new subscribers in May 2022**

Delivery Time: Thu, May 19, 2022, 1:46 pm  
Successful Deliveries: **299**  
Recipients Who Opened: 153 (51.0%)  
Total Opens: 283, Total Unsubscribed: 4  
Most Popular links:  
<https://oambi.org/wp-content/uploads/2022/05/MBI-Newsletter-May-2022.pdf>  
<http://OAMBI.ORG>  
<https://oambi.org/wp-content/uploads/2022/05/Highlights-May-2022a.pdf>  
<http://OA.org>

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

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

The Third Quarter 2022 issue of **A Step Ahead** (WSO Newsletter) is now available for download. Featured in this issue:

- WSBC 2022 results, including trustee elections
- OA's policy for screen sharing OA literature
- Literature translation updates, including funds awarded and royalties received
- Important messages from our Treasurer and Chair
- What's New from WSO
- Ask-It Basket
- and more!

[View it online](#) or [download](#) and print copies for your group

**OA WORLD SERVICE NEWS AND EVENTS**

**2025 World Service Convention**

Dates: August 21-23, 2025

Location:

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

**INTRODUCTION TO NEW LITERATURE**



**Where Do I Start? Pamphlet Now Available as Free Download on OA.org**

Print copies of Where Do I Start? can still be purchased for US\$1 each at [bookstore.oa.org](http://bookstore.oa.org).

As approved by majority group conscience at WSBC 2022, our popular newcomer pamphlet Where Do I Start? has been updated and made available as a free download from the [oa.org](http://oa.org) [Document Library](#) under the category “New to OA.” ([Direct link](#))

Where Do I Start? pulls vital wisdom from varied OA literature sources, including [A New Plan of Eating](#), in order to give a concise and compassionate introduction to the OA program. As the Fellowship knows, beginning the journey out of compulsive eating and compulsive food behaviors towards recovery can be difficult, but Where Do I Start? aims to help, giving direction, advice, and answers to frequently asked questions in its brief pages. Direct newcomers in your meetings to [this link](#), and see how our membership grows!

**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](http://oa.org) to update your information.



The [introduction](#) to OA’s keystone book, [The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition](#), is now available as a free download on [oa.org](http://oa.org). This brief passage explains that OA uses the terms “compulsive overeating” and “compulsive eating” interchangeably to recognize all forms of compulsive food behaviors. Key differences between the OA program and a typical diet are also included, as well as a heartfelt welcome to compulsive eaters everywhere.

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.”

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

- OAMBI Meeting Aug 13 2022 @ 10:30 am – 12:00 pm
- Step 8 Workshop July 23, 2022 @ 10:30 am – 12:00 pm

**REGISTER NOW!**

**Sixth Annual MBI Retreat  
Fall Into Recovery October 7-9 @ La Salette  
Retreat Center, Oct 7 3:00 pm – Oct 9, 11:00  
am** Flyer at: <https://oambi.org/wp-content/uploads/2019/03/Flyer-MBI-Retreat-Fall-Into-Recovery-2022.pdf>

**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

**A Design for Living Workshop:** Navigating Events, Parties, Gatherings, and Vacations, Sunday, August 7, 1:30-2:30p Eastern, Meeting ID: 705 658 2426, password 402153, See MWI website for call-in #s

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

**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](mailto: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!**

**The next MBI Meeting Dates – Save the Dates!**

**Saturday August 13, 2022**

**Saturday September 10, 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
- 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](http://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](mailto:info@oambi.org)

WEBSITE: <http://www.oambi.org>

**OFFICE HOURS:** MONDAY & THURSDAY/CALL FOR APPOINTMENT