



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

August 2022

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FREEDOM FROM FEAR

In thinking about writing this article, I realized that I haven't wanted to think about it. Having always had a fear of the blank page, it makes me anxious to get started. What if it's not perfect? What if I have nothing to say? So, the task goes from list to list, and the procrastination continues.

I have been actively working on my fourth step the Big Book step study way. It's been a couple of years, a long process. It's hard to make a searching and fearless moral inventory of myself, but I have been tackling it, even if it's only a short while on most days. I have always heard "just put the pen on the paper." My sponsor says, "Just five minutes everyday." I am not perfect, I try. Program teaches me to keep trying, to show up, to act as if. Program teaches me that I don't have to be perfect, that I am not in charge of the outcome. It's hard to recognize how little control I have over most things, that I am powerless. It is hard to admit that I am judgmental, opinionated, and selfish. It's hard to recognize that not everyone thinks like me and that they are entitled to be who they are.

One of the important things I have received from being in OA is freedom. Freedom from the compulsion to overeat. Freedom from the feeling of being out of control. Freedom to be whoever I am without the need to be perfect, without the need to hold on to the old lies I tell myself. It has taught me that I am good enough, pretty enough, smart enough, friendly enough, likable enough, creative enough. I don't have to be a great athlete, a great writer, a great project person. Program has taught me that so much of the need to be perfect, I put on myself. I have learned that I can do the action and then turn it over to something greater than myself. I am not in charge. While old insecurities may never totally disappear, I don't have to cling to them as if they are some kinds of life raft. So, I write. I'm not sure I meant to say any of this, but this is where my pen led me.

Enid B.

Step 8: Made a list of all persons we had harmed and became willing to make amends to them all.

Spiritual Principle: SELF-DISCIPLINE

Tradition 8: Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Spiritual Principle: FELLOWSHIP

Think before you speak

T - Is it true?

H - Is it honest

I - Is it inspiring?

N - Is it necessary?

K - Is it kind?

Lastly, does it have to be said by you?

COMMITTEE REPORTS

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

Income: \$1532.80
 Expenses: \$ 1112.24
 Income exceeded Expenses: \$ 420.26
 Checking bal. 6/30/22 \$ 7836.85
 Savings bal. 6/30/22 \$ 4522.13

In June \$1532.80 of our income was from group donations (\$1199.80 through Stripe, and \$333.00 in Check donations). As of June 30, our PO Box rental increased \$20 yearly. Our Office rent will increase to \$505.00 as of July 1. We have received seven deposits for our retreat as of June 30.

The list of groups who donated in June is at the end of this report. **Thanks to all supporting MBI.**

Our June expenses:

\$480.00 May Office Rent
 \$113.87 Verizon Bill
 \$ 47.79 Zoom (for three monthly plans)
 \$142.50 Marina S. for office work
 \$ 1.00 Stamps
 \$202.00 Yearly fee for PO Box
 \$ 50.00 Jeanne K. as webmaster
\$ 75.08 Sainly Solutions (Web/Maint.)

Total \$1,112.24

June Donations

\$ 50.00 ANON
 \$ 64.00 Andover (BBSS) Sun 5pm
 \$ 146.10 Lynn Sat 8:30 AM
 \$ 29.04 Medford(R&R) Sun. 10:00 AM
 \$ 24.15 Milton WED 7pm ID 50143
 \$ 106.98 Newt/Wellesley (90) Sat 7:15am
 \$ 29.04 Newtonville (90) Sun 5pm
 \$ 174.55 North Andover Mon 6pm
 \$ 165.36 North Andover SAT 8am
 \$ 153.64 Reading TUE 9:30AM (BBSS)
 \$ 157.08 Reading Wed 9:30
 \$ 11.44 Read/Stone (BBSS) MON 6:30pm
 \$ 100.00 Stoneham SUN 8:30am
 \$ 39.00 Swampscott (90) Tues 7PM
\$ 282.42 Waltham WED 7pm

Total \$ 1,532.80

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

12 Step Within Report – July 2022

Step Nine Workshop

Saturday, September 17, 10:30 am-12:00 pm

Step Ten Workshop

Saturday, October 1, 2022, 10:30-12:00 pm

Coming Back to OA: A New Beginning

Saturday, November 5, 2022, 10:30-noon.

Please call me with questions at 781-835-5017.

Respectfully, Dave D, 12 Step Chair

MBI MEETINGS DATES –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!

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 July Report (June data)

The OAMBI website was updated with May newsletter, highlights, 90 day meeting list, WSO Bulletin, and calendar. No news on Google 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.

June Newsletter Distribution data from Mailchimp

We had one new subscriber in June 2022

Delivery Date/Time: Sat, Jun 18, 2022, 7:03 am
 Total Recipients 297
 Successful Deliveries: 294
 Bounces: 3 (1.0%)
 Recipients Who Opened: 150 (51.0%)
 Total Opens: 264
 Last Open Date: 7/5/22 2:03PM

Most popular URLs:
<https://oambi.org/wp-content/uploads/2022/06/MBI-Newsletter-June-2022.pdf>

<https://oambi.org/wp-content/uploads/2019/03/Flyer-MBI-Retreat-Fall-Into-Recovery-2022.pdf>

<http://OAMBI.ORG>

<https://oambi.org/wp-content/uploads/2018/12/MBI-Flyer-Coming-Back-to-OA-part-2-A-New-Beginning-July-16-2022.pdf>

<https://oambi.org/wp-content/uploads/2022/06/Highlights-June-2022a.pdf>

Respectfully Submitted,
 Jeanne K
Webmaster@oambi.org

Office Activity:

Phone Calls received	5
Phone calls received	5
Emails received	31
Emails sent	14
Checks & Cash Received	1
Newsletters sent	4
Meeting lists sent	none
Professional packets sent	none
Newcomer packets	none

Updated two meetings on oa.org:

-Upon request from a meeting member, updated the contact person's telephone number, and while I was at it added that for now it is a phone meeting.

-On my own initiative updated a meeting (dormant during COVID), to say so in the notes.

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

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
 website: <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 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**

AUGUST is SPONSORSHIP month

I searched for information on sponsoring on OA.org and found so much more than I expected. Here is a basic rundown worth passing along.

By Newsletter Chair, Barbara Ann

Carry the message to others—through sponsorship.

Felt the strength and support from having a sponsor? And ready to give back? Or maybe you’ve heard about having a sponsor and want to learn more. No matter the situation, read on to see how sponsorship can fuel your recovery. Sponsors work one-on-one with another compulsive eater sharing what works for them, walking alongside their sponsees. They use and share OA [Tools](#) and slogans, study, work and apply the [Twelve Steps](#) and [Twelve Traditions](#), and offer support when it’s needed. This connection—to Higher Power, to spiritual Principles and practices, and to other recovering OA members—is a crucial part to recovery. There is no prescription on sponsorship (as a sponsor or sponsee), but here are some tips from another member to guide you.

As a sponsor, I do these things:

- Welcome my sponsee’s daily calls and emails Listen to my sponsee’s food plan and program work daily
- Gently reflect on OA Tools and spiritual [Principles](#) with my sponsee
- Share honestly, and willingly about my experience, learning, stumbles, growth, and gratitude in recovery
- Highlight areas of growth I notice in my sponsee’s physical, emotional, mental, and spiritual recovery
- Encourage my sponsee to be open and willing with me and seek assistance from other OA members and trustworthy professionals as needed

- Listen for yellow and red flags in my sponsee’s recovery and talk about these openly, honestly, and willingly
- Let go and let God when I can’t be helpful to a sponsee
- Celebrate recovery
- Help the sponsee work through the Twelve Steps
- Honor the sponsee’s anonymity if that is what the sponsee requests

As a sponsee, I do these things:

- Am honest with myself, my sponsor, and my Higher Power
- Call my sponsor on time daily
- Cultivate awareness of my Higher Power
- Ask for assistance from other OA members to temporarily sponsor me when my sponsor is unavailable
- Listen to and reflect on my sponsor’s feedback
- Practice being a responsible OA member in fellowship with others, by using all the Tools, having a home meeting, doing service, being kind and honest with others, and welcoming newcomers
- Sponsor another member or members as I’m sponsored
- Willingly do Step and Tradition studies to learn
- Celebrate recovery milestones
- Honor anonymity as to the sponsor’s identity – if that is requested by the sponsor.

A Guide for [Sponsors](#): Why, When, and How to Be an OA Sponsor



[bookstore.oa.org](#) > Pamphlets

- Whether you are sponsoring for the first time or the twentieth time, this pamphlet offers guidance and support for the vital role you play.

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:

OAMBI Meeting September 10, 2022 @ 10:30 am – 12:00 pm

All workshops are from 10:30 to Noon Zoom information is in the calendar at OAMBI.ORG
Step Nine Workshop Saturday, September 17,
Step Ten Workshop Saturday, October 1,
Coming Back to OA: A New Beginning Saturday, November 5, 2022.

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
Deadline for registering: August 31, 2022

Click Here: [Flyer – MBI Retreat – Fall Into Recovery 2022](#)

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

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/>



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

Registration
[English Link to Register](#)
[French Link to Register](#)
Flyers
[Registration Flyer \(English\)](#)
[Lien vers le dépliant d'inscription \(French\)](#)

The next MBI Meeting Dates – Save the Dates!
Saturday September 10, 2022
Saturday October 15, 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
 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