



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

September 2022

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September is a beautiful transition month from the heat of August to the chill of autumn. The 12 steps follow the months of the year; this month we get to read and discuss the 9th Step. It reads: Made amends to such people wherever possible, except when to do so would injure them or others. This is a continuation of the work we did in Step 8, made a list of those we had harmed, and became willing to make amends to them all.

My experience prior to OA was saying "I'm sorry" frequently, but nothing changed. I felt bad about myself for never measuring up to others who never seemed to make social blunders. I blamed my appearance, mostly my weight, for my unhappiness. My self-esteem ranged from low to high, depending on the situation. I believed my intelligence to be high as proven by my success at school and in my jobs. On the other hand, I had a difficult time getting along with my supervisor(s) and peers. I hurt a lot of feelings, stepped on a lot of toes as I attempted to control my weight, my co-workers, my family and friends. I didn't know that fear was driving me. Fear of others' opinions, not good enough, financial insecurity, etc., the same things most of us have feared. That fear led me to marriage at 20 years old (fear of being an old maid). It kept me in a dysfunctional marriage to an alcoholic long past time to leave (fear I could never manage on my own). And it led to my belief that my life would be better if I could only be slim.

I joined the Army the month my divorce was final. I did well in the Army, except for managing my weight. I continued yo-yo dieting and overeating, exercising and practicing bulimia to try to manage the overeating. It didn't work. Six and one-half years later I left the Army and moved home to Burlington, VT. I found Overeaters Anonymous (OA). I enjoyed a couple of years with my OA people, going to meetings,

having a sponsor, socializing. I gained some self-confidence, did well at my job, joined church activities, and in May 1986 I graduated college with a BS in Business Administration. Referring now to Bill's Story in the AA book, I was flying high. My confidence was soaring, I had the idea to move somewhere else where my brilliance would be appreciated. In June I was offered, and accepted, a job transfer to the Boston area. A lot has happened since then.

My OA story in Massachusetts began in April 1987 when I was sick and tired and contemplating suicide. I found OA, got a sponsor at my first meeting, and followed her suggestions for working the tools and studying the steps. After some slipping and sliding I was able to stay abstinent and attend a number of AWOL step studies. Around fourteen years or so into my program I went to a Big Book Step Study meeting (BBSS). Thank you HP that I got a sponsor and began the work of studying the steps as they are presented in AA's big book of Alcoholics Anonymous. This time I applied myself to reading and studying the first chapters up to step four. I committed to step three, and to help someone else through the steps when I was ready.

I wrote my fourth step, read my fifth step to my sponsor, and took steps six and seven. Then it was time to do steps eight and nine. For the first time I was able to identify where I was wrong in my relationships with others, and became willing to make amends. I had fears around approaching people, but my sponsor guided me through writing what I wanted to say to each person before I made connections with them. Some I had to write a letter I couldn't mail, many I did face to face or by telephone. I did begin to feel relief after a while. Now that the "wreckage of the past" has been cleaned up to the best of my ability, I use steps 10 through 12 to maintain serenity and keep my side of the

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street clean, and 8 and 9 as needed. I am so grateful to God and OA for the wonderful life I have today, for the change in my thinking and behaviors. It isn't perfect, but it is better than any life I could have imagined.
Barbara Ann, Compulsive Overeater in Recovery

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Spiritual Principle: LOVE

Tradition 9: OA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.

Spiritual Principle: STRUCTURE

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

MBI Treasurer's Report for August Meeting 2022 (July/Data)

Income:	\$969.33
Expenses:	\$ 864.58
Income exceeded Expenses:	\$ 104.75
Checking bal. 7/31/22	\$ 7941.60
Savings bal. 7/31/22	\$ 4717.17

In July \$ 969.33 of our income was from group donations (\$ 912.33 through Stripe, \$20.00 in cash and \$37.00 in check donations). We have received 7 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 July expenses:

\$505.00	July Office Rent
\$113.87	Verizon Bill (includes fees for changing to a cheaper plan)
\$ 47.79	Zoom Standard Pro to (for 3 monthly plans for June)
\$ 112.50	Marina S. for office work
\$ 50.00	Jeanne K. as webmaster
<u>\$ 35.42</u>	Saintly Solutions (hosting & Maint)
Total \$ 864.58	

July Donations

\$ 118.92	ANON
\$ 53.49	Andover (BBSS) Sun 5pm
\$ 19.26	Dorchester Sat 9 AM
\$ 24.15	Medford (Sun. 10:00 am
\$ 97.20	Milton WED 7pm
\$ 24.15	Newton/Wells. Sat 7:15 am
\$ 48.60	Newtonville Sun 5pm
\$ 29.04	North Andover Mon 6pm
\$ 29.04	North Andover SAT 8am
\$ 118.98	Reading TUE 9:30AM
\$ 4.59	Swampscott Tues 7PM
\$ 357.65	Swampscott Sat 8:30 AM
<u>\$ 19.26</u>	Waltham WED 7pm
Total \$ 969.33	

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

12 Step Within Report – September 2022

As I wrote last month, going through the steps and workshops month after month, year after year, I always hear something new that I need to hear when I need to hear it. The Steps are transformative. Years ago I misheard a song lyric. I thought the lyric was: "Once in a while you can show 'em the light in the strangest of places if you look at it right." When the CD came out I found the actual lyric is (and this fits so well with 12 step process) "Once in a while you get shown the light in the strangest of places if you look at it right" Serenity and transformative steps, one day at a time.

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, 10:30-12:00 noon.

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

Respectfully, Dave D, 12 Step Chair

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 Treasurer
 Email to: treasurer@oambi.org

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 August Report (July data)

Webmaster August Report (July data) The OAMBI website was updated with the July newsletter, highlights, MBI meeting list, 90 day meeting list, WSO Bulletin, and calendar. Google is starting to charge \$6 per month for business accounts. I will double check to see if that applies for non-profits.

July Newsletter Distribution data from Mailchimp
 Total Recipients 298 – including 3 new subscribers

Successful Deliveries: 296
 Bounces: 2 (0.70%)
 Recipients Who Opened: 137(46.3%)

Total Opens: 280

Most popular URLs:
<https://oambi.org/wp-content/uploads/2022/07/MBI-Newsletter-July-2022a.pdf>
<https://oambi.org/wp-content/uploads/2022/07/Highlights-July-2022b.pdf>
<http://OAMBI.ORG>,
<http://OA.org>
<https://oambi.org/wp-content/uploads/2019/03/Flyer-MBI-Retreat-Fall-Into-Recovery-2022.pdf>

Respectfully Submitted,
 Jeanne K
 Webmaster@oambi.org

Office Activity:

Phone Calls received	14
Emails received	49
Emails sent	20
Checks & Cash Received	6
Newsletters sent	4
Meeting lists sent	none
Professional packets sent	none
Newcomer packets	none
Literature sent	none

Most of the activity in August has focused on the coming retreat.

A small number of people called to ask for in person meetings.

Meeting lists, professional packets, newcomer packets are available from the office.

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/>

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

Hybrid Meetings Now on Find a Meeting at

OA.org 16 percent of all registered OA meetings are hybrid Have you heard of hybrid OA meetings? OA has published new instructions for understanding hybrid meeting search results in Find a Meeting, as well as instructions for group secretaries to add and edit hybrid meetings. These instructions, called “Find a Meeting—Hybrid Meeting Instructions,” can be found in the Document Library at oa.org under the category “Meeting Resources.”

What’s New from 4thQ WSO Bulletin

Board Attraction Sticky Notes Now US\$3.00. Due to an increase in supply costs, the price of our popular Bulletin Board Attraction Sticky Notes has been raised to US\$3.00. This classic tool for carrying the message of OA comes in pads of 25 sticky notes with room to write in your meeting location and time. Since you can stick it on most surfaces without leaving marks, Bulletin Board Attraction Sticky Notes are a great choice for carrying the message on community bulletin boards at local coffee shops, libraries, or other event centers. Buy them at bookstore.oa.org. Twelve Freedoms Wallet Card Celebrate your freedom from compulsion with a Twelve Freedoms wallet card! Created to commemorate World Service Convention, this limited-edition trifold wallet card is an easily accessible reminder of the poignancy of our program, listing the freedoms that we enjoy in our recovery. Whether you’re guarding against slips or encouraging another struggling compulsive eater in need, keep the Twelve Freedoms wallet card (#447) close. Available at bookstore. oa.org for only US\$.55.

To the Young Person: Now a Free Download! Many OA members are intimately familiar with how the seeds of compulsive eating can be planted in our youth—even our earliest childhood memories. Many of us who have found hope in OA have repeatedly expressed a fervent wish to get the years of suffering back. With that in

mind, OA has recently redoubled its efforts to reach young people ages 18 to 30 to help them start their recovery journey earlier in life. To help, OA has made the recently updated e-pamphlet To the Young Person a free download. Download and share it today from: • the Document Library at oa.org (oa.org/ document-library), under the category “Young People.”

A New Plan of Eating Pamphlet Now Available. OA’s newest pamphlet, A New Plan of Eating (#144), helpfully combines the structured food plans of Dignity of Choice (#140) with the inspiration and compassion found in A Plan of Eating (#145) and replaces both of these pamphlets as Conference approved literature. 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. The sample plans of eating that are included in this pamphlet were reviewed by a registered dietitian and can help compulsive eaters define, structure, and review a new eating plan with clarity and confidence. A New Plan of Eating’s guidelines also include insightful and constructive tips for long days, irregular hours, and special occasions, including twelve-hour shifts and food-centered social engagements. A New Plan of Eating is now available in the OA bookstore for US\$2.00. The pamphlet is also available in e-book format on Amazon Kindle, Apple Books, and Barnes and Noble Nook platforms. As a reminder, OA receives a royalty share for e-book purchases made through these third-party vendors.

Now that A New Plan of Eating is available, please note that Dignity of Choice and A Plan of Eating are no longer Conference-approved literature. However, any service bodies currently licensed to translate Dignity of Choice, or A Plan of Eating are permitted to continue their publication and sales until that service body publishes the new publication in their language. The best resource to ensure your group is using approved literature is the OA-Approved Literature List found at oa.org/document-library under the category “Literature.”

**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) www.oambi.org (ZOOM links)

Step Nine Workshop

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

Step Ten Workshop

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

Sixth Annual MBI Retreat

REGISTER NOW! Full Payment now Due
Fall Into Recovery October 7-9 @ La Salette
Retreat Center Cost for single room, all meals:
\$280 Oct 7 @ 3:00 pm – Oct 9 @ 11:00 am

NEW and CONTINUING: HYBRID AND IN-PERSON MEETINGS

Effective September 11, 2022

HYBRID – Sunday, 8:30-9:30am, 90 days, Stoneham will be (phone and in person) at Medford High School Library, 489 Winthrop St, Medford, MA
 Call-in number: 1-425-436-6310, PIN: 853478#

IN-PERSON: Sunday, 5:00-6:00 pm, St. John's Episcopal church in Newton, MA. Meeting number is # 57566.

HYBRID - Saturday, 2:00-3:30pm,

Chelmsford, <https://zoom.us/j/784925239>

Call 929-436-2866 Meeting ID: 853 1326 7372H Meeting Password 229521.

IN-PERSON: Unitarian Universalist Church, 2 Westford Street, Chelmsford, MA

REGION 6 - MWI (Metro West)

<https://www.metrowestoa.org/>

MWI Newcomer Meeting: Every Sun 7-8pm EST;

Zoom: <https://zoom.us/j/7056582426> or call (929) 205-6099; Meeting ID: 705-658-2426

MWI

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!

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