



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

**MBI Newsletter**

**October 2022**

**Page 1**

## Just for Today - My Story

I have been in and out of OA for 35 years. I first came to OA when my kids were 13 and 15 years old. I had been in my marriage for 17 years and at a job I loved for 10 years. I had heard of AA, Alanon, and Alateen, but had never had anyone in my life who was a drinker. A co-worker was telling everyone about how he was going to OA and it was changing his life. He was talking to me about it one day at lunch. I had just lost 20 lbs. and thought I was doing OK, I weighed 188. I had lost 20 lbs. a year for 10 years and gained 30 lbs. a year. Of course, my ups and downs on the scale went farther back, all the way to age 16. I usually felt hopeless about my gaining but would make the effort once or twice a year to try to lose some. My co-worker was so encouraging, and there were meetings near my home. I went and was amazed to learn that 1. I have a disease of compulsive overeating. 2. It was not my fault; it was not a moral issue. 3. There is a solution - I am not alone. Together people were finding lasting relief. My sponsor gave me a food plan and a daily time to call her. She explained "One day at a time." I said I needed more snacks, more fruit, and that I had low "blood sugar." She suggested I take it one day at a time and asked if I could do it "just for today." I could do whatever I wanted the next day. I committed my food for one day and continued to commit my food for the next 3 years. I lost 45 lb. and found more peace and direction in the rest of my life. I continued in and out of OA for 18 years, finding that the good and bad things of life could take me away from the program. I recommitted in 2008 and have continued in the program. I released 60 lbs. and found new health and energy. I no longer have the intense hunger or cravings I used to

experience. I have maintained my healthy weight for 13 years. I've had a few slips but got right back on my plan with my sponsor that day. What is different this time? I work all the tools and continue to work the steps. I go to at least 3 meetings a week, make 3 phone calls a day, and have 3 meals a day, nothing in between and nothing off my food plan. It is still one day at a time. I may have a food thought, but it is not a craving. I am amazed at how much I get to eat, how much I like my food, and how satisfied I am. I am learning to "practice these principles in all my affairs." As I said I continue to work the steps one day at a time. I am a grateful recovering compulsive overeater. The steps have shown me so much about myself and life. I can use program to help me deal with life. My old way was of eating compulsively, procrastinating, and hiding. Just for today, I will commit and follow my food plan, enjoy the meetings, calls, reading, writing, and other tools. I will do my 10th step inventory and see where my life today is affected by selfishness, dishonesty with myself, self-seeking, and fear. And I hope to do it again tomorrow. I really love this way of life. Paulina S.

### **Step 10**

Continued to take personal inventory and when we were wrong, promptly admitted it.

**Spiritual Principle: PERSEVERENCE**

### **Tradition 10:**

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

**Spiritual Principle: NEUTRALITY**

## **COMMITTEE REPORTS**

### **INDEX**

Member Story-Committee Reports	Page 1-3
Update from World Service	Page 4
Upcoming Events (Please announce)	Page 5
MBI Information-Board and Reps	Page 6

**MBI Treasurer’s Report for September Meeting 2022 (Aug/Data)**

Income: \$1147.43  
 Expenses: \$ 1661.81  
 Income exceeded Expenses: \$ 514.38  
 Checking bal. 8/31/22 \$ 7427.22  
 Savings bal. 8/31/22 \$ 5352.21

In August \$ 1147.43 of our income was from group donations (\$882.43 through Stripe, and \$265.00 in check donations). We have received 10 deposits and 2 full payments for our retreat as of August 31. The retreat payments are in the Savings Account.

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

**Our expenses:**

\$505.00 August Office Rent  
 \$115.45 Verizon Bill  
 \$ 47.79 Zoom Standard Pro (for 3 monthly plans for August  
 \$ 108.75 Marina as office worker  
 \$ 50.00 Jeanne K. as webmaster  
 \$ 35.42 Sainly Solutions (web hosting & maintenance)  
 \$ 564.86 WSO Donation  
 \$ 188.29 OA Region 6 Donation  
 Total \$1661.81

**August Donations**

\$ 405.88 ANON\*  
 \$ 51.30 Lynn SAT 8:30am  
 \$ 24.15 Medford(R&R)Sun 10:00am  
 \$ 4.59 Milton WED 7pm  
 \$ 127.90 Newtonville(90) SUN 5pm  
 \$ 43.41 North Andover SAT 8am  
 \$ 87.42 Reading (BBSS) TUE 9:30 am  
 \$ 9.48 Reading WED 6pm  
 \$ 108.94 Reading(90,BBSS)MON 6:30pm  
 \$ 284.36 Waltham WED 7pm

Total \$1,147.43

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.

Respectfully submitted,  
 Jeanne K.  
 MBI Treasurer  
[treasurer@oambi.org](mailto:treasurer@oambi.org)

**OFFICE ACTIVITY**

Phone Calls received	13
Emails received	60
Emails sent	31
Checks & Cash Received	23
Newsletters sent	4
Meeting lists sent	none
Professional packets sent	none
Newcomer packets	none
Literature sent	none

Most of the office activity in September was focused on the October retreat. We had a great one! The organizing committee has done a tremendous job.

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  
 Website: <https://oambi.org/>

**12 Stepwithin Report – October 2022**

At the OAMBI retreat a speaker also suggested that I Google “two way prayer AA” I did, and found some amazing and useful back story and practices relating to Bill and Bob starting Alcoholics Anonymous. At meetings I hear what I need to hear. I am happy to do myself the service of participating in OA!

**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

**Webmaster September Report (Aug data)**

The OAMBI website was updated with the Aug. newsletter, highlights, MBI meeting list, 90 day meeting list, WSO Bulletin, and calendar Although Google has started to charge a monthly fee for services, because we are a non-profit, we do not have to pay. Sainly Solutions researched this and set up our account properly.

**August Newsletter Distribution data from Mailchimp**

Delivery: Thu, Aug 18, 2022, 7 am  
 Total Recipients: 301 - includes 3 new subscribers  
 Recipients Who Opened: 148 (49.2%)  
 Total Opens: 279  
 Total Unsubs: 0  
 Total Abuse Complaints: 0

**MASS BAY MEETINGS DATES.**

**November 12, 2022**

**December 10, 2022**

**10:30-NOON, MBI meeting(ZOOM)**

Join Zoom Meeting

<http://us02web.zoom.us/j/84658800386?pwd=bFdDR1lsdlUwTEhGQ3lDenNSTDFrdz09>

Phone: 1 929 205 6099 (NY,US) Meeting ID: 846 5880 0386 Password: 958493

***Join us VIRTUALLY 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

**SERVICE OPPORTUNITIES**

**MEMBER STORIES**

Do you have a story to tell? We are looking for people to submit a writing for the front page of the Newsletter. It can be your story of experience, strength, and hope (ESH), or a step or tradition that has influenced you, or pick a month and write on the step or tradition of the month. **No experience necessary!**

**CORRESPONDING SECRETARY**

Primary contribution is to check the websites of other Intergroups near us so we can share information about workshops that may be of interest to our members. Page 5 of the newsletter is a compilation of events and information obtained by the corresponding secretary.

**INTERGROUP REPS**

**Each group should have one.**

Responsibilities include to attend the monthly virtual business meetings and to communicate to your meeting members all the happenings from the monthly MBI meeting. A guide to announcements is provided for you.

**LOCAL HEALTH FAIRS**

If you hear of a Health Fair scheduled in your area, please forward information to [info@oambi.org](mailto:info@oambi.org), and Marina will see that the proper people are notified. Reps could check with their town's health department for that information.

If you are interested, please contact me, Barbara Ann, Newsletter Chair, at [barbinlowell@comcast.net](mailto:barbinlowell@comcast.net) or call or text 978-970-2879

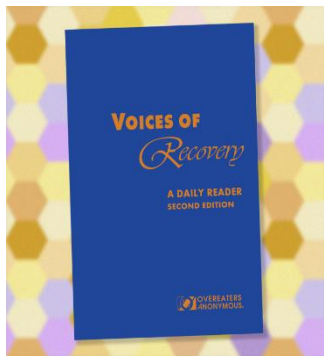
**TOGETHER WE CAN DO WHAT WE COULD NOT DO ON OUR OWN!**

**TOGETHER WE GET BETTER!**

**NEWS FROM WORLD SERVICE**



**New Audiobook! The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition Audiobook Now Available**



Great news! The long-awaited second edition of OA’s beloved daily reader *Voices of Recovery* is finally available, both in our OA bookstore and online digital platforms. The second edition has been attentively reviewed and edited to bring its daily meditations—sourced directly from the testimonials of OA members—into alignment with OA’s currently available literature and policies.



Read real stories of recovery written by OA members for free on your computer or smartphone when you visit [oalifeline.org](http://oalifeline.org). OAlifeline.org was the digital version of Lifeline magazine until the end of 2020. Now discontinued, oalifeline.org is free for any OA member to read while it remains online. Visit today and discover more than a thousand shares of experience, strength, and hope originally published in the pages of Lifeline magazine from 2016–2020.

An ad hoc team is working on a replacement for Lifeline and oalifeline.org. Look for announcements later this year!

**Group 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 so that members in recovery and still-suffering compulsive eaters can locate meetings they can attend. Send updated info to ([info@oambi.org](mailto:info@oambi.org)) as well. Thank you for your service!

Events and Information  
 (CORRESPONDING SECRETARY'S REPORT)  
 Please make flyers available for your meetings

**MASS BAY INTERGROUP NEWS AND EVENTS**

**MBI WORKSHOPS** (See Calendar for zoom info)

Step 11: November 19, 2022  
 Thankathon Nov 24, 2022 7AM to NOON  
 Step 12: December 3, 2022

**2023 MBI Retreat** – from Mary P.,  
 Committee Chair

The MBI Fall Retreat was a wonderful experience. Twenty five of us gathered. The camaraderie was warm and welcoming. Learning about the Steps from speakers who shared their own experience, strength and hope was inspiring. The food was abstinent and delicious.

We are unable to get a fall weekend at La Salette next fall but have put in our request for Indigenous People's Day for 2024 and 2025 at La Salette. Thanks to all who gave service! Mary P.

PS. If you know of any retreat centers that might have space for our retreat in 2023, leave a message at [info@oambi.org](mailto:info@oambi.org)

**GROUP SECRETARIES:**

When you update your meeting info at [oa.org](http://oa.org); please update meeting information at ([info@oambi.org](mailto:info@oambi.org)) For example, **if** your face to face meeting has been changed to a phone or Zoom meeting **or if** your zoom/phone meeting is now a HYBRID including a face-to-face component.

While we are affected by social distancing, it is best to send meeting updates to your service body ([info@oambi.org](mailto:info@oambi.org)) as well. Thank you for your service!

Please see our website at [www.oambi.org](http://www.oambi.org) for Zoom/Phone meetings, a list of 90 Day meetings (including phone meetings), previous Newsletters, members stories, information for newcomers and more, so much more,

**REGION 6 NEWS & EVENTS**

Please see the website for news, upcoming events, intergroups and to make donations.  
<https://oaregion6.org/>

**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. Meetings every hour from 8:00 AM to 12 midnight EST (UTC-5) with regular scheduled meetings

<https://oavirtualregion.org/marathons-2022/>

Call 712-432-5200 Conference ID 4285115#  
 For full schedule of events, go to:  
[About Virtual Meetings - Virtual Region of Overeaters Anonymous \(oavirtualregion.org\)](http://About Virtual Meetings - Virtual Region of Overeaters Anonymous (oavirtualregion.org))

*For news, events, announcements & info, see the websites:*

[www.oambi.org](http://www.oambi.org); [www.oaregion6.org](http://www.oaregion6.org); [www.oa.org](http://www.oa.org)

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

**Saturday, Nov 12, 2022**

**Saturday, Dec 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 - OPEN
- Sun 5 pm, Andover BBSS, Bobbie M.
- Sun 5 pm, Newtonville, OPEN
- Mon 9:30 am Wellesley, Judith R.
- Mon 12:30 pm, Boston, Richard G.
- Mon 6:30-7:30 pm BBSS Helen K.
- 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.

**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., Quincy
- **COMMUNICATIONS** - OPEN
- **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**