



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

November 2022

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Discovery and Recovery by Dave

I started out being a good-sized sized baby. I went upward from there. I came by my flour and sugar addiction by example and maybe genetics. For instance, my dad would put sugar on things one usually doesn't put sugar on. Then, when my brother and I cleaned out the family house (after he and my mom moved into assisted living) we found chairs around the house where he would clearly stop, sit, and rest. By each chair was a convenient sugar stash. I also learned early that sugar and flour was a good way to stuff my feelings, often a necessary strategy around the house.

I was a chubby boy, eating sugar whenever I could get my hands on it. I stayed that way until high school when some friends of mine got into running. Because they were into it, I got into it too. So I got thin, ran cross-country and track thru HS, but then slowly stopped running some time after college. I continued being very physically active, but still stuffing with food. Rather than deal with my emotions about my marriage which lasted 28 years, I ate.

I was diagnosed with diabetes in 2009 at 300 pounds. My weight began to go down slowly and then in 2012 I was struck vegan by a message from my daughter. I was finding ways to use vegan eating (which does not preclude sugar and flour) to justify eating compulsively. I came into OA because a friend of mine and I had in common that we ate weird: she ate OA and I ate vegan. I went to a few meetings in 2013/2014, and thought I belong here but I wasn't ready. I hit rock bottom in July 2014, got a sponsor on August 9, 2014, and have been eating with imperfect abstinence since. I very quickly dropped to almost high school weight, 188. My sponsor was not vegan and gave me a food plan and there was something in the vegan food plan

that we did not know should be counted as fat and not protein. As I had done throughout my life, I figured out how to stuff with food. I gradually added more of that foodstuff to my committed food, and my weight crept up. Changing amounts of food didn't seem to help. Then a sponsor suggested getting an OA aware nutritionist so I did and I found out that a bunch of foods that we thought were one thing should be counted as another. For example, some vegetables I was eating were starchy, therefore should be counted as grain. The main mind blowing discovery was those things which I was eating up to a pound a day of as protein should be counted as fat, not protein. I went down to an ounce or less a day of those.

Recently during the pandemic, I had incredible digestive problems, and while sitting on the toilet, miserable, I had a thought (which was clearly HP) which said, "What if those things that you are eating a lot less of are causing this? I stopped eating all of those things altogether and within days I was perfectly normal and fine digestively speaking. My intestine is allergic to them. I went to the OAMBI Retreat this past weekend and there was recovery gold there, in all attendees. The phrase that hit me right upside my face was a recounting of a sponsor telling a sponsee this: **"You can face your stuff or you can stuff your face."** I needed to hear that. I can eat abstinely and still stuff and that truth became vividly clear to me. I've tightened up my program considerably and I'm facing my stuff more than ever, including upping my BBSS work. In OA, my diabetes is and has been under excellent control. My weight is 230 and dropping. This fellowship has saved my life quite literally in several ways.

Bless you all!

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Step 11: Continued to take personal inventory and when we were wrong, promptly admitted it.

Spiritual Principle: PERSEVERENCE

A CALL FOR WRITERS!

Do you have a story to tell? We would like to have you write it for an issue of the NEWSLETTER. Contact me, Barbara Ann, Newsletter Chair, barbinlowell@comcast.net

Tradition 11:

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

Spiritual Principle: NEUTRALITY

COMMITTEE REPORTS

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

Income: \$ 1034.24
 Expenses: \$ 1796.89
 (includes \$500.00 for retreat deposit)
 Expenses exceeded income: \$ 762.65
 Checking bal. 9/30/22 \$ 6664.57
 Savings bal. 9/30/22 \$11,522.27
 (includes \$7025.00 for retreat)

In September \$1034.24 of our income was from group donations (\$600.24 through Stripe, and \$434.00 in check donations). We have received \$7025.00 in payments for our retreat as of 9/30. The retreat payments are in the Savings Account. I am in the process of reviewing our insurance. We received the following quote yesterday:

Yearly Coverage	Premium
Property	\$490.00
Crime Fidelity	\$80.00
General Liability	\$313.00
Employment Practices Liab.	\$197.00
For a total premium of	\$1080.00.

Last year we paid a total of \$1636.00 for 2 policies that were overlapping. In addition, we no longer have 40 meetings in person, so that liability has decreased.

I plan to go over this quote and get the new policy in place by Dec 7.

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
 \$ 116.21 Verizon Bill
 \$ 9.65 Mail Mass tax to Mass Atty. Gen
 \$ 35.00 Mass Tax filing
 \$ 47.79 Zoom Standard Pro (for 3 mo plans for Aug
 \$ 112.50 Marina as office worker
 \$ 50.00 Jeanne K. as webmaster
 \$ 113.34 Saintly Solutions (hosting & maint.)
 \$ 2.40 Postage
 \$ 500.00 Retreat deposit to La Salette (from Savings)
 \$ 25.00 Refund retreat deposit
 \$ 280.00 Retreat money transferred to Savings)
Total \$ 1796.89

September Donations

\$ 97.50 ANON
 \$ 97.50 Chelmsford, Sat 2PM
 \$ 39.00 Lynn Sat 8:30 AM
 \$ 9.48 Medford (90) SUN 8am
 \$ 19.26 NewtonWelles (90) SAT 7:15am
 \$ 181.47 Newtonville (90) SUN 5pm
 \$ 4.59 North Andover MON 6pm
 \$ 9.48 North Andover SAT 8am
 \$ 167.93 Reading TUE 9:30AM (BBSS)
 \$ 58.26 Reading WED 9:30AM
 \$ 11.44 Reading (90, BBSS) MON 6:30pm
 \$ 2.63 Swampscott TUES 7pm
 \$ 30.70 Waltham WED 7pm
Total \$ 729.24

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

MBI OFFICE ACTIVITY October

Phone Calls received	9
Emails received	45
Emails sent	19
Checks & Cash Received	4
Newsletters sent	4
Meeting lists sent	none
Professional packets sent	2
Newcomer packets	3
Literature sent	15

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
 Office phone: 781-641-2303
 Cell phone: 617-797-7544
 Website: <https://oambi.org/>

12 Step within 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!

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

REPORT ON REGION SIX WEEKEND CONVENTION by Willing P., Outreach Chair

The Region 6 virtual convention was a very powerful convention on October 21-23, Friday evening through noon on Sunday.

Over 450 people registered from New York New England and Eastern Canada. There were over forty-five sessions divided into two zone tracks: one English zone and one French zone.

On the webinar track were the 12 step sessions and keynote speakers in English, with a French-speaking translator.

There were special topics on:

- Definition of Abstinence;
- Abstinence While Traveling;
- Sex
- The Twelve Steps
- Aging in Recovery, and many more.

The speakers were all extraordinary. It was a wonderful experience, and a great opportunity for service for me by attending, reviewing, and facilitating.

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 November Report (Oct data)

The OAMBI website was updated with the Aug. newsletter, highlights, MBI meeting list, 90 day meeting list, WSO Bulletin, and calendar

September Newsletter Distribution data from Mailchimp

Delivery Date/Time: Tue, Sep 13, 2022
 Total Recipients: 301
 Recipients Who Opened: 152

Most popular URLs:

- <https://oambi.org/wp-content/uploads/2022/09/MBI-Newsletter-September-2022.pdf>
- <https://oambi.org/wp-content/uploads/2019/03/Flyer-MBI-Retreat-Fall-Into-Recovery-2022.pdf>
- <https://oambi.org/wp-content/uploads/2022/09/Highlights-Sept-2022.pdf>
- https://oaregion6.org/wp-content/uploads/2022/07/2022-Convention-Flyer_07132022-English.pdf
- <http://OAMBI.ORG>

MASS BAY MEETINGS DATES

December 10, 2022

10:30-NOON, MBI meeting (ZOOM)

Join Zoom Meeting

<http://us02web.zoom.us/j/84658800386?pwd=bFdDR1sdlUwTEhGQ3lDenNSTDFrdz09>

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

“Been Slipping and Sliding?” A Reading and Writing Tool

The following is the 7th question for use in daily writing and/or discussion with a sponsor by members who want to stop “slipping and sliding.” The questions are also recommended for those in relapse who want to recommit to their OA program. Read the suggested material(s); then reflect and write on the accompanying idea or question. 7) May 26 in For Today (p. 147) refers to “distorted ideas.” What were my thoughts before I indulged in that first compulsive bite?

SERVICE OPPORTUNITIES

MEMBER STORIES

Do you have a story to tell? We are looking for people to submit 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 includes 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. 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 or call or text 978-970-2879

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

TOGETHER WE GET BETTER!

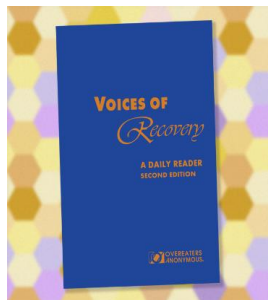
NEWS FROM WORLD SERVICE



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. 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!

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. 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.”

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](#) 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) as well. Thank you for your service!

Note:
Wed/Sat April 26-29, 2023 World Service Business Conference
 Albuquerque, NM
 April 26, 2023 - April 29, 2023

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

MASS BAY INTERGROUP NEWS AND EVENTS

Please see our website at 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,

MBI WORKSHOPS(See Calendar for zoom info)

Step 11: November 19, 2022

Thankathon Nov 24, 2022 7AM to NOON

Step 12: December 3, 2022

MWI Newcomer Meeting

Every Sunday 7 p.m. (Eastern U.S.)

Zoom: <https://zoom.us/j/7056582426> or call (929) 205-6099

Meeting ID: 705-658-2426

email info@metrowestoa.org for meeting passcode

GROUP SECRETARIES:

When you update your meeting info at oa.org; please update meeting information at (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) as well. Thank you for your service!

REGION 6 NEWS & EVENTS

R6 Spring Assembly

R6 Spring Assembly -Sat. April 1, 2023 at 9 AM-6 PM

Please see the website for news, upcoming events, intergroups, or 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)

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 \(oavirtualregion.org\)](#)

The first of a two-part 90 Day Tools Workshop will be held on the telephone:

Tuesday, December 13th 7-8am EST Dial in number 717-908-1920 Pin number 379564#

Any questions please feel free to contact me.

Blessings,

Joanne S Florida

978-204-6037

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

www.oambi.org; www.oaregion6.org; www.oa.org

The next MBI Meeting Dates – Save the Dates!

Saturday, Dec 10, 2022

Saturday, January 14, 2023,

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, Jenn L
- Sat 9am, Carney hospital, Mary P
- Sat 2pm, Chelmsford, Barbara Ann F

OA Unity with Diversity policy statement

"The Fellowship encourages and promotes acceptance and Inclusivity, and "As we extend the heart and hand of the OA Fellowship to those who still suffer, let us be mindful of OA’s Unity with Diversity policy, which respects our differences, yet unites us in the solution to our common problem. Whatever problem you may have with food; you are welcome at this meeting, regardless of race, creed, nationality, religion, gender identity, sexual orientation or any other attribute. We welcome all who share our compulsion. Everyone with the desire to stop eating compulsively is welcome in Overeaters Anonymous".

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

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

OFFICE HOURS: MONDAY & THURSDAY/CALL FOR APPOINTMENT