



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

December 2022

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MESSAGE FROM MBI CHAIR

It was brought to MBI's attention that some confusion exists whether or not MBI will continue to provide Zoom links for our groups. **MBI IS STILL PROVIDING ZOOM LINKS FOR OUR GROUPS' MEETINGS.** We are not requiring or suggesting that individual meetings must get their own zoom accounts.

We have three different links; it is possible to run three meetings, using each of those links at the same meeting time. **HOWEVER**, there cannot be more than one meeting using the same link at the same time, nor should anyone be using MBI meeting links for zoom practice. If you want more information or clarification please send a message through info@oambi.org, and Marina, our office worker, will forward it to the correct person.

Bobbie M., Chair

STORY – 12 STEPS ARE KEY TO RECOVERY

My name is Ellen C. from Waltham. I am a compulsive overeater, and this is my story. I came to Overeaters Anonymous in July of 2015. While I wasn't at my ideal weight, I had been protecting a 70 pound weight loss for many years. My younger son was experiencing some serious issues, and I was terrified that stress and anxiety would result in my regaining the considerable weight I had lost. My therapist suggested OA. While I was familiar with 12 step programs, including OA, it had never crossed my mind that OA could provide a solution to my compulsive overeating.

I approached my first meeting with mild trepidation, but also with optimism and hope. I was greeted warmly, welcomed graciously and immediately felt safe and secure. Seven

years later, that Wednesday meeting remains one of my committed meetings.

I found a food sponsor to report my food plan to daily. I knew I needed to "do the process" with a Big Book Step Study sponsor (BBSS) to achieve the maximum benefit of the program. That entailed working the 12 steps in the AA book. With stable abstinence, about six months into program, I asked someone to sponsor me. When we began Step 4, it became clear that I needed a different sponsor. The person I asked to sponsor me through steps 4-12 turned out to be the perfect match. She was kind and gentle, understanding, and empathic, but also able to push back and set limits when appropriate. I knew what I needed and God provided. I began step 4 with enthusiasm because I knew this step was the doorway through which I needed to walk to achieve the serenity which I craved.

It took about two years to complete my fourth step, including resentments and the fear and sex inventories. The fear inventory was the most emotionally stressful part of the process. I was aware of my fears, but doing the inventory opened my eyes to the impact they had on my life. I had to acknowledge the paralysis they caused; the feeling of not having choices, the inability to stand up for myself, staying in unhealthy relationships. My fears, some related directly to my weight, impacted my life in ways painful to acknowledge.

Fast forward to today. I am living a life I never dreamed possible. I am happy and content. My relationships with family, friends, God, and myself are honest, loving, and joyful. When problems arise, and they do, I have the means with which to deal with them in a healthy way. I have been able to

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detach with love from relationships that were flawed. I found a fellowship in OA, friendships that will last forever. I am grateful every day for the blessings that I know would not be mine had I not taken Overeaters Anonymous into my life.

Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Spiritual Principle: Service

Tradition 12: Our public relations policy is based on attraction rather than promotion; we need always to maintain personal anonymity at the level of press, radio films, television, and other public media of communication.

Spiritual Principle: Anonymity

COMMITTEE REPORTS

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

Income:	\$ 8295.61
Expenses:	\$ 8097.20
Income exceeded expenses:	\$ 98.41
Checking bal. 10/31/22	\$ 6862.98
Savings bal. 10/31/22	\$ 4597.31

In October \$690.61 of our income was from group donations (\$453.61 through Stripe, and \$237.00 in check donations). I am in the process of reviewing our insurance and expect to have a bill next month of between \$700.00 & \$800.00 (about \$800.00 less than previous years).

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

Our expenses:

\$ 505.00	October Office Rent
\$ 116.21	Verizon Bill
\$ 7.25	Mail Mass tax to Mass Atty. Gen
\$ 47.79	Zoom Standard Pro to (for 3 monthly plans October
\$ 195.00	Marina as office worker

\$ 50.00	Jeanne K. as webmaster
\$ 242.00	Saintly Solutions (\$225.00 yearly web hosting & \$17.00 maintenance)
\$ 8.95	Postage Next Day for La Salette
<u>\$ 6925.00</u>	Retreat Payment to La Salette
Total \$ 8097.20	

October Donations

\$ 48.60	ANON
\$ 93.71	Andover (BBSS) SUN 5pm
\$ 14.37	Medford (R&R) SUN 10am
\$ 50.00	Medford SAT 9am
\$ 58.38	Milton WED 7pm
\$ 24.15	Newton Wellesley (90) SAT 7:15am
\$ 96.90	North Andover SAT 8am
\$ 166.79	Reading (BBSS) TUE 9:30AM
\$ 75.00	Stoneham SUN 8:30am
<u>\$ 62.71</u>	Waltham WED 7pm
Total \$ 690.61	

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.

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

OFFICE ACTIVITY

Phone Calls received	4
Emails received	43
Emails sent	19
Checks & Cash received	3
Newsletters sent	4
Newcomer Packets sent	2

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 Stepwithin Report – October 2022

The Thankathon went very well. Each meeting was well attended and I thank all who participated for their service.

The Step One workshop for 2023 is on January 21 and the Step Two workshop is on February 25. Both workshops are from 10:30 to noon on zoom. Workshops consist of round Robin reading of the relevant step from the OA 12 and 12, second edition followed by each speaker sharing and sharing from participants with possibilities for asking and answering questions

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

Respectfully, Dave D, 12 Step Chair

Webmaster September Report (Aug data)

Webmaster November Report (Oct. data)

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

Newsletter Distribution data from Mailchimp

October 2022 Newsletter was delivered Fri, Oct 21, 2022, 4:41 pm.

302 successful deliveries

Recipients Who Opened: 164 (54.3%)

Total Opens: 326

Most popular links:

<https://oambi.org/wp-content/uploads/2022/10/MBI-Newsletter-for-October-2022a.pdf>

https://oambi.org/wp-content/uploads/2022/10/Sat-6_15-Meeting-Flyer.docx

<https://oambi.org/wp-content/uploads/2022/10/Highlights-Oct-2022a.pdf>

<http://OAMBI.ORG>

<http://OA.org>

MASS BAY MEETINGS DATES.

January 14, 2023

February 18, 2023

March 11, 2023

April 8, 2023

May 13. 2-23

June 10, 2023

10:30-NOON, MBI meeting (ZOOM)

Join Zoom Meeting

<http://us02web.zoom.us/j/84658800386?pwd=bFdDR1lsdlUwTEhGQ3IDenNSTDFrdz09>

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

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

SERVICE OPPORTUNITIES

MEMBER STORIES

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 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 or call or text 978-970-2879

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NEWS FROM WORLD SERVICE



The Twelve Steps to a Better Holiday Season (from Nov. 2007 Lifeline)

1. We admitted the holiday season has a deeper meaning than devouring food.
2. We came to believe that a Power greater than ourselves could help us see and celebrate the true meaning of the season.
3. We came to believe our Higher Power could help us appreciate the joyfulness of the season as we understand it.
4. We made a searching and thorough examination of our relationship with food during the holidays and other things we enjoy about the season.
5. We admitted to our Higher Power the exact nature of our food habits during holiday seasons past.
6. We became entirely ready to allow our Higher Power to remove our attachment to food as a necessity of the holidays.
7. We humbly asked Him to remove our desire to partake of holiday treats.
8. We made a list of all persons whose presence makes the holiday season joyful for us and with whom we would like to share our joy.
9. We made plans to spend time with those people whenever possible, except when to do so would remove us from our primary purpose of abstinence.

10. We continued to enjoy the company of friends and family and other nonfood aspects of the season.
11. We sought through prayer and meditation to improve our appreciation of the season, praying for knowledge of its meaning and the joy we feel at this time.
12. Having realized that sharing the joy of this season with others far outlasts the fleeting pleasure of food, we gave ourselves the gift of abstinence throughout the holidays and gave others the gift of our full attention and appreciation.

Effective January 1, 2023, Overeaters Anonymous will increase the prices of our print and digital literature. OA's shipping prices will also increase. You may continue to order literature at 2022 prices until then.

OA literature is available in multiple formats: print, e-book, PDF download, print-on-demand, and audiobook. Some formats, such as e-books, do not have a shipping cost. No piece of literature is available all formats.

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 One: January 21, 10:30-Noon, Zoom
 Step Two: February 25, 10:30-Noon, Zoom
 See contact information at oambi.org

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.

Holiday suggestion from a member at MetroWest Intergroup

Think of the treats, etc., as "their food, not ours". "Their food" is food that normal eaters can eat without repercussion; it does not trigger the physical craving that we have to keep eating or the mental obsession to justify just one bite. "Our food" is the food each of us eats that is on our food plan and what we eat to maintain our abstinence. If it makes us sound special because we have our own food, well, so be it. We are special. We have eating disorders and we cannot manage our food without help. So, for the rest of the holiday season, I am looking at it as "their food, not our (or my) food".

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)

VIRTUAL REGION (VR) NEWS & EVENTS

December 25, All Day Holiday Marathon: Test based chat in real time, Getting Through the Holidays Abstinently. A Virtual Intergroup Event

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 \(oavirtualregion.org\)](https://oavirtualregion.org)

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
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 - Cheri
- 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

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

OFFICE HOURS: MONDAY & THURSDAY/CALL FOR APPOINTMENT