



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

January 2023

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FROM MBI CHAIR

As I sit here at my computer and reflect on 2022, I am incredibly grateful for the opportunity I have to serve as Chair for MBI. I remember being nervous about stepping up my service from group level to intergroup but knew that I couldn't allow fear to block the opportunity for growth.

I have been a member of OA for 22 years. I have had many service positions on the group level and I can not say enough about the importance of doing service. I have attended Region 6 Assembly for several years as a representative/delegate and have broadened my sphere of friends and gained an understanding of how all levels of OA are interconnected.

But back to my thoughts on the past year, I am blessed to have a marvelous group of people on the MBI board and they have been very supportive during my first year. It has been a learning experience. We have accomplished so much in the past year. Thanks to our "12 Step within Committee"; we have been able to present workshops each month on the step that corresponds to that particular month. In addition, we put together the *Welcome Back to OA* workshops. These start with welcoming back those who may have relapsed, and the following two Workshops are how the tools and steps keep us abstinent. On Thanksgiving Day, which can be a very difficult time for many of us, we held the annual *Thank-a-Thon*.

Our other committees have also been busy with reaching out to professional's and applying for and receiving money from Region 6 to place Google Ads so we can reach the newcomer. In addition, the *Outreach Committee* is working on *Diversity in OA*. In case you are not aware we also

have an office in Arlington, MA. Our website is maintained by our Webmaster and is a very important source for the newcomer to access. In addition, we put out a *newsletter* each month, which I hope you all read.

I feel that I am the luckiest person in OA to have such wonderful people to work with. Now that I am feeling more comfortable in my role as Chair, I am looking forward to 2023 and all the exciting work we will be doing! Don't worry we'll plan some fun activities too!

Bobbie M.

Self Perception – My Story

How do I see my self? What is the perception I have of me? Some mornings I get up and feel so wonderful. I feel happy. I smile. I enjoy my cup of BBBJ. I do love my shower and then I get dressed. In my bathroom, there is a full length mirror. So, some days I look in the mirror and I see Tom Selleck looking back at me and some days I see Chris Farley looking back at me. Yep, some days I feel like I lost weight, I hit the gym hard and I look good. Then there are the days that I look in that horrible mirror that changes me and everything into a blob.

So, did I really physically change? No, I just have to deal with the fat kid that used to live in my body. At one time that kid weighed over 325 pounds. Today, it was 208. It's pretty much been that weight for over 20 years. The body changed but probably the most important part is the mind. That is the hardest thing to change. It still sees that fat boy-That boy that didn't control his intake of any and all foods- That boy that ran slower than the other boys. - That boy that wrestled in High School in the "Unlimited" weight class.

The best thing I think I may have ever done was join a program that has kept

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my issues we face. Sometimes I refer to it as mental scarring, those memories that live in our mind, and the hurt that those memories contain. Sometimes I look back and say, "I don't have to be that anymore, and my day takes off on the positive.

By working my program, I actually now stay for the sanity it gives me, the positives I've learned, the positive relationships I've established, the way I look at myself most of the time. Today I see myself mostly in positive mental pictures rather than the negative images I used to have, not just my body but the look in my eyes. Yes, there will always be that ebb and flow with emotion and our mental attitude but eventually, if we work for it, the sanity and reality take over. No, it's not perfect but it sure is a great progression, one I hope never stops. All I have to do is keep coming back and be resolute in my dedication to my program.
God Bless.
Don O.

Step 1: We admitted we were powerless over food, that our lives had become unmanageable.

Spiritual Principle: Honesty

Tradition 1: Our common welfare should come first; personal recovery depends upon OA unity.

Spiritual Principle: Unity

COMMITTEE REPORTS

MBI Treasurer's Report for December Meeting 2022 (November/Data)

Income: \$1032.59
 Expenses: \$2330.51
 Expenses exceeded Income: \$1297.92
 Checking bal. 11/30/22 \$ 5565.06
 Savings BAL. 11/30/22 \$ 4597.35

In November \$1032.59 of our income was from group donations (\$845.59 through Stripe, and \$187.00 in check donations). In addition, \$189.47 that was leftover after retreat expenses was donated to OAMBI (money was already in our account). I have good news regarding our Office & meeting liability insurance. Our total yearly insurance bill is now \$462.00 instead of the previous \$1700.00. We previously had 2 policies that

overlapped, and the number of live meetings has been reduced drastically since COVID.

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

Our expenses:

\$ 505.00	November Office Rent
\$ 115.47	Verizon Bill
\$ 47.79	Zoom (for 3 y plans -Nov)
\$ 150.00	Marina as office worker
\$ 50.00	Jeanne K. as webmaster
\$ 21.25	Saintly Solutions Mo. Maint.
\$ 15.00	Comm. of MA Officer Report
\$ 5.00	Refund to E.A (retreat)
\$ 1,066.00	Donation OA.org (30%)
\$ 355.00	Donation R6 (10%)

Total \$ 2330.51

NOVEMBER Donations

\$ 24.15	ANON
\$ 58.08	Dorchester (90) SAT 9am
\$ 14.37	Medford(R&R) SUN 10am
\$ 38.82	Milton WED 7pm
\$ 29.04	North Andover MON 6pm
\$ 384.84	North Andover SAT 8am
\$ 4.59	Reading WED 6pm
\$ 44.26	Reading WED 9:30AM
\$ 258.93	Reading (90,BBSS) MON 6:30pm
\$ 5.26	Swampscott TUES 7pm
\$ 97.50	Waltham WED 7pm
\$ 24.15	Wellesley (90) MON 9:30AM
\$ 48.60	Zoom Sat. 6:15am

Total \$ 1,032.59

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

If you have any difficulty making donations through the website, email our webmaster at webmaster@oambi.org please leave a message at the MBI office for Jeanne K. 7th 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 2
 Emails received 31
 Emails sent 19
 Checks & Cash Received 3
 Newsletters sent 4
 Meeting lists sent none
 Professional packets sent 1
 Newcomer packets none
 Literature sent none

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/>

Webmaster Dec. Report (Nov. data)

The OAMBI website was updated with the latest Newsletter, highlights, MBI meeting list, 90 day meeting list, WSO Bulletin, and calendar. In addition several updates were made to donation list due to new meetings and changes in meeting IDs. The newsletter was successfully delivered Wed, Nov 16, 2022 10:24:1 pm 304 people. We had 7 new subscribers in November and 4 who left. Recipients Who Opened: 158 (52.1%)

Popular Links:

<https://oambi.org/wp-content/uploads/2022/11/MBI-Newsletter-for-November-2022a.pdf>
<https://oambi.org/wp-content/uploads/2022/11/Highlights-November-2022.pdf>
https://oambi.org/wp-content/uploads/2022/10/Sat-6_15-Meeting-Flyer.docx
<http://OAMBI.ORG>

Respectfully submitted,
 Jeanne K., MBI Webmaster@oambi.org

MASS BAY MEETING DATES

February 11, 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=bFdDR1IsdlUwTEhGQ3lDenNSTDFrdz09>
 Phone: 1 929 205 6099 (NY,US) Meeting ID: 846 5880 0386 Password: 958493

OUTREACH
ONE MINUTE OF SERVICE

We are launching a valuable new service we can all do in January 2023. . It is called: One Minute of Professional Outreach Program-OMPO Program. The OMPO Program encourages you to do one minute of service for professional outreach in 2023.

THE ASSUMPTION: the majority of OA members have contact with professionals such as doctors, nurses, nutritionists, and therapists- people who have clients who may be concerned about their eating behavior/weight. The OAMBI Professional Outreach Committee would like more professionals to be more aware of OA as a free, effective, and readily available solution to these issues.

WHAT TO DO: "The OAMB Professional Outreach Committee is encouraging every OA member to do one minute of service the next time you meet with your physician, nurse, nutritionist, or therapist. Tell them how OA has worked for you:

- How it has changed your life,
- How it has improved your health,
- How it has improved your attitude and relationships.

Hand them some of the 08 resources listed below. Tell them you can arrange for someone from OA to meet with them or their staff for five minutes or 15 minute lunch or professional development meeting."

That's it-**less than a minute**. Please join in this program and share it with your OA group. Available resources are: *Introducing OA to the Healthcare Professional*, and *What to Remember When You See Your Doctor*. You may contact the OA office. info@oambi.org or call 781-641-2303 to have one or both of these pamphlets sent to your practitioner or to you. They may also be ordered directly from oa.org.

Respectfully, Willing P, Chair

NEWS FROM WORLD SERVICE



DETAILS

25-hour NEW YEAR Marathon

Hosted by Meditation Meeting (group #800242)

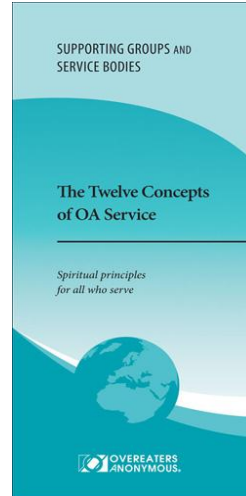
Ring in the NEW YEAR at the top of each hour!!

Please join us for:

- Writing
- Speakers
- Meditation
- Reading
- Twelve Steps
- and Shares!!



Effective January 1, 2023, Overeaters Anonymous will increase the prices of our print and digital literature. OA’s shipping prices will also increase.



The Twelve Concepts of OA Service explains the foundations of OA service, such as unity, trust, delegation, dialogue, and more. The Concepts help OA members, groups, and service bodies apply the Steps and Traditions effectively in their service work.

They help define and guide the practices of our OA service structures so they may conduct the business of OA.

Revised September 2022. \$2.00

Improving Our Unity with Diversity

The creation of audio book versions of our most vital texts honors OA’s commitment to accessibility and diversity by including the non-reading compulsive eaters among us. According to recent research, two of every ten adults are illiterate and five in ten read below a sixth grade reading level. Further, we know some OA members simply prefer auditory-based learning to text-based learning. Rather than contribute to feelings of isolation, which we know is one of the cornerstones of our disease, OA intends to build connection and equal access to recovery among our members.

Our Unity with Diversity policy states, “THE FELLOWSHIP of Overeaters Anonymous encourages and promotes acceptance and inclusivity. All are welcome to join OA and are not excluded because of race, creed, nationality, religion, gender identity, sexual orientation, or any other attribute.” (WSBC Policy Manual 1992a [Amended 2013, 2021])

**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)
January 21: Step 1 Workshop from 10:30 AM to 12 noon hosted by the Mass Bay Intergroup from Massachusetts. Link for info: https://oambi.org/event/mbi-step-1-workshop-2/?instance_id=434
February 25: Step Two: 10:30-Noon,
March 25: Step Three: 10:30-Noon, Zoom
 See contact information above and 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.

REGION 6 NEWS & EVENTS

June 2 – 4: Annual In Person Retreat being organized by the Western Massachusetts intergroup to be held at the Genesis Spiritual Life Center in Westfield, Massachusetts. Organizers looking for someone to lead the retreat. If interested, please contact Karen at 413-636-8237 via text or email at ks457@cox.net.

Sat. Feb 25th at 11:30 AM OA Unity Day
R6 Spring Assembly-Sat. Apr. 1, 2023, at 9am-6pm

ADDRESS FOR REGION 6 DONATIONS:
New Mailing Address as of October 2022:
 OA Region 6 Treasurer
 Post Office Box 95
 Lynbrook, NY 11563
Region6trustee@gmail.com
 Please see the website for news, upcoming events, intergroups and to make donations.
<https://oaregion6.org/>

Metro West Intergroup Meetings

Newcomers Welcome In Person
Sunday 5:45 pm EST
 IN PERSON: All Saints Church 1773 Beacon St. Corner Beacon St & Dean Rd. Brookline, MA 02445

MetroWest Weekly Newcomers Zoom Meeting
Every Sunday 7:00 pm EST

MWI Zoom: [ZOOM link](#)
 mtg ID: 705-658-2426 OR call in (929) 205-6099
[Contact us](#) for the passcode

Central Mass Weekly Newcomers' Zoom Meeting
Every Wednesday, 6:30 pm, EST

Speaker, Q&A, post-meeting "parking lot" time
 Meeting ID 863 6372 6514 Passcode 159434
[Email brucep.oa@charter.net](mailto:brucep.oa@charter.net) for more information
Speaker Meeting (with time for newcomers' questions)

Thursday, 7:00 pm EST
 Zoom Meeting Link: [ZOOM link](#)
 Password: 020793

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/vr-calendar/>
 or full schedule of events, go to: [About Virtual Meetings - Virtual Region of Overeaters Anonymous \(oavirtualregion.org\)](#)

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, February 11, 2023
Saturday, March 11, 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 - 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