



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

February 2023

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Stay for the Miracle
Return for the Miracle – My story.

I was in the grips of a progressive disease. I was 39, 100lbs overweight and could not stop eating. I never stole anything except food. I had no choice. I had to eat day and night. I was isolating, hiding. I had two children, 3 and 5, and a husband. I was ashamed of myself; could never diet successfully -no will power. I believed in God: A God who wanted me to be strong and was disappointed in me. Just the opposite was true. When I let go and turned the problem over to God, I was lead to OA. God brought me to the answer.

I was shy and depressed and scared and didn't understand anything, but I let myself be a newcomer and picked up the suggestions. The best thing I did was I didn't quit. That was 42 years ago. That was before the 90 day program existed. But we were practicing the program. I put program 1st before family and all else. That was hard but necessary. A list of tools didn't exist, but I started practicing service and 3 meals a day, no sugar no flour, sponsorship, phone calls.

This was the beginning of honesty and humility. I learned it is God's plan for me to be a down to earth human and consistently weigh and measure my food. It is not God's plan for me to be shamed or punished. He wants me not to be afraid to be honest and learn from my mistakes. I left program once. But came back realizing this is where God wants me.

When I put down the food, I began having feelings including anger and fear that I didn't shove down with the food. So, I turned to God and said "I just won't eat. Thank you, God, for this because I'll get through this and be in a higher place." It's true. It works.

That's when, most important of all, I picked up the steps. This is a spiritual disease with a spiritual solution. "Our minds are quite as sick as our bodies." I work the steps deeply and daily. I have seen the 9th (page 83 & 84) and 10th (page 84 & 85) step promises come true.

"A little thing is a little thing, but a little thing done consistently is a big thing."(Plato) If I don't eat compulsively and stay with the program I grow. It's so much more than the just the weight. It's about: health; sanity; happy family life; fellowship and host of friends (you are my flock); all the good and healthy.

I'm 81 now and always growing, learning. I had a health issue recently, but I turned it over to God and thanked Him. As a result, I'm learning more peace and the joy of a slower pace and gratitude for all I have had in my life.

Last year at the beginning of the New Year, I decided my word for the year was JOY. I turned it over to God (Step One -Two -Three). At the end of the year, I felt more Joy seeping into my life.

There's more to come. Priscilla M.

Step 2: Came to believe that a power greater than ourselves could restore us to sanity.

Spiritual Principle: Hope

Tradition 2: For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants, they do not govern.

Spiritual Principle: Trust

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COMMITTEE REPORTS

MBI Treasurer’s Report for January Meeting 2023 (December/Data)

Income: \$894.25
 Expenses: \$2291.43
 Expenses exceeded Income: \$1397.18
 Checking bal. 12/31/22 \$ 4167.89
 Savings bal. 12/31/22 \$4597.39

In December \$894.26 of our income was from group donations (\$784.26 through Stripe, \$137.00 in check donations) and we received a refund of \$110.00 from Norfolk & Dedham by replacing 2 overlapping insurance policies with one policy.

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

Our expenses:

\$ 505.00 November Office Rent
 \$ 115.47 Verizon Bill
 \$ 47.79 Zoom (for 3y plans -Nov)
 \$ 135.00 Marina as office worker
 \$ 49.00 Jeanne K. as webmaster
 \$ 14.17 Sainly Solutions Mo. Maint.
 \$ 963.00 Tsoutsouras- Mass & Fed Taxes
 \$ 462.00 Yearly Insurance – Property – Office & Liability

Total \$ 2291.43

December Donations

\$ 34.74 ANON
 \$ 48.60 Chelmsford Sat. 2PM
 \$ 102.64 Lynn Sat. 8:30am ID 47116
 \$ 24.15 Medford(R&R) SUN 10am
 \$ 38.82 Newtonville(90) SUN 5pm
 \$ 48.60 North Andover SAT 8am
 \$ 150.99 Phone ID 55714 Tues. 9:30AM BBSS
 \$ 37.00 Reading TUE 9:30AM
 \$ 9.48 Reading WED 6pm
 \$ 25.00 Reading WED 9:30AM
 \$ 11.44 Reading/Stone. (90, BBSS) MON 6:30pm
 \$ 2.63 Swampscott TUES 7pm
 \$ 93.49 Waltham WED 7pm
 \$ 147.50 Wellesley(90) MON 9:30AM
 \$ 9.18 ZOOM ID 800658 Sat. 6:15am
 \$ 110.00 Refund Insurance

Total \$ 894.26

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 IN JANUARY 2023

Phone Calls received	6
Emails received	44
Emails sent	23
Checks & Cash Received	8
Newsletters sent	5
Meeting lists sent	None
Professional packets sent	2
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 Jan 2023 Report (Dec. 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

The December Newsletter was successfully delivered Thu, Dec 15, 2022, 5:46 pm to 306 people. We had 2 new subscribers and 163 who opened (5 more than last month.)

Most popular links:
<https://oambi.org/wp-content/uploads/2022/12/MBI-Newsletter-December-2022.pdf>
<https://oambi.org/wp-content/uploads/2022/12/Highlights-December-2022.pdf>
<https://us02web.zoom.us/j/84658800386?pwd=bFdDR1lsdlUwTEhGQ3lDenNSTDFrdz09>
<http://OA.org>
<http://OAMBI.ORG>

12 STEPS WITHIN

One of the greatest gifts of the program for me is the surrender of my role as the Director to Higher Power. For example, I've had a number of health problems of which are directly related to decades of compulsive eating. When I stop and ask higher power "What's the next right thing?" The answer is crystal clear. In the old days when I thought I had to make a decision, I waffled and did stupid things. Now I'm taking one clear step after the other even in the face of some pretty severe health challenges. I'm grateful for program. David D., Chair

The next workshops are:
 February 25, 2023, 10:30-12:00 noon
 March 25, 2023, 10:30-12:00 noon
 (See Calendar for zoom info)

PI/PO/Diversity Committee–February 2023

We want to increase outreach from our meetings to the MBI meetings. Currently, IGRs are giving group attendance numbers to Beth P., reporting both number attending weekly and number of newcomers. We also want to increase sharing of information from the MBI Board meetings to MBI groups. We want to encourage group members to share their success in OA with their physician or healthcare worker and let them know MBI can provide an experienced speaker for presentations for staff meetings and professional development.

If you're interested 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.

Anyone interested in serving as a liaison to MBI from a member meeting is invited to attend our monthly MBI business meetings as a visitor to hear about our work!

ONE MINUTE OF SERVICE-Your opportunity: Next time you visit with one of your health care professionals, simply take a minute to share your experience in OA. "Doctor, may I take a minute to share what I am doing to manage my eating compulsions and lower my stress?"
 Willing P., Chair

NEWSLETTER COMMITTEE

Every month we look for items of interest to members to add to the personality of our MBI newsletter. If you know of any events coming up within our intergroup or nearby intergroups, we would welcome hearing from you. If you have a favorite step or tradition, consider writing a story about how it has helped you in your recovery. Feel free to contact me with any ideas at barbinlowell@comcast.net.
 Barbara Ann, Newsletter Chair

WORLD SERVICE/VIRTUAL REGION NEWS AND EVENTS

UNITY DAY EVENT – UNITY WITH DIVERSITY
Saturday, February 25, 2023, 1:00 pm EST



DETAILS

Please join us for a speaker, writing, open sharing, and meditation.

REGISTER/MORE INFORMATION

Mary 206-932-5744

Email port.townsend.aa@gmail.com

More About Virtual Intergroup (VIG)

We are a service body bringing together Member Groups whose Overeaters Anonymous (OA) meetings are conducted primarily by electronic means, including telephone, video conferencing and hybrid meetings. Each Member Group appoints or elects a Representative to attend our monthly telephonic meetings.

Our primary purpose is to carry the message of Overeaters Anonymous recovery to the compulsive overeater who still suffers and provide ongoing support to those in recovery. We do this by:

- Sponsoring telephonic marathons, which are hourly OA meetings, on holidays as extra support for recovering compulsive overeaters.

- Providing training for web based dashboard monitoring of telephonic OA meetings that use a 712 conference calling center.

- Distributing information from our regional service body, Virtual Region of Overeaters Anonymous and from OA World Service, We choose Delegates to attend the business conferences and assemblies of these service bodies and give directions to our Delegates when they will be discussing and voting on issues.

VIG'S expenses are supported by contributions from OA Member Groups and individuals in OA. We in turn support Virtual Region and World Service. To contribute to the Virtual Intergroup, please use the Contribute button at the bottom of this page. Contact us by email at webservant@oavirtualintergroup.org. Our officers may be emailed at chair@oavirtualintergroup.org; treasurer@oavirtualintergroup.org and secretary@oavirtualintergroup.org

Service Concepts Will Be the Focus of WSBC 2023

What better theme to unite our WSBC 2023 delegates than "Concepts of Service: The Heart of Fellowship"! While most of us give service to our groups, about 200 delegates will be gathering in Albuquerque, New Mexico USA to work through a business agenda that will elevate the Fellowship as a whole.

World Service Business Conference 2023 will be held April 25-29 at Embassy Suites Albuquerque Hotel with board meetings on April 24 and 25. On-site registration will open on Tuesday, April 25. On Tuesday evening, WSBC will offer the workshop, "All about Conference," which will include a tutorial on parliamentary procedure. The Mentor Program will offer an opportunity during the week for Green Dots (first-time delegates) and mentors to meet and discuss the procedures for Conference. On Wednesday, April 26, delegates can attend "Meet the Maker" to discuss and ask questions about New Business Motions with the makers of those motions.

NEW

The pamphlet, "To the Man Who Wants to Stop Compulsive Overeating" Welcome", first published in 1979, is the latest piece of OA literature to be made available in both print and digital formats. To the Man provides encouragement to male-identified OA members by compiling a series of candid personal recovery stories from men in OA. Keep an eye out for more e-books to be published as we progress through 2023!

To the Man is available for US\$2 on [Amazon Kindle](#), [Barnes and Noble Nook](#), [Apple Books](#)

MASS BAY MEETING DATES.

- March 11, 2023**
- April 8, 2023**
- May 13. 2-2023**
- June 10, 2023**
- 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

SAVE THE DATE

Friday-Sunday, October 13-15, 2023

REGION 6 CONVENTION

In Person
Sonesta Hotel, White Plains, NY

**Events and Information
(CORRESPONDING SECRETARY'S REPORT)**

Please make flyers available for your meetings

**MASS BAY INTERGROUP NEWS AND EVENTS
MBI WORKSHOPS**

February 25, 2023, 10:30-12:00 noon
 March 25, 2023, 10:30-12:00 noon
 (See Calendar for zoom info)

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. April 1, 2023, at 9 AM-6 PM**

ADDRESS FOR REGION 6 DONATIONS:
 Region 6 Treasurer
 P.O. Box 644, Peabody, Mass 01960
 (Region 6 trustee contact:
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

**Metro West 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 NEWS AND 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 \(oavirtualregion.org\)](#)

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, March 11, 2023
April 8, 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
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 ARLINGTON, MA 02476
 (781) 641-2303
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 WEBSITE: <http://www.oambi.org>
OFFICE HOURS: MONDAY & THURSDAY/CALL FOR APPOINTMENT