



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

March 2023

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I'm Carol a food addict. I came into program in March of 1988 and with God's loving grace this March it will be 35 years of living in physical, emotional, and spiritual recovery. When I came to program and started studying the Twelve Steeps. I had to put my pride away and admit that I was powerless. Pride brings you down and humility lifts you up.

I know this first-hand because I was very self-centered and tried to control everyone and everything and which got me nowhere but fat and miserable. I'm coming from diet and exercise. I've done so many diets and I know how to 'control my food.' But when the diets stopped working, I could no longer control my eating. I came to lose weight, not to make friends, I had a lot of friends I didn't need any more. So, I worked the program just like a diet. As I said, I started to attend meetings in March and by June I had lost all my weight.

At my first meeting I heard people share about things they did with food. I told myself that I would never do those things. Well, I did! I remember eating things frozen from the freezer, Oh. Eating out of the trash. God forbid... well, I did do those things. I would very nicely wrap something up and gently put it in the trash. Of course, I'd go back and take it out. It wasn't dirty as it never touched anything else and besides, it was all wrapped up. OA ruined my eating because now even if I wanted to leave I couldn't because I knew too much! Like they say it's like the Mafia once you are in you can never get out! When I realized that I had done these crazy things, I had to admit that I did indeed have this disease. But what was I going to do about it.

I always thought I had a problem with weight, but my real problem was with food and the reasons why I overate. I didn't come from a

dysfunctional home. My parents were loving and gave us a good life. I had a close relationship with my two sisters and other family members. The only thing I can say is that my family was very passive. I was not equipped to deal with anger or to express my feelings.

I don't need to look for anything complicated or deep in Step One. All I have to do is surrender and face the pain I spent a lifetime avoiding, hiding or self-medicating. Step One gives me the opportunity to face reality and admit that my life wasn't working with me in control. I said to my sponsor, is that all there is? She said no, now it's time to study the 12 steps and practice them in your life.

I completed many step studies in closed groups, but eventually I realized it wasn't enough for me, I needed more. I started to attend Big Book Step Study meetings and liked what I heard. I listened for a year before I was ready to start my study. I found a sponsor and began. When I finally surrendered to a power greater than myself, I felt a burden was lifted off my shoulders. I do the things that have been suggested to me and have worked.

Today I follow a food plan which for me is three weighed and measured meals with nothing in between and with no sugar, no flour. I continue to study, and live, the 12 steps. Also, I no longer need to have people do things my way, or to have all the answers. Being self centered caused me much pain. I had to be rid of it, and my high power, which I choose to call God, could make it possible.

I am truly blessed and grateful that my higher power has helped me to remain abstinent through the years. I've done lot of traveling to foreign countries, never knowing if I'll be able to get all that I need. I talk it over with my sponsor, and I usually take certain

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foods with me, especially for the airports during long flights. I need to be prepared. This is a program of living. Program is not what I do any more; it's who I am today.

Today I have no regrets! This process really works – if you work it!
 Carol J., Recovering Compulsive Overeater

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

COMMITTEE REPORTS

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

Income: \$2125.42
 Expenses: \$1097.67
 Income exceeded Expenses: \$1025.85
 Checking bal. 1/31/23 \$5195.64
 Savings bal. 1/31/23 \$ 4597.42

In January \$2125.42 of our income was from group donations (\$1135.42 through Stripe, \$990.00 in check donations). However, I had difficulty determining which meetings a few of the donations were for. Some meetings have new numbers, (which some people use without designating a day, time or previously related meeting) and caused me to realize that the list for Stripe is not up to date (could be my fault). I also noticed that no meeting lists have been updated. I needed to go on OA.org and search for our meetings.

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

Our expenses:

\$ 505.00 January Office Rent
 \$ 117.80 Verizon Bill
 \$ 47.79 Zoom (for 3 plans)
 \$ 127.50 Marina as office worker
 \$ 50.00 Jeanne K. as webmaster
 \$ 42.50 Sainly Solutions Monthly
 \$ 5.83 Filing 1099 for Marina
 \$ 201.25 Pamphlets (for Professionals)
Total \$ 1097.67

January Donations

\$ 500.00 ANON
 \$ 136.62 Andover(BBSS) SUN 5pm
 \$ 190.00 Dorchester Sat 9AM
 \$ 37.50 Lynn Sat8:30am ID 47116(#800654)
 \$ 120.00 Medford Sun8AM
 \$ 48.60 Medford SAT 9am
 \$ 54.59 Milton WED 7pm
 \$ 293.10 Newton Wellesley (90) SAT 7:15am
 \$ 369.94 Newtonville(90) SUN 5pm
 \$ 111.35 North Andover SAT 8am
 \$ 28.95 North Andover Mon. 6pm
 \$ 35.00 Reading TUE 9:30AM
 \$ 7.50 Reading WED 6pm
 \$ 11.44 Read/Stone(90,BBSS)Mon 6:30pm
 \$ 112.17 Stoneham SUN 8:30am
 \$ 2.63 Swampscott TUES 7pm
 \$ 11.44 Waltham WED 7pm
 \$ 50.00 Phone Sat 9am (Lawrence Memorial)
 \$ 4.59_ZOOM Sat.6:15am #800658
Total \$ 2125.42

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

MBI Office Activity - February 2023

Phone Calls received	4
Emails received	30
Emails sent	21
Checks & Cash Received	6
Newsletters sent	5
Meeting lists sent	none
Professional packets sent	21
Newcomer packets	none
Literature sent	none

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 STEPS WITHIN

As we begin a new set of step workshops, something I've noticed in twelve-step programs is that going through the steps multiple times is a frequent practice. There are different methods, and it makes sense to try other approaches, and as we grow new things

become apparent that were not apparent before. I saw my first flowering bush today. Spring is, again, just around the corner.
Dave D., Chair

The next workshops are:

Step 3- March 25, 2023, 10:30-noon

Step 4- April 15, 10:30-noon

(See Calendar under Events at oambi.org for zoom info)

PI/PO/Diversity Committee–February 2023

We want to increase outreach from our meetings to the MBI meetings. 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!

Hot News on ONE MINUTE OF SERVICE

The OAMBI office has a supply of OA packets for your healthcare professional. It includes: a data heavy *2017 Membership Survey Report*- full of hard data about the size, scope, and impact of OA; *Compulsive Overeating – and Interview-The various manifestations of compulsive overeating; When Should I Refer Someone To Overeaters Anonymous – To Members of the Helping professions* – This includes the 15 question self-assessment. I have added a brief set of TALKING POINTS you can use when meeting with your healthcare professional. These are all available through the OAMBI office.
Willing P., Chair

Webmaster Feb 2023 Report (Jan. data)

The OAMBI website was updated with the latest Newsletter, highlights, MBI meeting list, and 90day meeting list, WSO Bulletin, and calendar. The meeting list on the website for our donations needs to be updated.

The January Newsletter was successfully delivered: Fri, Jan 20, 2023 to 308 people.

Popular Links:

<https://oambi.org/wp-content/uploads/2023/01/MBI-Newsletter-January-2023.pdf>

<https://oambi.org/wp-content/uploads/2023/01/Highlights-January-2023.pdf>

Respectfully submitted,

Jeanne K.

MBI Webmaster@oambi.org

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

More About Virtual Intergroup (VIG) 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 \(oavirtualregion.org\)](https://oavirtualregion.org/About-Virtual-Meetings-Virtual-Region-of-Overeaters-Anonymous/)

Mass Bay Intergroup (MB()) invites you to Coming Back to OA: A New Beginning Saturday April 22, 2023, 10:30 am-Noon Hear a panel of speakers share their journey from relapse to recovery Join via Zoom or Telephone (can join at 10:15am) Zoom meeting

ID: 84101180358 Passcode: 790766

Service Concepts Will Be the Focus of World Service Business Conference (WSBC) 2023

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.

MASS BAY MEETING DATES.

April 8, 2023

May 13. 2-2023

June 10, 2023

July 8, 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

Mass Bay Intergroup invites you to **Coming Back to OA: A New Beginning**

4-22-23 Coming Back to OA: A New Beginning -- Saturday 10:30 am to Noon
Come hear a panel of speakers share their journey from relapse to recovery.

7-22-23 Coming Back to OA, Workshop #2 -- Saturday 10:30am to Noon
Come hear a panel of speakers share about the signs of relapse and now they use the tools to support their recovery from relapse.

11-4-23 Coming Back to OA, Workshop #3 -- Saturday 10:30

Come hear a panel of speakers share about how they use the 12 Steps to support their abstinence and ongoing recovery after relapse.

Hear a panel of speakers share their journey from relapse to recovery Join via Zoom or Telephone (can join at 10:15am) Zoom meeting
ID: 84101180358 Passcode: 790766

<https://us02web.zoom.us/j/84101180358?pwd=aks4SXp5eWdMWm51QTNad1NUd0JQUt09>
Phone only call 929-205-6099 US, same ID and password.

**SAVE THE DATE
REGION 6 CONVENTION
Friday-Sunday, October 13-15, 2023
IN PERSON
Sonesta Hotel, White Plains, NY**

Around the Region

**You're Invited!
OVEREATERS ANONYMOUS BIG BOOK
BIRTHDAY BASH**

Celebrating the 84th Anniversary of its Publication! Everyone invited to listen and/or share on favorite passages in the Big Book and how use the Big Book in recovery! April 10, 2023, 7–8PM, Fellowship after.

Meeting ID: 817 4195 8563 Password: 048782
Dial in: 1-646-558-8656
In Person: St. Mark’s Episcopal Church, 15 Pearl St, Mystic, CT
Hosted by the Ocean & Bay Big Book Celebration Meeting Questions: Contact John @ 860-304-7210 (call or text)

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

Please make flyers available for your meetings

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

March 25, 2023, 10:30-12:00 noon
April 15, 2023
(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

Newcomer Big Book Speaker Meeting hosted by Central Ontario Intergroup

Sundays 7:15 pm EST
Meeting ID: 571 680 7989 Password: 545069

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.

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

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

New Mailing Address as of October 2022:

OA Region 6 Treasurer
Post Office Box 95
Lynbrook, NY 11563

(Region 6 trustee contact:

Region6trustee@gmail.com

Please see the website for news, upcoming events, intergroups and to make donations.

<https://oaregion6.org/>

**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

Tranquility Weekend Retreat

June 23, 24, 25, 2023 Fifteenth Annual Retreat

Incarnation Conference Center 253 Bushy Hill Road
Deep River, CT 06417

For flyer and more information, Contact BEATRICE P
508-596-0418 bmahr@aol.com

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!

April 8, 2023

June 10, 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 9am, Medford, DaveD.
- 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.**

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