



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

April 2023

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My OA Story – Ken H.

In third grade, I was the overweight kid who was picked on for being fat and soft. From elementary school through high school being overweight ruled my world. I was picked last when choosing sides for a sports game because I couldn't run and was not athletic. Girls showed no interest in me. Some of my male friends teased for having stretch marks on my sides and breasts bigger than most of the girls. I hated being fat and out of shape but had no clue what to do about it.

During my senior year in high school, I was determined to slim down and, since I didn't know anything about healthy eating, I decided to simply restrict my eating as much as possible. It worked! I looked great in my tuxedo at graduation. In college, I discovered the joys of a girlfriend. However, I soon went back to the pleasures of eating the foods I enjoyed and gained back the weight.

After graduation I met the woman who would change my life forever. After three years of dating, we married. 52 years so far. Best decision she has ever made for me but not the last! Together we learned how to eat healthily. Weight Watchers taught portion sizes and the importance of eating more fruits and vegetables. Learning this was good, but not enough. I could lose weight fast when I restricted. My obsessive compulsive and stubborn nature could keep me on a plan for extended periods of time. Compulsive exercise could keep my weight down. But periods of "willing" myself to eat "healthy" and exercise were always followed by relapsing to some level of eating what I wanted, when I wanted, and how much I wanted. I went from "willing" myself down to 165 pounds to gaining up to 260.

While participating in a drug and rehab program for my son, I heard about AA and the Twelve Steps for the first time. Then at one of the parent meetings I shared about not being

able to control my eating and my weight. I was directed to get my own recovery by going to a group called Overeaters Anonymous.

I showed up at my first OA meeting in 1991. OA worked for me even better than Weight Watchers had. I got a sponsor. I spent the next eleven years practicing an OA program that kept me at or below my goal weight and feeling good about myself in many ways, but I now know that I was focused on my weight and my food plan and not on the rest of the OA program. I hadn't "truly" taken all the Steps and so I was not working on my emotional and spiritual growth.

Then in 2002 I retired from my profession. My willful, ego-centered brain decided that I now could also "retire" from OA. I wouldn't need a sponsor or meetings. I thought I could maintain my weight on my own. I still read some of the OA literature and prayed for the willingness to be abstinent most days, but I wasn't doing the footwork and so I didn't get the gift. Despite reaching 260 pounds and often feeling embarrassed to be back in my "fat" clothes again I could not bring myself to get back to program.

Once again, my son became the catalyst for my return. He had stayed sober and drug free, but his compulsive eating was out of control. At a very emotional family meeting about his situation, I told him I couldn't stand to watch him destroy his health and kill himself by overeating. He made promises to do better. I knew I was a fraud for telling him to do what I was unwilling to do for myself.

When we returned home to Massachusetts, I went back to the same meeting I had attended back in 1991. A fellow member at that first meeting approached me and asked to be my sponsor. Saying yes was the second-best decision I've made in my life. He has been my sponsor ever since.

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I worked on the Steps with this sponsor honestly and thoroughly. He taught me to work the program for myself and not anyone else. I learned *that if I focus on program I will lose weight, but if I focus on the weight, I will lose my program.* Today I've been imperfectly abstinent one day at a time for over four and a half years. I do service, attend meetings, make phone calls, and try to use the other Tools every day. I've maintained my goal weight for four years, but better than that, I have been making the behavioral changes that come from working all the Steps and focusing on program and not my weight. My relationships with my wife and kids are better and stronger than they have ever been. I am working on improving my relationship with my HP every day.

Step 4 Made a searching and fearless moral inventory of ourselves.

Spiritual Principle: COURAGE

Tradition 4: Each group should be anonymous except in matters affecting other groups or OA as a whole.

Spiritual Principle: AUTONOMY

COMMITTEE REPORTS

MBI Treasurer's Report for March Meeting 2023 (Feb Data)

Income: \$1441.92
 Expenses: \$942.32
 Income exceeded Expenses: \$499.60
 Checking bal. 2/28/23 \$5695.24
 Savings bal. 2/28/23 \$ 4597.46

In February \$1441.92 of our income was from group donations (\$1134.92 through Stripe, \$307.00 in check donations).

I sent all the necessary documents to our accountant for our 2022 taxes last week. However, I still have difficulty determining which meetings a few of the donations were for as meeting numbers seem to still be in flux. 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 needs to be updated. I also noticed that no formal meeting lists have been updated.

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

Our expenses:

\$ 505.00 Office Rent
 \$ 119.05 Verizon Bill
 \$ 31.86 Zoom (for 2 mo. plans)
 \$ 165.00 Marina as office worker
 \$ 50.00 Jeanne K. as webmaster
 \$ 31.17 Sainly Solutions Monthly Maintenance
 \$ 13.20 Postage
 \$ 27.04 Staples

Total \$ 942.32

February Donations

ANON	\$126.75
Sun. 10:00AM Medford(R&R) ID 53288	\$ 19.26
Sun. 5PM Andover(BBSS) ID 45148	\$ 48.60
Sun. 5PM Newton ID 57566	\$ 77.64
Mon. 6:30pm Reading/Stone(BBSS)	\$ 11.44
Mon 7:30 pm #800334 (Dedham)	\$201.00
Mon. 9:30AM Wellesley (90) ID 45662	\$ 48.60
Tues 9:30 am51015	\$ 12.00
Tues. 7pm Swampscott ID 56458	\$ 29.04
Tues. 9:30AM BBSS Phone ID 55714	\$231.60
Wed. 7pm Waltham ID 54559	\$ 55.70
Wed. 7pm Milton ID 50143	\$ 97.50
Wed. 9:30am Reading ID 38115	\$ 231.60
Wed6 PM Reading	\$ 7.50
Sat 9:30 am #800564	\$ 7.50
Sat. 6:15am ZOOM ID 800658	\$ 4.59
Sat. 8:30am Lynn ID 47116	\$ 231.60
Total:	\$1,441.92

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

MBI Office Activity - MARCH 2023

Phone Calls received	7
Emails received	75
Emails sent	44
Checks & Cash Received	3
Newsletters sent	5
Meeting lists sent	none
Professional packets sent	none
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

The next workshops are:

May 20, 2023, Step 5

June 24, 2023, Step 6

July 15, 2023, Steps 7 and 8

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

REGION 6 ASSEMBLY Spring '23: REPORT. BY A NEW DELEGATE

Submitted by Willing Phillips

On April 1, 2023, a group of approximately 50 members of Region 6, from Maine, NH, VT, NY, CT, Nova Scotia, and Canada, gathered for the Spring Assembly

It was wonderful to be among so many strangers who share a common story, with the opportunity to meet new people, build friendships and find new speakers. The morning focused on committee meetings, the afternoon focused on a few bylaw changes in how the region operates, and detailed scrutiny of the proposed budget for 2024. We had a time-out to play a fun game of OA Jeopardy, where points didn't count, and there were no winners or losers.

I was full of gratitude for the leadership and committee members who put in time, energy, and care to produce an extraordinarily productive and seamless Assembly. Region 6 offers a great deal of support to all 36 intergroups. All we need do is ask...within their guidelines, of course! I look forward to attending the Fall Assembly as a seasoned Representative.

PI/PO COMMITTEE

ONE MINUTE OF SERVICE: WHO: For OA members meeting with their healthcare professional. **WHEN:** Towards the end of your visit.

ASK: May I take a minute and tell you something that's been important to my health?

SAY: "My experience with Overeaters Anonymous, for ___ years has changed my life this way.... There is no cost. There are over 100 meetings a week in the greater Boston area.

GIVE: The Packet-"For Professionals"-from info@oambi.org.

TELL: OA local contact info is in the packet. They can arrange for someone from OA to meet with you or your team for a five minute or 15 minute lunch and learn or longer professional development meeting.
Willing P., Chair

Webmaster March 2023 Report (Feb. data)

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

Email Campaign Report

Title: February Newsletter
 Delivery Date/Time: Wed, Feb 15, 2023
 Overall Stats
 Total Recipients: 309
 Successful Deliveries: 308
 Bounces: 1 (0.3%)
 Recipients Who Opened: 152 (49.4%)
 Total Opens: 299
 Last Open Date: 3/8/23 5:59PM
 Recipients Who Clicked: 25 (8.1%)
 Total Clicks: 42
 Last Click Date: 2/17/23 5:41PM
 New Subscribers: 3

Most popular Links:

<https://oambi.org/wp-content/uploads/2023/02/MBI-NewsletterFebruary2023.pdf>

<https://oambi.org/wp-content/uploads/2023/02/Highlights-February-2023.pdf>

<https://oambi.org/wp-content/uploads/2018/12/MBI-Flyer-Coming-Back-to-OA-A-New-Beginning-April-22-2023.pdf>

<http://OAMBI.ORG>

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

GROUP SECRETARIES:

When you update your meeting info at oa.org; please update meeting information at (info@oambi.org).

MASS BAY MEETING DATES

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=bFdDR1lsdIUwTEhGQ3IDenNSTDFrdz09>

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

ID: 84101180358 Passcode: 790766

SAVE THE DATE

REGION 6 CONVENTION

Friday-Sunday, October 13-15, 2023

IN PERSON

Sonesta Hotel, White Plains, NY

World Service Business Conference 2023 will

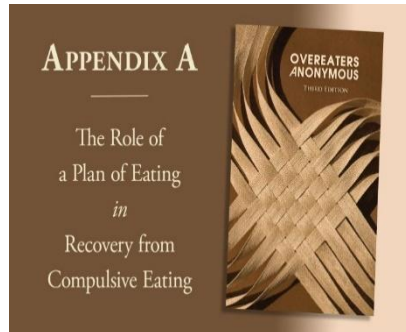
be held April 25–29 at Embassy Suites Albuquerque Hotel with board meetings on April 24 and 25. On-site registration will open on Tuesday, April 25. On Tuesday evening, WSBC will offer the workshop, “All about Conference,” which will include a tutorial on parliamentary procedure. The Mentor Program will 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.

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 are 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 \(oavirtualregion.org\)](#)



We believe that the Appendices to Overeaters Anonymous, Third Edition offer such significant hope to the still-suffering compulsive eater that we added a [free PDF](#) to oa.org. Today, we are announcing that [audio recordings of these appendices](#) are now available at lifeline.oa.org. Enjoy these recordings and make use of them as you carry the message.

In addition, “[The Importance of Working All Twelve Steps](#)” [podcast series](#) has also been added to lifeline.oa.org. On Lifeline, these podcasts are enhanced with transcriptions of each episode’s writing prompts and links to referenced literature.



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.

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

Please make flyers available for your meetings

MASS BAY INTERGROUP NEWS AND EVENTS

MBI WORKSHOPS

Step 5 -May 20

Step 6 -June 24

Steps 7 & 8 July 15

No workshop in August

(See Calendar for zoom info)

Coming Back to OA : A NEW BEGINNING @ Zoom

Apr 22 @ 10:30 am – 12:00 pm

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

Saturday April 22, 2023 10:30 am – Noon

Click here for flyer: [MBI Flyer – Coming Back to OA – A New Beginning – April 22 2023](#)

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 [DETAILS](#)

Take a guided walk through the Twelve Steps and while you are here, stroll through the arboretum and gardens, relax in a rocking chair, join a yoga session, spend time with Higher Power, and make new friends along the way.

Registration fee includes two nights' lodging and five meals—Friday dinner through Sunday breakfast.

More details on the [intergroup's event page](#).

SUGGESTED CONTRIBUTION

US\$340

REGISTER BY

May 15, 2023

QUESTIONS?

[KAREN](#)

1-413-636-8237retreat@oawmass.org

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/>

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.aa@charter.net](mailto:brucep.aa@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

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

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

www.oambi.org; www.oaregion6.org; www.aa.org

The next MBI Meeting Dates – Save the Dates!

June 10, 2023

July 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.
- 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, Dave D.
- 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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