



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

May 2023

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My name is Cathryn C., and I am a compulsive overeater.

To sum up my story: I ate compulsively for 46 years. My insanity can be described in this way: I was in denial that I had a problem with food; I tried to control how much and the type of food I ate; and I ate compulsively, moving from grazing to bingeing on a daily basis.

When I met people who said they had given up certain foods that were my binge foods, I said "I'd rather die than give that up" – and I meant it.

In the food, I lived in isolation and despair – never mind the extra weight I carried. I hated myself and didn't want to live. My world was as big as the radius of food stores I went to in a futile search for the food or combination of foods that would make me feel ok. In the end, nothing worked.

The final convincer was seeing the needle of the scale jump up by 10, 20 lbs, and honestly not knowing how this related to my eating. I had been bouncing in and out of OA for several years, attracted by what the program offered but unwilling to commit. Fear drove me to come back in the fall of 2012. By the grace of HP I have been here ever since.

What I found in my first meeting, what I continue to find, and what brings me back, is HOPE. When I connect to others in the fellowship, I realize that I'm not alone. There are others who have felt the way I felt and done the things I've done, faced the same challenges or bigger ones, and have come through abstinently.

Over the years I found it difficult to grasp the spirituality of the program, but I acted "as if" and kept plugging away. It wasn't until last year that I started to develop a relationship with an HP, which has made a stark difference. I continue to seek and discover new resources in and out of program that sustain and nourish my recovery. As I find the things that have personal meaning and work for me, I feel encouraged. As a by-

product of working this program, I was led to another 12 step fellowship that has also helped my recovery. And another blessing is that I'm rediscovering my creative side, the things that nourish my soul, such as art. My world has expanded, and with that I've faced more challenging situations, but by the grace of HP and with the support of my fellows, as well as outside help, I have remained in program and, for the most part, been abstinent.

My journey in OA has been a long one, and I hope will continue. I work the tools and steps to the best of my ability, and though I have had breaks, I have always come back. That, for me, is the key: to keep coming back. And that has become my motto: to show up, do my best, and don't give up. Before OA I could not do that. Now I am living life in recovery, facing my fears, and coping with the ups and downs of daily life. And when I forget how far I've come, I have my fellows to help me remember the progress I've made, which fills me with gratitude for the wonderful blessings of this program.

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**Step 5: Admitted to God, to ourselves, and to another human bring the exact nature of our wrongs.**

**Spiritual Principle: INTEGRITY**

**Tradition 5: .Each Group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.**

**Spiritual Principle: PURPOSE**

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**COMMITTEE REPORTS**

**MBI Treasurer’s Report for April Meeting 2023 (March Data)**

Income: \$1183.76  
 Expenses: \$990.94  
 Income exceeded Expenses: \$ 192.82  
 Checking bal. 3/31/23 \$5888.06  
 Savings bal. 3/31/23 \$4597.46  
 In March \$1183.76 of our income was from group donations(\$906.76through Stripe, \$277.00 in check donations).

I have included Day, Time, town or former town and meeting ID for now as some donations come in with incomplete information. The list of groups who donated in March is at the end of this report.  
**Thanks to all who are supporting MBI.**

**Our expenses:**

\$ 505.00 Office Rent  
 \$ 119.05 Verizon Bill  
 \$ 66.90 Zoom (for 4 mo plans )  
 \$ 165.00 Marina as office worker  
 \$ 50.00 Jeanne K. as webmaster  
 \$ 21.25 Sainly Solutions Monthly Maintenance  
 \$ 63.74 Norton for Office computer  
**Total \$ 990.94**

**March Donations**

\$48.60 INDIVIDUAL  
 \$125.54 Sun. 10:00AM Medford(R&R) ID 53288  
 \$107.28 Sun. 5PM Andover (BBSS) ID 45148  
 \$43.71 Mon 6:30pm Read/Stone(BSS)#53025  
 \$9.48 Mon. 6pm North Andover ID 45063  
 \$12.00 Tues. 9:30AM BBSS ID 51015  
 \$111.57 Tues. 9:30AM BBSS Phone ID 55714  
 \$50.91 Wed. 6pm Reading ID 31055  
 \$74.83 Wed. 7pm Waltham ID 54559  
 \$200.00 Wed. 7pm Milton ID 50143  
 \$59.06 Sat. 6:15am ZOOM ID 800658  
 \$244.20 Sat 7:15am New/Welles(90)#34970  
 \$36.54 Sat. 8:30am Lynn ID 47116  
 \$9.48 Sat. 8am North Andover ID 46006  
 \$50.5 Sat 9:30am Cambridge HOW)#54801  
**Total \$1183.76**

Respectfully submitted,  
 Jeanne K., MBI Treasurer  
[treasurer@oambi.org](mailto:treasurer@oambi.org)

**MBI Office Activity - MARCH 2023**

Emails sent	14
Checks & Cash Received	2
Newsletters sent	5
Meeting lists sent	0
Professional packets sent	0
Newcomer Pamphlets sent	0
Literature sent	0

**Marina - OAMBI** office worker  
 snail mail: PO Box 74, Arlington, MA 02476  
 email: [info@oambi.org](mailto: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)*

The thing that I love about going to meetings, workshops, and having conversations with program fellows is that more often than not I hear what I need to hear exactly when I need to hear it. The 12 step slogan goes: Keep coming back! It works if you work it, and work it 'cause you're worth it!  
 Yours in service,  
 Dave D., Chair

**Webmaster April 2023 Report (March data)**

The OAMBI website was updated with the latest Newsletter, highlights, MBI meeting list, and 90 day meeting list, WSO Bulletin, and calendar. The Donation list was also updated, but the Trifold list of meetings and perhaps front page of the website still needs to be updated more.

Email Campaign Report Title: March Newsletter  
 Delivery Date/Time: Wed, April 6, 2023, 3:57  
 Total Opens: 212 Last Open Date: 4/8/23 5:59PM  
 Recipients Who Clicked: 25 (8.1%)  
 New Subscribers: 3 Total Unsubs: 1 Total Abuse Complaints: 0

**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](http://oa.org); please update meeting information at [info@oambi.org](mailto:info@oambi.org).

**World Service Business Conference 2023**

As your representative from the Mass Bay OA intergroup, I just attended 3 1/2 days of the World Service Business Conference in Albuquerque, NM. 177 people from 13 countries attended. Discussions covered many new ideas for OA and keeping OA literature and activities congruent with the 12 Steps, 12 Traditions and the 12 Concepts of OA Service (new to me!).

Our work was in a 400 page binder and included: 18 By Law Amendments, 2 Motions, 22 Business Proposals, 36 Reports, 16 Non-Controversial items and 100 pages of literature edits. I also received an 8 page glossary of OA terms, abbreviations, and acronyms which I hope to add to our website. We voted to stop using acronyms in all future OA Literature. They are very difficult to translate, and a bit confusing for new members.

It was personally rewarding to attend this conference. This service strengthened my abstinence and reduced my cravings. It also assisted in relieving my character defects. I will share more in future Newsletters.

**Willing P., Chair  
 PI/PO Committee**

**MASS BAY MEETING DATES  
 for remainder of 2023**

- June 10.
- July 8.
- August 12.
- September 9.
- October 14.
- November 11.
- December 9.

**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  
 ID: 84101180358 Passcode: 790766

**SAVE THE DATE**

**REGION 6 CONVENTION**

**Friday-Sunday, October 13-15, 2023  
 IN PERSON  
 Sonesta Hotel, White Plains, NY  
 Registration is now open on [region6.org](http://region6.org).**

**Consequences of Step 4.**

My experience with step four was an exploration of all my resentments and fears. Then looking deeper, I began to see how I contributed to my resentments. I slowly switched my focus from how things were impacting me to how I was impacting people, situations, and things around me. This turnaround was a reversal from focusing on myself to focusing on others. I now see that step 12 is a continuation of this process. By focusing on service to others, I turn my attention from my woes to their needs. A few meaningful results of this major turnaround in my thinking and attitude are: First, My compulsion for eating declined dramatically. Second, I see my defects of character much more clearly and quickly than before. I feel more distance between them and my true self. In other words, I don't feel attached to them. Third, My commitment to further service has increased significantly. Service is slimming; service is the solution.

Willing P.

**WORLD SERVICE NEWS AND EVENTS**

The **EVENT CALENDAR** at oa.org lists numerous workshops throughout the country for studying the 12 steps. Most are virtual (ZOOM), some are face-to-face. The list is too long to list them all here, so if you are interested, go to oa.org for More information.

**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 Meeting Virtual Region of Overeaters Anonymous \(virtualregion.org\)](#)

**A special article – STEP FIVE**  
**(by a recovering overeater)**

Step 5: Admitted to God, to ourselves and to another human being, the exact nature of our wrongs.

As the Big Book notes, one of the promises that comes true after working step 5 is "We can look the world in the eye." I remember as a newcomer, as I sat in a circle with other compulsive eaters, my eye contact was on fellow members' shoes. I had a tough time meeting anyone's eyes. As the Big Book notes, one of the promises that comes true after working step 5 is "We can look the world in the eye." I remember as a newcomer, as I sat in a circle with other compulsive eaters, my eye contact was on fellow members' shoes. I had a tough time meeting anyone's eyes.

Was it shame? Self-consciousness? A way to stay separate? Probably a mix of all three. How does Step 5 help me move from pride and self-hatred to self-acceptance and connection with others?

When I admit my "wrongs," those thoughts and actions that don't align with my true, Higher-

Powered self, I get to practice honesty. When I admit these to a Higher Power, I get to deepen my conscious contact. And when I admit them to another, I get to be a member of the human race.

Notice I write "get to." Over the years, most of my step 4s and 5s were completed with a "have to" mentality. I now believe, as the OA 12 & 12 states, that writing an inventory is one of the most loving things I can do for myself. I'm grateful that past Step 5s have left me with feelings of love and acceptance from another. The feedback I've received from every person I've shared Step 5 with has had a common thread: be gentle and loving, kind, and compassionate with yourself. Such powerful, healing words for a harshly critical person like me.

Because I began to believe those words, I don't carry the heavy burden of shame, nor do I need to build walls between myself and others. Over the years, my eye contact has slowly risen from shoes to eyes. With that connection, I can share what those who have heard my Step 5s have shared with me: empathy and acceptance.

Grateful Anonymous

**QUOTES TO CONSIDER**

Nothing tastes as good as abstinence feels

One day at a time

One bite is too many; 1000 bites aren't enough

Let Go and Let God

Easy Does it, But Do it!

Enjoy the upcoming holidays – abstinely.

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

Please make flyers available for your meetings

**MASS BAY INTERGROUP NEWS AND EVENTS**

**MASS BAY MEETING DATES**

**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

**MASS BAY WORKSHOPS**

**Step 6 -June 24**

**Steps 7 & 8 July 15**

**Coming Back to OA Part II-July 22, 2023**

**Flyer for Coming Back to OA PART II**

**No workshop in August**

(See Calendar for zoom info)

**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. Hosted by Western Mass Intergroup

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](mailto:1-413-636-8237retreat@oawmass.org)

**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](mailto:bmahr@aol.com)

**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

**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

**OA Region 6 Treasurer**

Post Office Box 95

Lynbrook, NY 11563

(Region 6 trustee contact:

[Region6trustee@gmail.com](mailto:Region6trustee@gmail.com)

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

<https://oaregion6.org/>

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

[www.oambi.org](http://www.oambi.org); [www.oaregion6.org](http://www.oaregion6.org); [www.aa.org](http://www.aa.org)

**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.**

**MASSACHUSETTS BAY INTERGROUP OF OVEREATERS ANONYMOUS**  
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 7 CENTRAL ST., SUITE 209  
 ARLINGTON, MA 02476  
 (781) 641-2303  
 EMAIL: [info@oambi.org](mailto:info@oambi.org)  
 WEBSITE: <http://www.oambi.org>  
**OFFICE HOURS:** MONDAY & THURSDAY/CALL FOR APPOINTMENT