



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

June 2023

Page 1

## **Driven by Ego, Recovering with Grace Liana H. from Bedford, MA**

When I introduce myself at an OA meeting, I identify myself as a compulsive overeater and a food addict. A food addict is what I am and compulsive overeating is what I've done. I've been 200 pounds and I've been 100 pounds. At my heaviest, I suffered from such indignities as bleeding inner thigh chafing, the arms of chairs sticking to my wide hips when I stood up and being called "Fat" both to my face and behind my back.

I've been dieting since I was 11 years old. I tried every way possible to control my weight as a binger - joining every diet club, following diets from doctors, and taking diet pills. I've also swung the other way into anorexia and bulimia - vomiting to get rid of the food, not eating solids, only taking in fluids, abusing laxatives, and restricting every morsel that went into my mouth to the point of starvation.

But my greatest enemy has been my Ego. You know what Ego does, right? "It Edges God Out" Ego is what brought me into OA in 1993 and Ego is what took me out in 2008 15 years later. And Ego is what kept me out there in a relapse, unable to string days of abstinence together, for 13 years until I crawled back through these doors in 2021. I was suicidal, full of rage, addicted to caffeine, sugar, and flour, and slowly losing the love and respect of everyone around me.

When I came to OA in 1993, it was for vanity, I was getting married and I needed to get into the wedding dress. It was that simple.

I got abstinent, lived through the withdrawal, and began to work on the tools and the steps. I stuck around when I heard other people speak

about the things they did with food. The things that I thought I was the only one doing. What kept me here was seeing this program in action, hearing stories of lives that turned around because people followed this simple program - losing excess weight and then becoming calm, sane, and happy. Plus, they all stayed the same size year after year.

For many years in the program, I did well, but the disease crept back in and my ego took over. I made others my God instead of truly developing a relationship with and relying upon my OWN Higher Power. Then the focus shifted to me thinking I had all the answers. I became prideful and full of shame at the same time. Slowly, I stopped being rigorously honest and lost all sense of balance.

At that critical turning point, I left OA. I was too thin because I'd started starving myself, weighing just over 100 pounds. My disease convinced me that I could do this on my own. I stopped reaching out to others. I stopped going to meetings. I stopped reading the literature. Within six months, I'd eaten myself to 50 pounds heavier and begged a personal trainer at a gym to help me get the weight off. What I didn't know at that time was that taking the weight off wasn't going to cure me.

After 13 years of yo-yo dieting, bad decisions, alcoholism, and egomania with an inferiority complex, I crawled back through the doors of OA. I knew that if I was going to work through this, I needed something bigger than me to help me. I searched the OA website for meetings and my FB friends in the program shared meeting lists, encouraging me to attend.

I found my way to a tiny meeting in a virtual intergroup that was out of Canada. I heard the 12 steps. I saw smiling faces. I was welcomed -

## **INDEX**

Committee Reports	Page 1-3
Update from World Service	Page 4
Upcoming Events (Please announce)	Page 5
MBI and telephone meeting info.	Page 6

"Welcome Home!" they said. And I knew in that moment - I never EVER wanted to eat again. I knew there were no more excuses - I was either willing to do whatever it took to get better or I wasn't. And so, the work began.

I started working on my tools, starting with a plan of action. I had to step back and look at all the places the food lived- in my car, on the couch as a binger in front of the TV, shoving handfuls of food in my mouth as I walked by the snacks in the kitchen. How would I now fill those spaces with program instead. With a structured plan of eating, phone calls, meetings, literature, service, and God. My God. I wanted recovery not just abstinence. I didn't want to be a dry drunk. I knew I needed supernatural power.

I began studying the 12 Steps and saw things I've never seen before in ways I never saw them. It helps me understand how my disease works as well as have empathy for others with my disease. I have a long way to go, but for me, the foundation is not eating or drinking one day at a time. Only then can I begin to hear God - through the pages of the AA and OA literature, from your shares, through my sponsor's wisdom, and in the quiet time I take each morning.

I have a very full life today where I seek God's help daily in order to find balance. I am grateful for the peace and serenity that comes from not needing to be in control of everything. I have freedom from the grips of my disease. I have food and body neutrality. THIS is what my recovery is giving me one day at a time with the help of my Higher Power and the support of my fellows. And I am very, very grateful.

\*\*\*\*\*  
**Step 6: Were entirely ready to have God remove all these defects of character.**  
**Spiritual Principle: WILLINGNESS**

**Tradition 6: An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money property and prestige divert us from our primary purpose.**  
**Spiritual Principle: SOLIDARITY**

**COMMITTEE REPORTS**

**MBI Treasurer's Report for May Meeting 2023 (April Data)**

Income: \$969.36  
 Expenses: \$2035.33  
 Expenses exceeded Income: \$ 1066.17  
 Checking bal. 4/30/23 \$4822.09  
 Savings bal.4/30/23 \$ 4957.54  
 In April \$969.36 of our income was from group donations (\$942.36 through Stripe, \$27.00 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 April is at the end of this report.  
**Thanks to all who are supporting MBI.**

**Our expenses:**

\$ 505.00	Office Rent
\$ 119.05	Verizon Bill
\$ 33.98	Zoom (for 2 mo. plans )
\$ 146.25	Marina as office worker
\$ 50.00	Jeanne K. as webmaster
\$ 42.50	Saintly Solutions Maintenance
\$ 1123.43	Partial Reimbursement for R6 & WSO attendance costs.
\$ 15.12	Postage stamps
<b>Total \$ 2035.33</b>	

**April Donations**

\$141.21	Sun.5PM Andover(BBSS) ID 45148
\$211.00	Sun.5PM Newtonville(90) ID 32247
\$ 11.44	Mon.6:30pm Read/Stone (BBSS) ID53025
\$126.54	Mon. 6pm North Andover ID 45063
\$12.00	Tues. 9:30AM BBSS ID 51015
\$100.71	Tues. 9:30AM BBSS Phone ID55714
\$ 7.50	Wed. 6pm ReadingID 31055
\$108.94	Wed. 7pm WalthamID 54559
\$ 9.48	Wed. 7pm Milton ID 50143
\$ 57.90	Sat. 6:15am ZOOM ID 800658
\$ 7.50	Sat. 8:30am ZOOM ID 800564
\$ 175.14	Sat. 8am North Andover ID 46006
<b>Total \$969.36</b>	

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

**MBI Office Activity - May 2023**

Phone Calls received	9
Emails received	49
Emails sent	22
Checks & Cash Received	7
Newsletters sent	5
Meeting lists sent	none
Professional packets sent	none
Newcomer packets	none
Literature sent	100 business cards

Warmly, together we recover,  
**Marina - OAMBI** office worker  
 snail mail: POBox 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:  
 June 24, 2023, Step 6  
 July 15, 2023, Steps 7 and 8  
 No workshops in August  
*(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.

**Email Campaign Report 2023 (MBI Newsletter)**

Delivery Date/Time: Sun, Apr 23, 2023, 11:30 am  
 Overall Stats  
 Total Recipients:310  
 Successful Deliveries:310  
 Recipients Who Opened:143 (46.1%)  
 Total Opens:249

**Most frequently used links**

<https://oambi.org/wp-content/uploads/2023/04/MBI-Newsletter-April-2023.pdf>  
<https://oambi.org/wp-content/uploads/2023/04/Highlights-April-2023.pdf>  
<https://oaregion6.org/2023-convention-welcome-home/>  
<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)).

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

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**

(Face-to-Face)  
 October 13th, 2023 3:00 pm - October 15th, 2023 1:00 pm  
 Sonesta White Plains Downtown, 66 Hale Ave, White Plains, NY 10601, USA  
<https://oaregion6.org/2023-convention-welcome-home/>

**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 the 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 \(virtualregion.org\)](#)

**NEW**

**DIABETES WARRIORS** - New virtual Overeaters Anonymous meeting starts **June 4, 2023, Sundays 6:00-7:00pm (US Eastern) on Zoom Honolulu 12:00 noon | Los Angeles 3:00pm | London 11:00pm | Sydney 8:00am (Monday)**

The special focus of this meeting is for compulsive overeaters who are also dealing with all types of diabetes: type 1 (T1D) and type 2 (T2D), prediabetes, gestational, and the less common types (LADA, MODY, type 3c, etc.) All are welcome, including OA newcomers!

The purpose of the meeting is for sharing experience, strength, and hope about the relationship between diabetes and our recovery from compulsive overeating — but NOT medical advice. We ask that you honor the special focus of the meeting, but it is not a requirement, and the meeting is open to all who wish to stop eating compulsively.

This new meeting will start out as a topic/speaker meeting, but that format could change depending on group conscience.

**Instructions for joining the meeting by Zoom or phone:**

<https://www.tinyurl.com/diabeteswarriors>.

For more information: David H. +1.202.922.1900 (text & talk) DJH2.recovery@outlook.com

**Service Opportunities** (Volunteers are also needed for the first few meetings, so please get in touch!) • Co-Lead • Zoom Security • “We Care”/Notetaker • Newcomer Greeter/Outreach • Community Outreach • Professional Outreach • Speaker Recruiter/Topic Organizer • Intergroup (VIG) Representative • Treasurer Overeaters Anonymous World Service meeting # (registration pending) | oa.org Foot Steps Virtual Intergroup #09670 | oafosteps.com Virtual Region | oavirtualregion.org

**AN EXERPT FROM A PAST ISSUE OF LIFELINE**

At sharing time in OA meetings, I sometimes read thoughts I have written down. Sharing thoughts and speaking out loud what I have written helps my recovery. Other members used to say, “Donna, you should submit that to Lifeline.” But I thought, “If what I write is rejected, I’ll feel rejected” or “What if it isn’t good enough?” My fear of submitting to Lifeline was really all about me because I was still living in my disease. I was missing the point, which was, “Wow, that really helped me—I bet others could be helped by it too!”

Today I understand that submitting to Lifeline is not about me. It’s about throwing an emotional rope to others. It’s about sharing over isolation.

After a few years, I finally realized what others meant by saying I should submit to Lifeline, so I sent in my first item. It was published in April 2015. Shortly after that, I submitted another and then forgot about it. Today, I opened a letter that said my second submission would appear in the March 2016 issue of Lifeline.

I’m telling this story to encourage you to take ten or fifteen minutes to write down your thoughts about something that means a lot to you. We walk in each other’s shoes. Others can be helped by what we honestly, willingly—with HP’s help—are able to say.

Today, I understand that submitting to Lifeline is not about me. It’s about throwing an emotional rope to others. It’s about sharing over isolation. By writing what we think and sharing what we write, we speak out loud, just as we do in meetings. After I took the first step, the next seemed easier. I think it could be that way for you too if you will try writing to Lifeline.

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

Please make flyers available for your meetings

**MASS BAY INTERGROUP NEWS AND EVENTS**

**MASS BAY MEETING DATES**

**for remainder of 2023**

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

**All step workshops are 10:30-Noon on Zoom,  
(Can call at 10:15) (See Events for zoom info)**

**\*\*\*NOTE: Zoom and phone information for  
ALL workshops and retreats can be found on  
oambi.org under "Upcoming Events**

Join Zoom Meeting

<http://us02web.zoom.us/j/84658800386?pwd=bFjDR1lSdIUwTEhGQ3IDenNSTDFrdz09>

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, A New Beginning**

**July 22**

**No workshop in August**

**All step workshops are 10:30-Noon on Zoom,  
(Can call at 10:15) (See Events for zoom info)**

**\*\*\*NOTE: Zoom and phone information for  
ALL workshops and retreats can be found on  
oambi.org under "Upcoming Events"\*\*\***

**Coming Back to OA, A NEW BEGINNING Part 2**

July 22nd, 10:30 am – 12:00 pm

Come hear a panel of speakers share their journey  
from relapse to recovery

Join via Zoom or Telephone (can join at 10:15am)

[MBI Flyer – Coming Back to OA-part 2- A New Beginning](#)

**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

**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

**MetroWest Intergroup**

Workshop Topic - Intimacy: Opening Up in  
Relationships with Other Humans

Sunday, July 2nd, 2023, 1:30 – 3:00 pm EDT via  
Zoom

<https://zoom.us/j/7056582426>

contact [info@metrowestoa.org](mailto:info@metrowestoa.org) for the passcode

For more information go

to: <https://www.metrowestoa.org/bulletin-board/>

<https://oaregion6.org/>

**"Keeping Connected" – A workshop on**

**Sponsorship** given by our Region 6 Chair and  
Trustee Liaison

July 16th, 2023, 1:00 pm - 4:00 pm via Zoom|

Sponsored By: Region 6 and the Greater Rochester

Intergroup Flier: [https://oanewhampshire.org/wp-](https://oanewhampshire.org/wp-content/uploads/2023/05/Keeping-Connected-sponsorship-workshop-1.pdf)

[content/uploads/2023/05/Keeping-Connected-](https://oanewhampshire.org/wp-content/uploads/2023/05/Keeping-Connected-sponsorship-workshop-1.pdf)  
[sponsorship-workshop-1.pdf](https://oanewhampshire.org/wp-content/uploads/2023/05/Keeping-Connected-sponsorship-workshop-1.pdf)

**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, Marcy
- 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**  
 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