



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

**MBI Newsletter**

**July 2023**

**Page 1**

My name is Christine and I'm a recovering compulsive overeater and one day at a time for 10,608 days; or 29.03 years: 254,577 hours.

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out": Step 11. How do I do all this and stay in the moment?

Independence Day July 2023 - Indulge in Independence from food & as the big book states "if tempted, we recoil from it as from a hot flame... so long as we keep in fit spiritual condition." Pages 84-85. My objective, living an abstinent life.... "we have become God conscious...begun to develop this vital sixth sense" pg 85.

In my words '*God, I surrender myself to you take care of everything.*' How do I be in the moment and let God show me how to be in the moment Prayer and meditation as I understand it, is a relationship with God & as an any relationship it develops over time and becomes deeper. It has been said prayer is talking to God and meditation is listening to God. God listens to my heart not my words and as in any relationship it becomes more intimate the more time that I spend with God. On the days that I don't take quiet time first thing in the morning God is following me all day saying, 'How about Me?' You have time for this and that but how about me? Well, that is in my head, God is always waiting for me.

Meditation or contemplation is communion in silence. When I began my journey in OA, I was very limited in what I knew about the 12 steps, but I had a belief in God & my relationship with God came from my ancestors at that time. My intimacy with God today is totally different, in fact amazing. I came into the program with 20 to

25 extra pounds on my body and 500 pounds in my head, I definitely was not in the moment. Crazy was more like it. I learned from an insistent sponsor and others to take "quiet time."

My ideal day starts with reading daily readers, including one I have been reading since 1980, prior to program. Follow by writing, it can include a Dear God letter and a response from God. Concluded with, Most Important, sitting quietly for 20 minutes at a minimum & listening. How? Picking one word; concentrating on my breathing and just to be and shut down my mind. God wants to love me and to be there for me with my mind quiet and open to Him.

One of the things that helps me is working on being in the moment- when I came to program almost 3 decades ago, I didn't have a committee in my head but the whole conference! My mind is the source of my problems! One of the ways I learn to be in the moment and know what God wants for me is to use the 'sixth sense' the God sense.

I have five senses: hearing, seeing, touching, tasting, smelling and my mind or thoughts. All my actions, positive or negative, are triggered by my feelings, emotions & my mind. That is why I ate! I felt sad I ate, I felt happy I ate, etc. Since my feelings and emotions are primary cause of my regrettable actions, I must look at keeping them in check so I can be in the moment. 'Conscious Contact with God.' If I am in the past and not in the moment, I am not doing God's will. I ask, How do I feel right now? I always want to create self-awareness about how I feel in the moment.

It's a tripod of sorts, accepting myself in any feelings, emotion, or mood I am in all the time; I have to love myself in any feeling, emotion or mood I am in all the time and I have to forgive

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myself any actions caused by my feeling,  
emotion or mood all the time.  
What is God asking me every moment?

So, the question remains: How can I be of  
maximum service to God? and it starts for me by  
listening in the silence.

-

\*\*\*\*\*

### **Step 7: Humbly asked Him to remove our shortcomings.**

**Spiritual Principle: HUMILITY**

**Tradition 7: Every OA group out to be fully self-supporting, declining outside contributions.**

**Spiritual Principle: RESPONSIBILITY**

### **COMMITTEE REPORTS**

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

Income: \$ 1496.43  
Expenses: \$850.52  
Income exceeded Expenses: \$ 645.91  
Checking bal. 5/31/23 \$ 5404.25  
Savings bal. 5/31/23 \$ 4957.98  
In May \$1496.43 of our income was from group donations (\$803.23 through Stripe, \$693.20 in check donations).

Our rent is going up to \$530.00 next month. 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 May is at the end of this report.  
**Thanks to all who are supporting MBI.**

#### **Our expenses:**

\$ 505.00	Office Rent
\$ 118.42	Verizon Bill
\$ 67.96	Zoom (for 4mo. plans )
\$ 75.00	Jeanne K. as webmaster
\$ 42.50	Saintly Solutions Monthly Maintenance
\$ 4.14	Postage stamps
\$ 37.50	OA Literature
<b>Total</b>	<b>\$ 850.52</b>

#### **May Donations**

ANON	\$ 119.26
Sun. 8:30AM Stoneham(90 FF) ID 45497	\$ 724.40
Sun. 10:00AM Medford(R&R) ID 53288	\$ 19.26
Sun. 5PM Newton #800698 ID 57566	\$ 46.06
Mon. 12:30PM ID56465	\$ 18.00
Mon. 6:30pm Reading/Stone(BBSS) ID 53025	\$ 20.92

Mon 7:30PM Dedham #800334	\$ 14.47
Tues. 9:30AM Reading (BBSS) ID 51015	\$ 118.98
Wed. 6PM Reading ID 31055	\$ 16.98
Wed. 7PM Waltham ID 54559	\$ 58.94
Fri. 12:30PM ID 49788	\$ 18.00
Sat 8:30 AM #800564	\$ 7.50
Sat. 7:15AM Newton/Wellesley (90) ID 34970	\$ 58.38
Sat. 8AM North Andover ID 46006	\$ 121.35
Sat. 9AM Dorchester (90) ID 36235	\$ 33.93
<b>Total</b>	<b>\$ 1493.43</b>

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

#### **MBI Office Activity - May 2023**

Phone Calls received	7
Emails received	52
Emails sent	40
Checks & Cash Received	5
Newsletters sent	5
Meeting lists sent	none
Professional packets sent	none
Newcomer packets	none
Literature sent (pamphlets to a SC intergroup for a health fair)	68

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:**

July 15, 2023, Steps 7 and 8

No workshops in August

(See Calendar under Events at [oambi.org](https://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 June 2023 Report (May data)

The OAMBI website was updated with the latest Newsletter, highlights, front page MBI meeting list, 90 day meeting list, WSO Bulletin, personal story post, and calendar.

### Email Campaign Report

Title: May Newsletter

Delivery Date/Time: Mon, May 22, 2023, 9:23 am

#### Overall Stats

Total Recipients: 315

Recipients Who Opened: 170 (54.0%)

Total Opens: 306

Last Open Date: 6/6/23 11:50PM

Recipients Who Clicked: 22 (7.0%)

Total Clicks: 34

Last Click Date: 6/5/23 12:01PM

Total Unsubs: 1

Total Abuse Complaints: 0

Times Liked on Facebook: 0

Most popular URLs:

<https://oambi.org/wp-content/uploads/2023/05/MBI-Newsletter-May-2023-b.pdf>

<http://OAMBI.ORG>

<https://oambi.org/wp-content/uploads/2018/12/MBI-Flyer-Coming-Back-to-OA-part-2-A-New-Beginning-July-22-2023.pdf>

<http://OA.org>

<https://oaregion6.org/2023-convention-welcomehome/>

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

August 5.

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

### Step 7: Humbly asked God to remove our shortcomings

*When my eyes are humble,  
They look straight into yours  
Not above your head  
Or down at your toes.*

*When my mouth is humble,  
It's not always speaking  
I shut it sometimes,  
And listen to you.*

*When my hands are humble  
They don't point at faults  
Or clench into fists,  
I hold them open.*

*When my heart is humble  
I know that I can't  
But HP can  
Remove my shortcomings.  
Anonymous*

## WORLD SERVICE NEWS AND EVENTS

The **EVENT CALENDAR** at [oa.org](http://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](http://oa.org) for More information.

### NEW!

Celebrate Milestones with new 45 and 50 year Anniversary Medallions!

Yes, there are people who now are celebrating lengths of abstinence in this range of years. This program works if YOU work it.

## 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](mailto:DJH2.recovery@outlook.com)

## 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/>

Delegates to World Service Business Conference 2023 have voted to change the following meeting descriptions:

From	To
Open meeting	Meeting with visitors (Open)
Closed meeting	Meeting without visitors (Closed)
Special Topic	Specific Topic
Special Focus	Specific Focus

These changes will help newcomers and referring professionals understand that "Closed" meetings are always open to newcomers, OA members, and those who think they have a problem with food.

Further, they remove any stigma or distracting connotation that the word "special" may elicit among OA members.

You can expect to see the new descriptions appearing in Find a Meeting on [oa.org](http://oa.org) later in 2023. More will be revealed!

**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**

August 5.

September 9.

October 14.

November 11.

December 9.

**MASS BAY WORKSHOPS**

**Steps 7 & 8 July 15**

**No workshop in August**

**Step 9 September 23**

**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=bFdDR1lsdIUwTEhGQ3IDenNSTDFrdz09>

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

ID: 84101180358 Passcode: 790766

**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** at 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.oa@charter.net](mailto:brucep.oa@charter.net) for more information

**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

**"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-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/>

Cape Cod OA Intergroup In-Person Retreat,

September 17, 2023, Camp Greenough, Dennis MA

More information coming soon

<https://capecodoa.org/category/special-events/>

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

[www.oambi.org](http://www.oambi.org); [www.oaregion6.org](http://www.oaregion6.org); [www.oa.org](http://www.oa.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](mailto:info@oambi.org)

WEBSITE: <http://www.oambi.org>

**OFFICE HOURS:** MONDAY & THURSDAY/CALL FOR APPOINTMENT