



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

August 2023

Page 1

My name is Sue C, and I'm a compulsive overeater.

I broke my abstinence three months ago; after 22 relatively clean years. This is what I was thinking, in the months before the break: I'm set. My food is in place and has been for decades. I do as much as I have to, to stay abstinent. I don't need to go nuts with it; I'm just not that bad. I can switch my focus to another program that helps with the problem that's paining me the most right now. I'm fine with one OA meeting per week, step 11 most days, and step 10 when I'm in a twist. I've done Big Book Step Study, I'm beyond the OA tools, beyond being sponsored, who's going to sponsor the great, highly-recovered me? I've got it, I'm good to go.

But then, God smacked me upside the head. I'd slept too late to have breakfast that one April morning, because I'd been up so late the night before, so I decided to start with lunch and have my breakfast after supper. And now here I was at 2:00 AM, again, in a wildfire of self-will, again, working on a cherished dream – and I still hadn't eaten that postponed meal.

I was banging away at my computer, glancing at the clock, and saying, just this one more thing, until I realized that I had to be up at 9:00, and I still had stuff to do before bed. I had a choice: eat my third meal and be seriously sleep deprived or surrender the meal and go to bed. I asked God what was less crazy and surrendered the meal. And woke up the next day, knowing I wasn't abstinent anymore.

I'd had some slippery moments in the months before that. I'd talked them over with an OA buddy, and simply resumed. It was fine, I

thought. I had a sponsee, I did service at my one meeting. I had read the Big Book so many times I had chewed all the juice out of it, and the other literature didn't seem to be speaking to me. My problem was unmanageable time, not unmanageable food. I thought my food was safe.

Do you know what it feels like to stand up in a canoe on the water? In the months before my break, that's how I felt. I was on an emotional high, because of the progress I'd been making on a long-held ambition. I was standing in a teetering canoe on a fast-running stream. But the morning after surrendering my third meal, I wasn't in that canoe anymore. I was in the water and being swept toward the falls. I felt the pull of all the addictive foods I hadn't tasted in 22 years. I knew that if I didn't get a sponsor, NOW, I'd go over, and who knows if I'd ever get back?

But, if I got a sponsor, she might object to my food plan. And she'd tell me to spend time on tools again – three meetings a week, literature, action plan, and the most dreaded tool of all, the telephone. I hesitated. "To be doomed to an alcoholic death or to live on a spiritual basis" (as the Big Book says on p44) "are not always easy alternatives to face."

Thank You, God, I found willingness to call someone who read me the riot act. Chastened, I called someone gentler and asked her to sponsor me. I'm so grateful to God and to that woman that she said yes. And, amazingly, OA is interesting to me again! Yes, it's the same old stuff, but I'm still the same old compulsive overeater. My way still doesn't work. I still need the tools and the steps. I AM that bad. I still can't do it by myself. And, by the grace of God, I don't have to.

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

Step 8: Made a list of those we have harmed and became willing to make amends to them all.
 Spiritual Principle: SELF DISCIPLINE

Tradition 8: Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
 Spiritual Principle: FELLOWSHIP

COMMITTEE REPORTS

MBI Treasurer’s Report for August MBI 2023 (July Data)

Income: \$ 1136.89 Expenses: \$ 1002.73
 Income exceeded expenses: \$134.16
 Checking bal. 7/31/23 \$ 4679.77
 Savings bal. 7/31/23 \$ 4597.65
 In July \$1136.89 of our income was from group donations (\$873.44 through Stripe, \$263.45 in check donations).

Although I was informed that our rent would increase by \$25.00, we were still invoiced at the previous rate for July. The list of groups who donated in July is at the end of this report. **Thanks to all who are supporting MBI.**

Our expenses:

- \$505.00 Office Rent
- \$150.00 Office Work
- \$118.42 Verizon Bill
- \$ 50.97 Zoom (for 3month plans)
- \$100.00 Webmaster
- \$ 28.34 Saintly Solutions Maintenance
- \$ 50.00 Refund (donated twice by mistake)

Total \$ 1002.73

Donations

ANON- Lit	\$ 71.45
Sun. 10:00AM Medford(R&R) ID 53288	\$ 19.26
Sun. 5PM Newton #800698 ID 57566	\$ 275.20
Mon. 9:30AM Wellesley(90) ID 45662	\$ 108.08
Mon. 10.00AM Danvers ID 57860	\$ 9.48
Mon. 6pm North Andover ID 45063	\$ 48.60
Mon. 6:30pm Read/Stone.(BBSS)# 53025	\$ 64.63
Tues. 9:30AM BBSS Phone ID 55714	\$ 136.83
Tues. 9:30AM Reading (BBSS) ID 51015	\$ 62.00
Wed. 9:30am Reading #800801 ID 38115	\$ 48.60
Wed. 6pm Reading ID 31055	\$ 112.20
Wed. 7pm Waltham ID 54559	\$ 11.44
Sat. 6:15am ZOOM #800658	\$ 27.11
Sat. 8:30am Lynn #800654 (ID 47116)	\$ 38.82
Sat 10:30 am Workshops	\$ 4.59
Sat. 2PM Chelmsford ID 02225	\$ 98.60
Total Donations	\$1,136.89

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

MBI Office Activity - July 2023

Phone Calls received	5
Emails received	33
Emails sent	25
Checks & Cash Received	4
Newsletters sent	5
Meeting lists sent	none
Professional packets sent	none
Newcomer packets	none

Warmly, together we recover,
Marina - OAMBI office worker
 snail mail: POBox 74, Arlington, MA 02476
 email: info@oambi.org
 office phone: 781-641-2303
 cell phone: 617-797-7544
 web-site: <https://oambi.org/>

12 STEPS WITHIN

NOTE: I will be stepping down effective December 1, 2023, after 7 years of chairing. If you are interested in joining MBI in this person, please contact me, Dave D., or any Board or Committee member.
 (See Calendar under Events at oambi.org for zoom info)
 Dave D., Chair

Webmaster Aug. 2023 Report (July data)

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

Email Campaign for June Newsletter

Delivery Time: Sun, Jul 9, 2023 9:06 am
 Total Successful Deliveries: 316 of 317
 Recipients Who Opened: 128 (40.5%)
 Last Open Date: 8/3/23 9:55PM
 Recipients Who Clicked: 22 (7.0%)
 Total Unsubs: 0

Most Popular Links:

- <https://oambi.org/wp-content/uploads/2023/07/MBI-Newsletter-July-2023a.pdf>
- <https://oambi.org/wp-content/uploads/2023/07/Highlights-July-2023.pdf>
- <https://oaregion6.org/2023-convention-welcome-home/>

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.

10:30-NOON, MBI meeting (ZOOM)

Join Zoom Meeting

<http://us02web.zoom.us/j/84658800386?pwd=bFdDR1sdlUwTEhGQ3lDenNSTDFrdz09>

Phone: 1 929 205 6099 (NY,US) Meeting ID: 846 5880 0386 Password: 958493 ID: 84101180358 Passcode: 790766

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/>



2023 REGION CONVENTION WELCOME HOME

Region 6 of Overeaters Anonymous invites you to attend the **2023 Region 6 Convention!**
JOIN US IN PERSON

TENTATIVE HIGHLIGHTS

Friday, October 13

- 3:00 pm Registration opens
- 4:00 pm Workshops begin
- 6:00 pm Friday Night Buffet Dinner
- 8:00 pm Grand opening/keynote speaker

Saturday, October 14

- 8:30 am Workshops continue throughout day
- 6:30 pm Banquet
- 8:00 pm Keynote speaker

Sunday, October 15

- 9:00 am Workshops begin
- 10:30 am Closing session

General Service Opportunities

We need your help with service. Email will arrive in late-summer with all the service options.

Workshop Speakers

Information to follow in late summer

For additional information, please contact: rfconventionchair@oaregion6.org

For registration information, please contact: rfconventionregistrar@gmail.com

CONVENTION REGISTRATION

Registration is online only to Sept 28th:

[Click here to register](#)

Credit Card/PayPal accepted
****No refunds or transfers****

- \$55 USD to August 15
- \$95 USD - August 16 - Sept 28
- \$75 USD - Registration at the door
- \$45 USD - Friday Night Buffet Dinner
- \$60 USD - Saturday Night Banquet Dinner

HOTEL INFORMATION

Sonesta Hotel
66 Hale Ave., White Plains, NY, 10601

Hotel Occupancy Rates

- King/Double Room \$179 US + tax/night
- Triple Room \$189 US + tax/night
- Quad Room \$199 US + tax/night

Room Reservation Information

- Hotel reservations must be made by September 12 to guarantee the R6 Convention rate
- Cancellation Policy:** Cancel by 3pm 48 hours prior to arrival to avoid charges

Additional Hotel Information

- Self Parking is \$10 per car per day

2 Ways to Register for the Hotel

1. OA Region 6 website: [Click Here](#)
2. Phone reservations 1-800-766-3782

Outreach Committee – Willing P.

I am active in Region 6 outreach. Now under discussion is new outreach to Military and other Service oriented (police, fire dept, rescue). Brought this issue to MBI meeting August 5. We discussed at length how we, as a group, can begin to reach out to these groups. More to come as we work on this issue within MBI and Region 6.

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:

<https://oavirtualregion.org/about-virtual-meetings/>

WSBC 2023 Unity with Diversity

The following policy statement was adopted: "Unity with Diversity" Policy THE FELLOWSHIP of Overeaters Anonymous encourages and promotes acceptance and inclusivity.

All are welcome to join OA and are not excluded because of race, creed, nationality, religion, gender identity, sexual orientation, or any other attribute. We welcome all who share our compulsion.

Everyone with the desire to stop eating compulsively is welcome in Overeaters Anonymous. THE FELLOWSHIP recognizes the existence of individual approaches and different structured concepts to working our Twelve Step program of recovery; that the Fellowship is united by our disease and our

MASS BAY MEETING DATES
for remainder of 2023

- September 9.
- October 14.
- November 11.
- December 9.

common purpose; and that individual differences in approaches to recovery within our Fellowship need not divide us.

THE FELLOWSHIP respects the rights of members, groups, and service bodies to follow a particular concept of recovery within Overeaters Anonymous and encourages each member, group, and service body to respect those rights as they extend the hand of fellowship to those who still suffer.

THE FELLOWSHIP encourages each duly registered group and service body to affirm and maintain the Twelve Traditions of Overeaters Anonymous by allowing members to share their experience, strength, and hope in meetings regardless of the individual approach or specific concept that member may follow. Duly registered is defined as being in full compliance with Bylaws, Subpart B, Article V

WSBC Literature Policy

The following policy statement was adopted. Statement on Approved Literature:

In accordance with our Traditions, we suggest that OA groups maintain unity and honor our Traditions by using, selling, and displaying only approved books and pamphlets at their meetings. This includes OA Conference- and board-approved literature; AA Conference-approved books, booklets, and all future editions thereof, with original edition copyright 2010 or earlier; and locally produced OA literature.

Although groups may choose to focus on only one piece of OA-approved literature, individuals and groups are encouraged to use any and all OA-approved literature. Locally produced literature must be developed according to the OA Guidelines for Locally Produced Literature, and should be used with the greatest discretion. Local literature should be considered temporary and discontinued when OA literature approved for general use is available to cover the topic.

WSBC OA Annual Events

The following policy statement was adopted:

The World Service Business Conference established the following annual events. World Service Business Conference 2023 Wrap-Up Report 13

- 1) OA Birthday: The third full weekend (Friday included) of January as the annual celebration of the January 19, 1960 founding of Overeaters Anonymous.
- 2) Unity Day: The last Saturday in February in even years and the last Sunday in February in odd years at 11:30 a.m. local time.
- 3) Sponsorship Day: The third full weekend (Friday included) in August.
- 4) International Day Experiencing Abstinence (IDEA): The third full weekend (Friday included) in November.
- 5) Twelfth Step Within Day: December 12 (12/12) each year be designated as OA's International Twelfth Step Within Day, the purpose of which will be to encourage OA service bodies, meetings, and individual members to reach out to those within the Fellowship who are still suffering from compulsive eating behaviors

WSBC information submitted by Willing P., MBI Delegate to 2023 World Service Business Conference

MEN IN OA

We want your story!



Overeaters Anonymous is updating our existing publication welcoming men to OA with the intention of expanding the representation of men in OA. We are seeking stories that express your experience with compulsive eating and what brought you to OA.

Some ideas to get you started:

- How have food, weight, and body image affected your life and health?
- Share your experience of compulsive eating:
 - » Overeating
 - » Under-eating
 - » Binge eating
 - » Restricting
 - » Excessive exercise
 - » Chronic dieting
- What made you walk through the doors of OA?
- What was your experience at your first OA meeting? What were the positives? Negatives?
- What made you decide OA was for you?
- How has working the OA program changed your life? What hope would you like to share with the man new to OA?

Submission Requirements

- Submissions are assumed intended for publication, are subject to editing, and become the property of OA, Inc.
- Submissions are not returned.
- All submissions must contain the author's full name and address. You may request anonymity with publication. Your state, province, or country may remain anonymous if you so indicate.
- Submissions must be submitted with a signed release form.
- Submissions of approximately 400-800 words with a title are preferred.

Due by September 15, 2023

Email your story to
info@oa.org
with subject line
"To the Man"

**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**

September 9.
October 14.
November 11.
December 9.

MASS BAY WORKSHOPS

Step 9 –September 23
Step 10 – October 7
Step 11 – November 18
Step 12 – December ???

**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 Meeting**

<https://us02web.zoom.us/j/85313267372?pwd=aXpzWHhEY0k5NFEwU0N0V2JoSVNJZz09>

Meeting ID: 853 1326 7372

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 3
Saturday, November 4**

Come hear a panel of speakers share their journey
from relapse to recovery
Join via Zoom or Telephone (can join at 10:15am)

REGION 6 NEWS & EVENTS

Region 6 Fall Assembly September 23 –

Registration now open
Delegates attending: Bobbie M., Willing P., Paulina
S., Barbara Ann (alternate)

**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 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

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/>

Cape Cod OA Intergroup In-Person Retreat,
September 17, 2023, Camp Greenough, Dennis MA
More information coming soon

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

Time is a fickle thing. When you want it to pass
quickly, the clock seems to stop. When you look the
other way, it flies by.

Today I choose to stay in the moment, neither
wishing my life away nor ruing the passing hours.

Today I choose to live gratefully in every moment,
because each one is a unique gift that won't be given
again.

Over to you: What is your relationship with time
today? ANONYMOUS

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

www.oambi.org; www.oaregion6.org; www.oa.org

*******ATTENTION*******

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