



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

September 2023

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"Perhaps the best thing for me to remember is that my serenity is inversely proportional to my expectations." Big Book, 4th ed., page 420.

The people on Maui expected the island's alarm system to warn them about imminent danger.

Russia expected Ukraine to be easy pickings. The people of the United States expected scientific breakthroughs to have eliminated covid 19 by now.

Expectations! We all have them, but the addict exhibits them in so many ways. Here are a few based on the Big Book:

We expected to be able to abuse substances without consequences. In our using days, we expected to eat whatever we wanted, however much we wanted, whenever we wanted and were genuinely shocked when our lives devolved into a nightmare.

We expected things esteemed by this world-money, intelligence, self-knowledge-to be the solution.

We expected to be able to throw a few prayers out into the universe and be magically healed.

We expected to jaywalk without getting seriously banged up.

We expected that we could live long and happily in this world without being entirely honest with somebody.

We expected other people to fix us with minimal participation on our part.

We expected to find an easier, softer way than trusting God, cleaning house and helping others.

We expected that foodaholism was our ticket to oblivion and the inability to feel anything would be our nirvana.

We expected to be treated as special, unique cases to be handled with kid gloves by others when what we really needed was to be willing to extend patience, tolerance, understanding and love to ourselves. By surrendering to the solution outlined in the program of Overeaters Anonymous, we are able to extend these principles of the program to others. We are able to give instead of take.

In recovery, we watch our serenity level rise as we disregard our expectations and rights.

Keep coming back and you can legitimately expect to recover!

Jacqueline
Length in program 38 years (June 1985)
Length of imperfect but enduring abstinence 34 years (August 4, 1989)
100+ winner
Overeater

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.

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COMMITTEE REPORTS

MBI Treasurer’s Report for September Meeting 2023 (August 31th Data)

Income: \$ 821.57 Expenses: \$ 1892.39
 Expenses exceeded Income: \$1070.82
 Checking bal. 8/31/23 \$ 3608.95
 Savings bal. 8/31/23 \$ 4597.69

In August \$821.57 of our income was from group donations (\$448.58 through Stripe, \$327.00 in check donations). This includes \$45.99 reimbursement for the fraudulent purchase.

Thanks to all who are supporting MBI. Our expenses:

IN *SAINTLY SOLUTI800-262-3246 CA	(\$42.50)
PAULWOMENSHOP/fraudulent purchase	(\$45.99)
August Rent	(\$505.00)
Reimbursement for WSO Conference	(\$811.99)
ZOOM.US 888-799-96WWW.ZOOM.US CA	(\$16.99)
ZOOM.US 888-799-96WWW.ZOOM.US CA	(\$16.99)
Webmaster	(\$100.00)
VERIZON*RECURRING 800-VERIZON FL	(\$118.44)
Office Worker	(\$142.50)
ZOOM.US 888-799-96WWW.ZOOM.US CA	(\$16.99)
AUGUST Joint picnic	(\$75.00)
8/31/2023 Total	(\$1,892.39)

Donations

ANON	\$347.50
Sun. 10:00AM Medford(R&R) ID 53288	\$ 19.26
Sun. 5PM Newton #800698 (ID 57566)	\$ 83.47
Mon. 6:30pm Reading/Stone.(BBSS)#53025	\$ 25.51
Tues. 9:30AM BBSS Phone ID 55714	\$ 19.26
Tues. 9:30AM Reading (BBSS) ID 51015	\$ 38.54
Wed. 7pm Waltham ID 54559	\$ 69.26
Wed Reading 6PM	\$ 7.50
Sat. 6:15am ZOOM #800658	\$ 9.48
Sat. 8:30am Lynn #800654 (ID 47116)	\$ 55.80
MMC Claim Credit fraudulent use	\$ 45.99
Total	\$821.57

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

MBI Office Activity - August 2023

Phone Calls received	5
Emails received	43
Emails sent	16
Checks & Cash Received	5

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
 website: <https://oambi.org/>

From the Chair, Bobbie M.

On August 12, 2023, MBI and MWI hosted their first group picnic/get together. It was held at The Cove in Newton and was a blast! After so long of not seeing my OA peeps it was amazing! Great to catch up. Thanks for everyone who attended and I look forward to planning another one in the future.

12 STEPS WITHIN – DAVE D. RETIRING AS CHAIRPERSON – OPEN FOR VOLUNTEER

The Position:

- Starting in 2015 as a trainee, I have served since 2016 as the chairperson of the 12 Step Within Committee of OAMBI. I worked professionally on zoom beginning in 2018, so when Covid came and we all moved to zoom and telephone, I volunteered to host all OAMBI activities. I chaired this committee with assistance from others.
- The goal of the 12 step Committee is to facilitate passing the message of Abstinence to OA groups within and outside a 100 mile radius of the MBI Office. I have accomplished this not by travel but by way of zoom meetings, where we have been in touch with people from all over the United States , Canada, Europe, Israel , and more.
- The committee sponsors three “Coming Back To OA” groups consisting of two members who set up the speakers and myself as the Zoom host and coordinator. I have hosted the annual Thankathon, for a number

of years. This year's Thankathon will be my last.

- Other duties I performed as chair of the committee include hosting, on zoom, the monthly MBI Business Meetings and the monthly 12 step meetings. Others have assisted with the step meetings by getting speakers. The Thankathon speakers are set up by all member groups.
- This position has kept me steadily abstinent. Workshops kept me on track and focused on the steps. I'm grateful to HP as well as each and every one of you who have supported me along the way.
- It is now time for me to turn over the reins, and I will be happy to train someone to get started. November 2023 will be my last month of hosting the MBI meetings and workshops.
- This is a position you grow into. I started when my sponsor said, go to MBI meetings, and then a program fellow at MBI meetings told me to volunteer for this service position, and then she taught me how to do it and I did it as I fulfilled the 1 year abstinence and 1 year MBI service requirements. She held the title of Committee Chair, and I did the work. On the job training...I am willing to do this as I am not resigning from MBI, or another MBI program fellow could do this. I support sponsors to talk to sponsees about volunteering for this rewarding position. My phone number is 781-835-5017.

Dave D. <barkytheseal@gmail.com>

Webmaster September 2023 Report (Aug-September data)

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

Delivery Date/Time:	8/15/23
Total Recipients:	316
Successful Deliveries:	315
Bounces:	1 (0.3%)
Recipients Who Opened:	171
Total Opens:	341
Last Open Date:	9/5/2023
Recipients Who Clicked:	23(7.3%)
Last Click Date:	8/27/23

Total Unsubs: 2

Most Clicked URLs

- <https://oambi.org/wp-content/uploads/2023/08/MBI-Newsletter-August-2023a.pdf>
- <https://oambi.org/wp-content/uploads/2023/08/Highlights-August-2023.pdf>
- <http://OAMBI.ORG>
- <https://oar6assembly.ticketleap.com/region-six-2023-fall-assembly/>
- <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=bFdDR1lsdlUwTEhGQ3lDenNSTDFrdz09>
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/>

MASS BAY MEETING DATES
for remainder of 2023

October 14.
November 11.
December 9.

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 \(virtualregion.org\)](#)

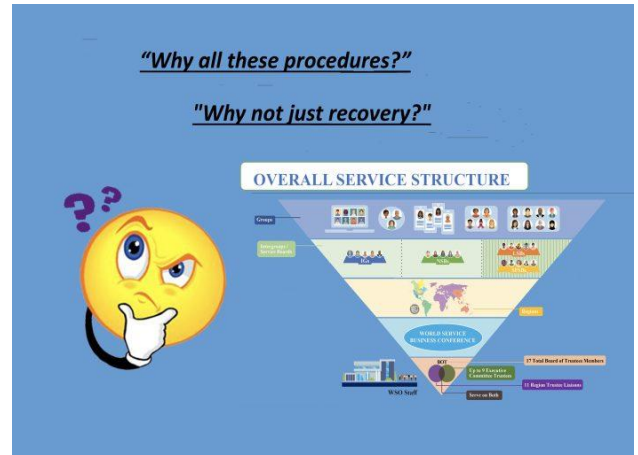
WSBC OA Annual Events

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



OA Service and Bylaws: Keeping It Simple sheds light on why OA's service structure makes it possible for OA members to welcome the newcomer, carry the message of OA, and keep to our Responsibility Pledge:

"Always to extend the heart and hand of OA to all who share my compulsion; for this I am responsible."

This [illustrated video](#) (also available in [slideshow format](#)) gives an easy-to-follow guided tour of our service structure, explaining the important role of group conscience and making the connection between stronger personal recovery and service above the group level.

Let's grow together in strength and service! Find OA Service and Bylaws: Keeping It Simple in the [Document Library](#) under category "Service Opportunities" and share it with your fellows at your next business meeting.

**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**

October 14.
November 11.
December 9.

MASS BAY WORKSHOPS

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

OA Region 6 Convention (Face-to-Face),

October 13, 2023, 3:00 pm - October 15, 2023,
1:00 pm

Sonesta White Plains Downtown, 66 Hale Ave,
White Plains, NY 10601, USA,

<https://oaregion6.org/2023-convention-welcome-home/>

**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/>

*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** –Brenda C.
- **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

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

OFFICE HOURS: MONDAY & THURSDAY/CALL FOR APPOINTMENT