



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

October 2023

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My five year old granddaughter deals with anxiety and fears, and will go through episodes of when she's trying to control a particular fear. I will catch myself taking her inventory, questioning why she would try to control the fear in the way she is choosing. It seems like a waste of time and energy doing what she's doing.

My ego tends to forget I had an insane way of dealing with my fears as far back as I can remember. I dealt with fear and anxiety by eating food nonstop. It was so easy. I could eat because nobody ever tried stopping me. Food tasted good. I felt better for a moment or so. Although sometimes I ate too much at one time and then my tummy aches were horrific. I learned to graze so the fears were stuffed and I could continue to eat without feeling miserable, or so I thought. I continued this sick, twisted ritual for well over 50 years. I was so uncomfortable with the excess weight and doing any physical activity was exhausting.

I kept in denial about my morbidly obese size. I isolated so people couldn't hurt me with their comments, stares, and hushed tones talking to others about me right in front of me. I didn't want to be seen as a failure, but I sure felt like one.

My husband and children got the wrath of my anger. They knew to stay out of my way. They all heard me tell them I love them, but my actions were just the opposite. I had no love for myself. It was hard to love others the way they deserved to be treated. At that time, I could see no other way to deal with life, except through excess food consumption. With each passing year, my fears were exacerbated; my shame and guilt

whirled like a cyclone within me. It was not a fun, joyful life.

Today I'm grateful for the 12 step recovery program. I still have fears, and possibly always will. Today I know better how to cope and deal with my fears. I can't control my feelings, but I can control my actions. In the 12 step recovery program I found out it was a "we program" and for that I am very grateful. I learned to be with others and feel acceptance, not judgment. I felt safe and secure with others that understood me. I learned to trust others and myself. I found a loving sponsor that shares what works for her. I have a HP to trust and rely on. My HP hears my prayers asking for God to direct my thinking, to guide me to the next right step, to show me what I need today, to be of service to others.

My fears desire to control me, but that is not helpful to me today. My fears are not my reality. My fears are not rational. My fears are not true. My fears rob me of my joy, and that is not what my Higher Power wants for me today. My fears will pass if I do the necessary work.

My sponsor has me write my fears out on paper when I become aware I'm holding onto a fear.

I am afraid of:

1. We ask ourselves why we had them?
2. How did self reliance help?
3. How could trust and relying on God help?

Praying: Please, dear God, I ask You to remove my fears and direct my attention to what You would have me be.

Sue, Recovering COE

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Step 10: Continued to take personal inventory and when we were wrong, promptly admitted it.
 SPIRITUAL PRINCIPLE: PERSEVERANCE

Tradition 10: Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.
 SPIRITUAL PRINCIPLE: NEUTRALITY

COMMITTEE REPORTS

MBI Treasurer’s Report for October Meeting 2023 (September 30 Data)

Income: \$ 960.00 Expenses: \$ 875.54
 Income exceeded Expenses: \$ 84.46
 Checking bal. 9/30/23 \$ 3693.39
 Savings bal. 9/30/23 \$ 4597.73

Our expenses:

IN *SAINTLY SOLUTI800-262-3246 CA (\$75.83)
 August Rent (\$505.00)
 ZOOM.US 888-799-96WWW.ZOOM.US (2) (\$33.98)
 Webmaster (\$100.00)
 VERIZON*RECURRING 800-VERIZON FL (\$118.44)
 ZOOM.US 888-799-96WWW.ZOOM.US CA (\$16.99)
 Stripe Fee (\$25.30)
9/30/2023 Total (\$875.54)

In Sept., I was unable to process any checks because no one was able to get to PO. Our income of \$960.00 was from Stripe. I have already deposited all checks received through October 1. Our rate for our rent has not yet increased and landlord did suggest another office that would be \$455.00, but we need to determine the cost of moving.

Thanks to all who are supporting MBI!

Donations

ANON \$60.00
 Sun. 5PM Andover (BBSS) (ID 45148) \$240.00
 Mon. 6:30pm Reading/Stone.(BBSS) ID 53025 \$100.00
 Mon 6PM North Andover ID 45063 \$100.00
 Tues. 9:30AM BBSS Phone ID 55714 \$ 70.00
 Tues. 9:30AM Reading (BBSS) ID 51015 \$ 20.00
 Wed. 7PM Waltham ID 54559 \$110.00
 Wed 7 PM Milton ID 50143 \$ 10.00
 Sat. 6:15am ZOOM #800658 \$100.00
 Sat 7:15 AM Newton/Wesley (90) ID 34970 \$ 50.00
 Sat. 8:00 AM North Andover ID 46006 \$100.00
Total \$960.00

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

MBI Office Activity -September 2023

Phone Calls received	3
Emails received	33
Emails sent	6
Checks & Cash Received	12
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 October 13, 2023, I set out to attend the Region 6 Convention that was held in White Plains, New York. I was accompanied by an OA friend that I have attended Conventions with for many years. However, it has been 4 years since we were last able to attend a Region 6 Convention in person. The last one was also held at White Plains so it was like coming back home which was the theme for this year. It was Welcome Home! I can’t believe how incredibly fantastic it was to see so many of my fellows in person. To get a big hug! To see people’s legs! To see more than just their heads in a Hollywood Square’s box (okay I’m dating myself). Yes it was wonderful to have fellowship with others, but it also was wonderful to sit in a livemeeting and feel the energy of all my fellows. I was blessed to co-lead a workshop on Steps 2 and 3 titled “Came to Believe”. There were a plethora of workshops to attend, I attended a Step 1 workshop, Grief and staying abstinent, Recovery on the Road, Decades in Program just to name a few. The Keynote speakers were amazing to hear. I can’t wait for next year’s Convention and would highly recommend anyone who has never attended to attend! It’s like getting a Booster shot of Recovery!

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

The Position: Chair, 12 Step Within

Contact Dave D., 781-835-5017, <barkytheseal@gmail.com> OR any Board Member (see page 5) to volunteer. Training provided!

Webmaster October 2023 Report (September 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 Report

September 2023 Newsletter
September News!

Delivery Date/Time:	9/14/23
Total Recipients:	316
Successful Deliveries:	314
Bounces:	2 (0.3%)
Recipients Who Opened:	178
Total Opens:	335
Last Open Date:	10/11/2023
Recipients Who Clicked:	22(7.3%)
Last Click Date:	10/1/23
Total Unsubs:	1

Most Clicked URLs

- <https://oambi.org/wp-content/uploads/2023/09/MBI-Newsletter-September-2023.pdf>
- <http://OAMBI.ORG>
- <https://oambi.org/wpcontent/uploads/2023/09/Highlights-September-2023.pdf>
- <https://oaregion6.org/2023-convention-welcome-home/>
- <https://oar6assembly.ticketleap.com/region-six-2023-fall-assembly/>

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.

From the Chair – Outreach Committee

Meeting Representatives are valuable for bringing input, concerns, issues, and ideas from your individual meeting to our board for attention and potential action. You are

always welcome to attend the monthly OAMBI board meeting. This is regularly held on one Saturday a month from 10:30 AM till noon. Details on attending our zoom meeting are listed at the OMB I website under events. If you or your meeting has any particular concerns you would like me to bring to the board's attention do not hesitate to contact me.

You can do service for your individual meeting by sharing information (announcements) at each of your meetings. I encourage you to check out the events at the www.OAMBI.org website and our Region 6 website <https://oaregion6.org/>.

Both of these are filled with information about upcoming events and resources to share with your meeting. I will also share with you important decisions from your OAMBI board as well as OAMBI International. For example: **LIFELINE-OA Stories of Recovery** has come back to life. This is our international monthly magazine that used to appear in print edition. It is now alive and healthy online. You can access it through the OA.org website through this link: <https://lifeline.oa.org/>

Lifeline is a great resource of members stories on all kinds of compulsive overeaters' experiences and how they have overcome the challenges. They are inspiring and moving and valuable tools in our recovery.

LIFELINE Is most interested in hearing your story. You don't need to be a great writer or even a good writer, you just need to be an OA member with a story to tell. Here is a link or you can submit your story.. <https://form.jotform.com/220035565825050>

Together We Can
Willing P 858-829-1615
Quincy

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 \(virtualregion.org\)](https://virtualregion.org/)

HAPPY 64TH BIRTHDAY TO OVEREATERS ANONYMOUS

The Los Angeles Intergroup of Overeaters Anonymous is proud to announce the 64th Annual OA Birthday Party, happening January 12 - 14, 2024 at the LAX Hilton (5711 W Century Blvd, Los Angeles, CA 90045).

We hope you will join us for a weekend full of panels, workshops, and marathon meetings led by a diverse selection of speakers whose recovery will inspire you. There will also be plenty of fellowship opportunities, from sponsor meet-and-greets, yoga, and special interest meet-ups in the daytime, to comedy, entertainment, and dancing in the evenings.

We ask that you share this poster with your meetings, in-person and online. The QR code navigates to <https://www.oalaig.org/oa-birthday-party/> which hosts the event information and the link to book your hotel room at a discounted rate. You can also register here starting October 15th.

The website oabirthday.com is not yet live but will redirect to the page listed above. For any other information, please email bdp@oalaig.org.

Thank you, we can't wait to celebrate this program with you, because together we get better!

With love,
The Birthday Party Committee of the Los Angeles Intergroup

July 11, 2023 from World Service

What Is an Outside Issue? (Tradition 10)
Are We Being Open-Minded in Our Meetings?

Beloved Members, Groups, and Service Bodies of Overeaters Anonymous.

We all come from different backgrounds and experiences. The OA program is for everyone with a desire to stop eating compulsively. We are meant to be inclusive and welcoming to all. A subcommittee of the Unity with Diversity Conference Committee has been in contact with some members of specific-focus groups, including BIPOC, LGBTQIA+, and Health Issues, and has found that, despite all previous statements on inclusivity, there are still members who don't feel safe or included.

The subcommittee was distressed to hear that some OA members, when sharing their life realities, were told that their life experiences were considered outside issues and were shut down. How will we ensure that everyone is included?

The Unity with Diversity Committee's primary concern is that all OA members, in all meetings, feel safe while sharing their experience, strength, and hope and are not told that their share is an outside issue. Everyone needs to be able to share at meetings about factors in their lives that could cause them to act out with food. The Unity with Diversity Committee is discouraged that efforts to date have not brought about sufficient change. It is an urgent matter that people are not silenced at OA meetings. Action is required from the Board of Trustees and the whole Fellowship to create a safe space for all to share.

OA Board of Trustees and Unity with Diversity Conference Committee

**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**

November 11.
December 9.

MASS BAY STEP WORKSHOPS

Step 11 – November 18
Step 12 – December 2

**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)

**HOLD THE DATE – NOVEMBER 23, 2023
THANKATHON – See OAMBI.ORG for sign-in
info.**

REGION 6 NEWS & EVENTS

MetroWest Intergroup

Building Conscious Contact: Prayer and Meditation
Sunday, November 5th, 2023, 1:30 – 3:00 pm EDT
via Zoom: <https://zoom.us/j/7056582426>
contact info@metrowestoa.org for the passcode

**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 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

Ocean and Bay Intergroup:

Two-Way Prayer Writing Workshop: November 5,
1 PM to 2:30 PM. Step 11, Meeting ID: 828 6154
9717 Passcode: 247365.

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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