



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

November 2023

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Without A Scare In the World

My five-year-old granddaughter is already getting excited about Halloween. She loves going to the fall festivals, pumpkin farms, and most of the activities she attends have their own Halloween parties. The candy she receives comes home to sit on my kitchen counter, and this is all occurring well before Halloween Trick or Treat night.

I am grateful my granddaughter isn't a food addict like I was at her age. By the age of five I had already honed my skills. I ate sweets, treats, snacks till they were gone as though I had done a good deed by quickly getting it out of the house thru my stomach. I ate all of the junk food items before my 3 older siblings even had time to notice them. I ate in private, so no one noticed who ate all the snacks (as if they couldn't guess since I was the only obese person in my family). Every time my dad went to the store, I was right there to go with him. It was my duty to help him because in my opinion I was a responsible, dutiful daughter. I felt like I was doing him a favor choosing the best snacks to have in the house so he could focus his attention on other food necessities for our family. My character defects served me well for over 50 years.

This Halloween/Christmas/Valentine's Day/Easter are reasons to celebrate, but it tends to be centered around food being the focus and that all are encouraged to imbibe or overindulge. At times I struggle with self will, rather than God's will for me. My HP has guided me to loving self care ideas that are useful at any time that I would like to share: *I ask my husband or granddaughter to put the candy out of my sight, or out of my reach because I am highly allergic to it. My

granddaughter understands allergies and I'm sharing a truth/fact about me and focusing on nothing else.

*I tell myself it is not my candy and it is not acceptable to steal what isn't mine.

*I remind myself I would owe an amends for stealing candy that isn't mine. It would be objectionable to me to hurt my granddaughter by stealing from her. I want her to know she can trust me.

*I have love notes posted around my bathroom mirror and on the refrigerator to remind myself self-care is all about loving me today. I don't need to abuse myself today by ingesting sweets that are deadly to me. One cookie is too much and 1000 is never, ever going to be enough.

*I follow my food plan and send it to my sponsor. Be mindful so mindless eating isn't a possibility. Having enough protein throughout the day helps me with cravings.

*One day at a time. I can get thru the hours of today by taking the next right step. I go to meetings or add extra meetings when I'm struggling. Zoom meetings are easy to access at any time. Making outreach calls or texts are monumental, especially to my sponsor. I look forward to getting outdoors in nature for a walk and talk with my HP.

*I have a mantra I use to get me thru tough moments in a day. My HP knows all of me. My HP willingly, lovingly gives me what I need for each day. When I'm honest, open, and willing I'm able to take the next right action step.

*Find your talent. Take joy in creating and expressing yourself.

*WE can do this together.

Wishing you all happy holidays!

Sue S., Compulsive Overeater in Recovery

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Step 11: 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.
SPIRITUAL PRINCIPLE: AWARENESS

Tradition 11: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, film, television, and other public media of communication.
SPIRITUAL PRINCIPLE: ANONYMITY

COMMITTEE REPORTS

MBI Treasurer's Report for Oct. Meeting 2023 (Sept. 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 CA (\$16.99)
ZOOM.US 888-799-96WWW.ZOOM.US CA (\$16.99)
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 our Marina was sick and I was away. Our income of \$960.00 was from Stripe. As of Oct.1 all checks have been deposited. Our rent has not yet increased we need to look at the practicality and cost of a move.

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 - October 2023

Phone Calls received	4
Emails received	25
Emails sent	17
Checks & Cash Received	17
Newsletters sent	5
Meeting lists sent	1
Professional packets sent	none
Newcomer packets	none

Warmly, together we recover,
Marina - OAMBI office worker
Snail mail: PO Box 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.:

Kelly C. Is our new 12th Step Within Committee Chair

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 member's 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

WORTH REPEATING!

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.

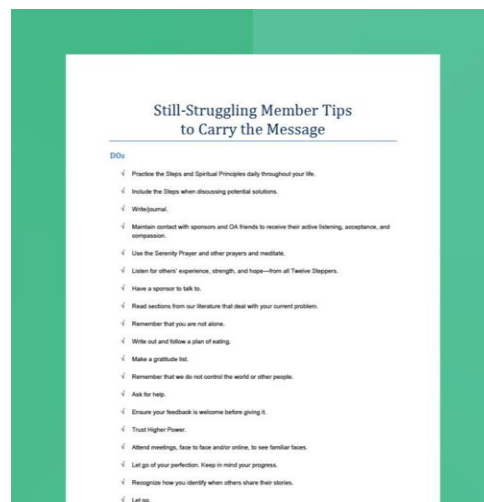
The website oabirthday.com is not yet live but will redirect to the page listed above. For any other information, please email bdp@oalaig.org.

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



Two brand-new anniversary medallions—celebrating 45 and 50 years of abstinence, respectively—are [now available in the OA bookstore](#) for US\$2.00! The 45-year medallion can be found under inventory #4845 and the 50-year medallion under #4850. Pick up one of these bronze medallions for yourself or for a fellow OA member to honor this incredible commitment. Together WE can!



Gaining freedom from compulsive eating and compulsive behaviors isn't always a straightforward path; many of us may struggle and even relapse while on our road to recovery. Carrying the message of OA, however, is possible no matter where we are in our journey. With this hopeful message in mind, the Twelfth Step Within committee has created an encouraging checklist entitled "[Still-Struggling Member Tips to Carry the Message](#)," now available in the [Document Library](#) on oa.org.

The pamphlet [To the Man Who Wants to Stop Compulsive Overeating, Welcome](#), first published in 1979, is the latest piece of OA literature to be made available in both print and digital formats. To the Man provides encouragement to male-identified OA members by compiling a series of candid personal recovery stories from men in OA. Keep an eye out for more e-books to be published as we progress through 2023! To the Man is available for US\$2 on [Amazon Kindle](#), [Barnes and Noble Nook](#), [Apple Books](#). For [a list of links and the original print version](#), find the pamphlet in the OA bookstore under inventory #290.

Events and Information
(CORRESPONDING SECRETARY'S REPORT)
Please make flyers available for your meetings

MASS BAY INTERGROUP NEWS AND EVENTS

MASS BAY MEETING DATES

December 9, 2023
January 13, 2024

MASS BAY STEP WORKSHOPS

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

THANKATHON – NOVEMBER 23, 2023

**7:00 Am – 1 PM (Last meeting starts at 12:00
PM – See OAMBI.ORG for sign-in info.**

REGION 6 NEWS & EVENTS

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/>

MetroWest Intergroup

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

Step 12: Practicing These Principles in All of Our
Affairs

Sunday, December 3rd, 2023, 1:30 – 3:00 pm EDT
via Zoom, <https://zoom.us/j/7056582426>, contact
info@metrowestoa.org for the passcode

**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

**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

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**
Brenda C., Waltham
- **RECORDING SECRETARY**
Paulina S. (Lexington)
- **TREASURER**
Jeanne K. (Chelmsford)

COMMITTEE CHAIRS

- **OFFICE** –Marina, MBI Office Worker
- **PROFESSIONAL OUTREACH** 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**

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