



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

December 2023

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**Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to other compulsive eaters and to practice these principles in all our affairs.**

This step is full of hope and directions for recovered compulsive eaters. I've been in a recovered state for about 36 years now, and I've only recently qualified as "living in a recovered state". Instead, I would identify as "recovering" since I was still alive and still have the disease of compulsive eating, though arrested. As I reflect on my motives for saying "recovering" instead of "recovered," fear was the reason. I could always say, if I relapsed, "Well, I was only recovering, after all." In truth, I am free of compulsive eating and compulsive food behaviors and have been at the same weight for many years and have had a spiritual awakening to a Higher-Power-driven life. I am living in a recovered state, for which I'm very grateful.

Step 12 has three components: **Having had a spiritual awakening as the result of these steps** Yes, I have a relationship with a Power greater than myself that came about in the "educational" way as described in the "Spiritual Experience" appendix of the Big Book: slowly. I have struggled to understand what HP is, so for today it's enough to know that HP...is. HP is bigger than the disease and helps me always with all of life's decisions, including food choices and amounts. I set aside morning time for prayer and meditation to improve my conscious contact with HP, as step 11 outlines. Here I ask for direction, and the directions come in Step 12.

**We tried to carry this message to other compulsive eaters**

The longer I am in OA (43 + years now), the more I realize the importance of the word "tried". The 12<sup>th</sup> step does not promise that my message, my experience, strength and hope, will be received by other compulsive eaters. Or that my words will have such an effect that they will recover. That is HP's job. I'm a messenger, not a healer. How do I try to carry the message that recovery is possible? With my stories, shares, emails, texts, presence at meetings, sponsorship with others, and service.

**And to practice these principles in all our affairs**

I love the words "practice" and "all" in this section of step 12. I'm learning every day how to weave the step's principles (a wonderful list: honesty, hope, faith, courage, integrity, willingness, humility, self-discipline, love, perseverance, spiritual awareness, service) into every area of my life. Sometimes I let fear fester in my head, so I need to look to step 3's principle of faith. Sometimes my ego gets in the way when I compare myself to others, and HP messages me about humility. Sometimes I think I can control others and their opinions of me, but honesty and courage help me let that go.

Step 12 is not graduation—it's a commencement, a beginning. I am grateful to be on a path of this fellowship, with all of the steps guiding my thoughts and actions, led by a loving HP.

In grateful service,  
Colleen

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**Step 12:** Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.  
 SPIRITUAL PRINCIPLE: SERVICE

**Tradition 12:** Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.  
 SPIRITUAL PRINCIPLE: SPIRITUALITY

**COMMITTEE REPORTS**

**MBI Treasurer’s Report for December Meeting 2023 (November Data)**

Income: 1901.73 Expenses: \$ 2186.11  
 Expenses exceeded Income: \$284.38 Checking bal. 11/30/23 \$ 4381.74  
 Savings bal. 11/30/23 \$ 3597.80

**Our expenses:**

Office Worker (Sept-Oct)	86.25
November Rent	505.00
ZOOM.US(3	50.97
VERIZON*RECURRING	119.39
Webmaster	100.00
Comm. of Mass -Annual Filing	15.00
WSO Donation	750.00
Office Worker (Oct-Nov)	97.50
Annual Meeting Insurance	462.00
<b>Total \$</b>	<b>2,186.11</b>

**Thanks to all who are supporting MBI**

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**Donations & other income**

Books donation	\$ 30.00
Sun. 5PM Newtonville(90) # 32247	\$ 97.50
Sun. 5PM Newton #800698 (# 57566)	\$ 97.70
Sun. 5PM Andover(BBSS) # 45148	\$ 63.27
Mon. 6:30pm Read/Stone.(BBSS) # 53025	\$ 19.26
Mon. 12:15PM Boston(90).#48991	\$ 24.15
Tues. 9:30AM BBSS Phone #55714	\$ 48.60
Tues 9:30 AM # 51015	\$ 62.00
Wed. 7pm Milton # 50143	\$ 48.60
Wed. 7pm Waltham ID 54559	\$ 19.26
Wed. 6pm Reading # 31055	\$ 18.94
Wed 7PM ZOOM Milton#50143	\$ 50.00
Wed Waltham 7pm #54559	\$ 25.00
Sat. 9am Dorchester(90) # 36235	\$ 29.04
Sat. 8:30am Lynn #800654 (ID 47116)	\$ 105.00
Sat. 7:15am Newt./Welles.(90)#34970	\$ 19.26
Sat 2pm Chelmsford 02225	\$ 120.00
Thankathon	\$ 24.15

Transfer from reserve	\$ 1,000.00
<b>Total</b>	<b>\$ 1,901.73</b>

Respectfully submitted,  
 Jeanne K. , MBI Treasurer  
[treasurer@oambi.org](mailto:treasurer@oambi.org)

**MBI Office Activity - October 2023**

Phone Calls received	4
Emails received	24
Emails sent	16
Checks & Cash Received	8
Newsletters sent	5
Meeting lists sent	none
Professional packets sent	none
Newcomer packets	none

**Marina - OAMBI** office worker

Snail mail: PO Box 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/>

**Webmaster December 2023 Report (Nov 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. We need someone to update our meeting flyer. If you can use WORD you are eligible.

**Email Campaign Report**

Title: November 2023  
 Newsletter  
 Subject Line: Thanksgiving  
 Newsletter

Delivery Date/Time: Sun, Nov 19, 2023, 5:41 pm

**Overall Stats**

Total Recipients: 317  
 Successful Deliveries: 315  
 Bounces: 2 (0.6%)  
 Recipients Who Opened: 172 (54.6%)  
 Total Opens: 358  
 Last Open Date: 12/11/23 8:07AM  
 Recipients Who Clicked: 29 (9.2%)  
 Total Clicks: 44  
 Last Click Date: 12/10/23 7:14AM

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).

**From the Chair – PIPO 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 OMBI 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.

**GOALS:**

Continue to work toward a goal of a Representative for every meeting, (If your meeting does not have a representative, you can help by reminding the group of this goal.)

Sharing at meetings that MBI office has packets of information to hand out to health care professionals. Individuals can request info packets be sent to their doctors, or to themselves to be brought to their next office visit.

If you know of any Health and Wellness Fairs coming up in your area, please notify Marina at [info@oambi.org](mailto:info@oambi.org).  
Together We Can

Willing P 858-829-1615  
Quincy

**STEP 12: Serve others and Recover.**

A key part of recovery in addition to working the Twelve Steps? Service.

When you hear about performing service, you may think, "Wow. Working Twelve Steps and giving service? That's a lot!" Rest assured, the last thing we at OA want to do is to overwhelm you. Service can be as simple as you want it to be. Here are some examples:

- Show up. Attending a meeting is a service.
- Unlock the venue for meetings each week. This is a seemingly simple task, but one of significant importance. Without this act of service, your group can't meet to work on their recovery.

- Set up and clean up meetings. Putting out and returning chairs, making the books available, and passing out materials are all ways to serve.
- Participate in the meeting. Welcome newcomers, read or share your own experience, strength and hope on the topic. When you are ready for more:
  - Moderate or lead the meeting. The leader/moderator is just a member who follows the format to keep the meeting on topic and on time.
  - Operate the dashboard. Unique to the virtual world this position protects the meeting from disruptive participants.
  - Participate in group conscience. There are always different ways of doing things and the meeting members decide together what is best for the group.
  - Consider being an intergroup rep, attending the meeting, and bringing back the news to your group.
  - *Event planner?* Help with workshops, retreats, and assemblies.
  - *A writer?* Contribute to your local newsletter or submit an article for Lifeline.
- Providing service opens up a world beyond you, while also giving you a way to carry our message to others.

[The best part? There's a magical thing that happens when you serve others; you end up giving yourself a gift too.](#)

**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.

**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 a full schedule of events, go to: [About Virtual Meeting Virtual Region of Overeaters Anonymous \(virtualregion.org\)](#)



and spices. Some speak of wanting their food to be “quiet.” We use digital scales to weigh our food, so we know exactly how much we are eating at each meal.

-- Recognizing that there is no official OA90 food plan, we keep our eyes on our own plates. Different people may have different plans and abstinence for each person is between you and your sponsor. We don't gossip.

-- Spacing three meals apart (4-7 hours) with nothing in between except water and some sponsors allow unsweetened herbal tea.

working the nine tools of OA on a daily basis.--

-- making three outreach calls a day

--attending at least three committed meetings a week.

90 days refers to refraining from sharing on a meeting until 90 continuous days of adherence to a food plan —remaining abstinent—has been achieved.

By remaining abstinent for 90 days the effect of previous problem foods can wear off and it can take 90 days for a new habit (abstinence) to replace an old one (eating as a response to problems). Abstinence, though, is more than just following a food plan. It is a change in the way we think about food and about life. Eating our meals (and not eating between them) is now part of life but not the center of it. Come for the vanity, stay for the sanity, is one of our slogans.

(Extracts from full article “What is OA90” found at OA90.org.)

**So, what is OA 90?** You will often hear people who work an OA 90 program attest to how the structured nature of the program has helped them achieve and maintain a healthy body weight—this is not a diet, but a way of life—while recovering from harmful thought and behavior patterns one day at a time by:

--getting a sponsor who will give you a food plan (though you may want to consult your nutritionist and/or doctor, especially if you have medical issues), and your sponsor will guide your progress in remaining abstinent and working the 12 steps, using all the tools daily, and sharing wisdom, strength, and hope,

typically in a fifteen-minute phone call every day.

-- committing your food and an action plan for the day to your sponsor every day.

-- abstaining from sugar, sweeteners, refined flour, and any foods that trigger you to compulsive eating. Some abstain from caffeine

**Events and Information  
(CORRESPONDING SECRETARY'S REPORT)**

Please make flyers available for your meetings

**MASS BAY INTERGROUP NEWS AND EVENTS**

**MASS BAY MEETING DATES**

January 13, 2024  
 February 10, 2024  
 March 9, 2024  
 April 13, 2024  
 May 11, 2024  
 June 8, 2024  
 July 13, 2024  
 August 10, 2024  
 September 14, 2024  
 October 19, 2024  
 November 9, 2024  
 December 14, 2024

All MBI Business Meetings are 10:30-Noon on Zoom (See Calendar for zoom info)  
 \*\*\*NOTE: Zoom and phone information for ALL workshops and retreats can be found on oambi.org under "Upcoming Events"

<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

**IN-PERSON AND HYBRID MEETINGS**

We have more in-person meetings now. A list of these is now included in the meetings list on the HOME page at oambi.org. For a complete list, see meetings at oa.org

**REGION 6 NEWS & EVENTS**

March 26, 2024 - Region 6 Spring Assembly  
 In person Albany, New York  
 Saturday, September 21 – Region 6 Fall Assembly,  
 in person, Albany, New York

**Metro West Intergroup**

Weekly Newcomers Zoom Meeting  
 Every Sunday 7:00 pm EST  
 EDT via Zoom, <https://zoom.us/j/7056582426>,  
 contact [info@metrowestoa.org](mailto:info@metrowestoa.org) for the passcode

**Central Mass Intergroup**

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

**OA ONTARIO Intergroup**

Recovery Talks - Step 1 : The Delusion of Control has to be Smashed  
 Date: Sunday, January 7, 2024, 2 – 3 p.m. EST  
 Location: Zoom  
 Meeting ID: 853 4606 5063  
 Passcode: 859035  
 No pre-registration and no maximum number of participants.[www.oaontario.org](http://www.oaontario.org)

(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/>

OA Region 6 Treasurer

Post Office Box 95  
 Lynbrook, NY 11563

*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)*



**\*\*\*\*\*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, NW, Barbara L.
- 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-** Kelly C. (Lowell)
- **BYLAWS** – OPEN

To reach any of the members in these service positions, contact the MBI office by any of the contact information 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