



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

**MBI Newsletter**

**January 2024**

**Page 1**

I am Beverly, a compulsive overeater and food addict from Cape Cod Mass. My story starts as a teenager needing to loose 10-12 lbs. My Mum took me to a weigh and pay program, and I remained in that program from age 19 to 52, when they went out of business. I found myself kneeling at my bedside, pounding the bed, wondering what to do. I got mad at God and asked Him what He was going to do. My answer came when a lady from church took me to my first 90 day O.A. meeting. She took me to three meetings, and so my journey began. I recently qualified on Chapter 3 "More About Alcoholism". I related to "my countless vain attempts ...which drove me almost into the gates of insanity." I was unable to handle my food. I would buy food and eat it on the way home. I would bake a dessert for the family and hide one in back of the refrigerator for myself, hide behind the freezer door while digging in, sit in my chair with my food all around me isolating and reading, while my family's needs went unmet. I was having panic attacks, although I did not know what they were at the time. I would be driving and have to pull over, shaking perspiring. (The panic attacks ended when I put the flour and sugar down).

I have been in OA 24 years now and never left. I have always had a sponsor and attended meetings. I have not done the program perfectly, struggling with my abstinence. For my first couple of years, I wanted to combine the weigh and pay weight loss plan with O.A's 12 step program. It did not work, "half measures avail us nothing." (Quote from AA book). Then it was suggested I go to a Big Book step study meeting and get a sponsor. This is where my transformation started to take place.

My sponsor invited me to her house. We had a

chair for God and we lit a candle said the Set Aside prayer. She picked up my hand and mentioned it was her job to teach me to rely on God. And she placed my hand in God's hand. I can now feel it and remember it happening. Something changed. I always had a God attended church regularly. But now I had access to my God. People in the program were telling me they saw the changes in me before I did. Then one day I saw myself in the mirror and finally saw what others were seeing. I had changed, was changing. I was evolving! What the program has done for me is simple: it has transformed me.

We hear slogans in program. Some of the slogans that have helped me, *If nothing changes nothing changes, Easy does it, Let go and Let God, Keep it simple, Prayer changes things*, and I like this acronym, *F.R.O.G.* (fully relying on God.)

Today I am in need of my 90 day program. When I moved to Cape Cod, I exchanged the 90 day program for a less structured program. I wanted fellowship, companionship, and a group of friends I could be with. I do have a wonderful group of friends and they are a gift. Now I need to concentrate again on my 90 day program to promote my recovery. Thanks to telephone meetings and Zoom I now have the gift of recovery at my finger tips.

Don't give up, no matter what. Keep coming back; it works if you work it.

Beverly  
Grateful compulsive overeater

Disclosure: personal stories express the experience, strength, and hope of the individual member and not of OA as a whole.

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**Step 1:** We admitted we were powerless over food, that our lives had become unmanageable.  
SPIRITUAL PRINCIPLE: HONESTY

**Tradition 1:** Our common welfare should come first; personal recovery depends upon OA unity.  
SPIRITUAL PRINCIPLE: UNITY

## **COMMITTEE REPORTS**

### **From the MBI Chair**

I am so excited and looking forward to a wonderful year. MBI has had a great 2023. We had our first and very successful joint MWI and MBI Family outing in Newton Mass. It was well attended and wonderful to see people again in person. Looking forward to our 2024 Family outing. Of course, we'll have to wait for warm weather again. In 2024 MBI is Co-hosting Unity Day on February 24th ( more information will be forthcoming). In addition, we have a new 12th Step Within Committee Chair, Kelly C.. Although we will miss Dave and we thank him for all his years of service as Chair. MBI meets on the 2nd Saturday of the moth from 10:30-11:30 on Zoom. Please come check us out. We would love to hear from our meetings and let us know how we can help you!

Looking forward to sharing more information with you in the months to come!

Bobbie M.  
Chair

### **MBI Treasurer's Report January 2024 Meeting December 2023 Data)**

Income: \$1051.88 Expenses: \$ 2124.44  
Expenses exceeded Income: \$1072.56  
Checking bal. 12/31/23 \$ 3309.18  
Savings bal. 12/31/23 \$ 3597.83

#### **Our expenses:**

November Rent	\$ 505.00
ZOOM.US(3)	\$50.97
VERIZON*RECURRING	\$119.39
Accountant (yearly)	\$ 1300.00
Literature Purchase <a href="http://oa.org">oa.org</a>	\$ 120.75
Saintly Solutions – Web	\$ 28.33
Stripe Fees	\$ 24.75
<b>Total \$</b>	<b>2124.44</b>

I have finished the year end totals. Our monthly expenses are approximately \$1569.47, and our monthly income averages \$2131.50. But these numbers indicate that we will have less money for outreach and to support R6 & WSO.

### **Donations & other income**

ANON	\$320.00
Sun. 5PM Andover(BBSS) #45148	\$ 200.00
Sun. 5PM Newtonville(90) #32247	\$ 100.00
Mon. 6:30pm Read/Stone(BBSS) #53025	\$ 15.00
Mon. 6pm North Andover # 45063	\$15.00
Tues 9:30 AM #51015	\$62.00
Tues. 7pm.Swampscott # 56458	\$9.00
Tues. 9:30AM BBSS Phone # 55714	\$100.00
WED 7pm Milton BBSS #50143	\$3.00
Wed. 6pm Reading # 31055	\$67.50
Wed. 7pm Waltham # 54559	\$20.00
Wed. 7pm Milton # 50143	\$150.00
Sat 8:30 AM Lynn #800564	\$7.50
Sat. 6:15am ZOOM #800658	\$5.00
Sat. 8:30am Lynn #800654 (# 47116)	\$3.00
<b>TOTAL</b>	<b>\$1,077.00</b>

**THANK YOU ALL SO MUCH! !Thanks,  
thanks, thanks to all who are supporting  
MBI!!**

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

### **MBI Office Activity - December 2023**

Phone Calls received	2
Emails received	38
Emails sent	27
Checks & Cash Received	5
Newsletters sent	5
Meeting lists sent	none
Professional packets sent	none
Newcomer packets	none

**Marina - OAMBI** office worker  
Snail mail: POBox 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 January 2024 Report (Dec 2023 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.

**Email Campaign Report**

Title: December News/Holiday Newsletter  
Delivery Time: Sat, Dec 16, 2023 9:01 am

**Overall Stats**

Total Recipients: 316  
Successful Deliveries: 314  
Recipients Who Opened: 161  
Total Opens: 295  
Last Open Date: 1/10/24 6:26PM  
Recipients Who Clicked: 23  
Total Clicks: 34

**Most popular used:**

<https://oambi.org/wp-content/uploads/2023/12/MBI-Newsletter-December-2023.pdf>  
<https://oavirtualregion.org/events/>  
<https://oambi.org/wp-content/uploads/2023/12/Highlights-December-2023.pdf>  
<https://www.metrowestoa.org/bulletin-board/>

Respectfully submitted, by Jeanne K.  
MBI Webmaster@OAMBI.org

**12<sup>th</sup> Step Within-From the Chair**

Kelly C., Lowell, MA

I am excited to take this opportunity to introduce myself as the new 12th Step Within Chair! I would also like to thank Dave from Arlington for his hard work and dedication for the last 7 years. Thank you, Dave, for your loyal service! While we work on our 2024 calendar of events, I welcome any comments on workshops you would like to see take place this upcoming year!

Email me any ideas at [kecoa@outlook.com](mailto:kecoa@outlook.com). Meantime, I would like to inform you of an upcoming workshop that the 90 Day Virtual Intergroup will be hosting on Saturday, January 20<sup>th</sup> from 1-3pm Eastern Time. It is about the history of the 90 Day community and it's entitled "*They Kept Coming Back*". You can go to [www.oa90.org](http://www.oa90.org) and click on the "Events" tab for the Zoom information.  
Happy New Year!

**\*\*\*\*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)).

**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

## WORLD SERVICE NEWS AND EVENTS

The **EVENT CALENDAR** at [oa.org](https://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](https://oa.org) for more information.

## WORLD SERVICE/VIRTUAL REGION NEWS AND EVENTS

### 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.

For a full schedule of events, go to:  
<https://oavirtualregion.org/events/>,



Dates June 14-16, 2024 - Location: Endicott College, Beverly MA., accessible by public transportation - rail and bus

<https://tinyurl.com/oa90retreat2024>

If you have any questions or need technical support you can contact Marilyn at 978-387-9707 (PST) or email [juneawol@comcast.net](mailto:juneawol@comcast.net). What is included: 2 nights lodging and (6) six meals "tailored for OA-90 members' needs". Price structure: 2 types of accommodations: Shared suite for 2 or 3 people(each with their own room) plus common space, or private room. See form for details. Price listed is per person.

Early bird rate (register and pay by Jan 7):  
Suite: \$335, Private Room \$360,  
after Jan. 7, suite is \$360, Private Room \$385.

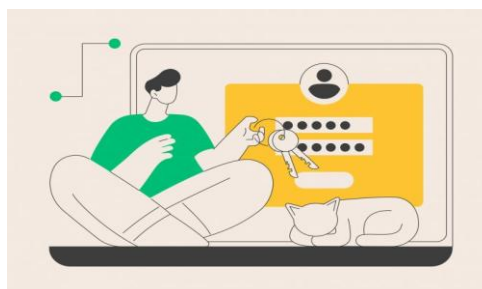
### YOU MIGHT ASK:

#### Why OA attends professional conferences

A professional conference brings together professionals who are either employed in the same field or who have common interests. Most conferences have an exhibition area which consists of booths occupied by companies, treatment centers and Twelve Step programs. By exhibiting at professional conferences, Overeaters Anonymous has the opportunity to educate a large number of professionals at one time and to speak to them directly when they visit the OA booth. Remember, we do not present ourselves as professionals, nor do we affiliate ourselves with the sponsors of the conference or other exhibits.

OA Board-Approved

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Website hacking activity from bots and other bad actors is on the rise, so it is of growing importance to ensure that your OA website and all its functions, such as the Seventh Tradition button, are secure. The two most important things you can do are 1) use complex passwords and 2) enable two-factor or multi-factor authentication. Read all our recommendations in a new document, [Security Tips for OA Websites](#), which supplements our [Website Development Guidelines](#).

**(CORRESPONDING SECRETARY'S REPORT)**

Please make flyers available for your meetings

**MASS BAY INTERGROUP NEWS AND  
EVENTSMASS BAY MEETING DATES**

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**

Region 6 SPRING ASSEMBLY, March 26, 2024, In person, Albany, NY

**Ocean and Bay Intergroup:**

Step 11 Two-Way Prayer Writing Workshop  
 Seeking to improve our conscious contact with our Higher Power through prayer and meditation.  
 Saturday, February 24, 2024, 1 to 2:30 pm ET / 6 to 7:30 pm UTC . We will demonstrate a two-way prayer method, have a short writing time, offer guidelines on reflecting and then go into small breakout rooms

**OA UNITY DAY CELEBRATION**

Hosted by North Shore & Mass Bay Intergroups

When: Saturday, February 24, 2024

Time: 9:30 Registration; 10-12:30 Workshop

Where: [Forest Street Union Church](#), Methuen, MA

3 Speakers, open sharing, with fellowship to follow (please bring your own lunch); Water will be available.

This event is free - 7th Tradition donations are appreciated

**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

**Western Mass Intergroup**

46<sup>th</sup> Annual Retreat: A Guided Walk Through the 12 Steps of OA

Friday June 7<sup>th</sup> – Sunday June 9<sup>th</sup>, 2024

Whether you are a newcomer to Overeaters

Anonymous or an experienced member, retreats are a fantastic way to experience recovery, delve into 12 Step work, spend some time with a Higher Power, and of course, make new friends along the way. Come join us.

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 - Open  
 Sun 5 pm, Andover BBSS, Bobbie M.  
 Sun 5 pm, Newtonville, OPEN  
 Mon 9:30 am Wellesley, Jeanne K.  
 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