



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

February 2024

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I was the youngest of 4 children and grew up in an upper middle class home. My physical needs were met. My father's drinking bothered me and I felt the tension in my home. My mother would criticize my dad and try to control his behavior. My 2 oldest siblings went to college by the time I was 5 years old and my brother who was 6 years older than me made fun of my weight. I felt shame about my body and my appearance. I had curly hair and was chubby. I snuck food. One particularly shameful memory was biting into a salami that was in the refrigerator and hearing my brother coming down the stairs. I hid in the canned good cabinet and my brother found me with the salami and brought me to my parents.

When I was 12 years old, I decided to take control of my weight and appearance. I created a strict diet-using a calorie book, and limited my intake severely and kept track of everything I ate and its calories, and I created and followed a rigorous exercise regime. I remember losing 10 pounds in a short period of time and I was off and running. In high school, I was on a drill team and we got weighed weekly. I prided myself on maintaining a low weight.

In 1st year college, I gained the traditional 10-15 pounds, and from my roommate learned about Bulimia, which at the time I thought was a very good solution. But it didn't last long because I hated throwing up. It did reemerge 4-5 years later when my boyfriend at the time did it and I started doing it again.

My adult years were ones where I controlled my weight. I went years at a time without eating sugar. I sought out "healthy" ways of eating and practiced them. I would get frustrated and discouraged when my obsessive food behaviors continued and my symptoms progressed...fatigue, gas, bloating. Especially

distressing was my low self esteem and progressive obsessing about food, especially what I wasn't going to eat.

I had already been active in several other 12 step programs and had done thorough step work using the Big Book. Periodically I would call a program friend who was in one of the food programs and cry and share my struggles with food. And then my thoughts would talk me out of going into OA. I would say to myself, "I can't go to another program. I won't weigh and measure my food" "I'll try this other way of eating and then I'll feel good physically and emotionally." And then "God did for me what I couldn't do myself." My program friend had gone into OA about a year before me and I witnessed her, not only losing weight, but changing emotionally- less worried, less anxious. In hindsight- I had a spiritual awakening. One day I wasn't going to surrender and let God run my life, and the next day I was willing. While I was getting my haircut, my hairdresser was raving about a "healthy" way of eating that she was following and I remember saying to her, "maybe I'll try that" and then a spiritual voice within me said, "Or you can go to OA," and that's what I did

The next day I went to an in person OA meeting (turned out to be OA 90) in Newton, MA.. I remember feeling great relief in hearing other people share about their food addiction and their recovery and I cried for most of the meeting. I was home! I got a sponsor right after the meeting and she gave me my food plan. My first 90 days were challenging but doable. I made mistakes and I would call my sponsor and talk about them. In the beginning I didn't understand how to cook food without repeatedly tasting it and she explained that I could look at it, smell it, touch it. This was revelatory. I remember after a week of

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abstinence, thinking it was a miracle, and now going on almost 12 years of abstinence, I really feel that "God is doing for me what I can't do myself". I wish I had the magic formula for helping other women become and remain abstinent. It is about surrendering- taking the 1st step- "Admitting I'm powerless over food- that my life had become unmanageable."

I'm now 72 years old. I came into OA at age 60. I have a daily reprieve from compulsive eating and food behaviors. I have a healthy body and increasingly turn to my HP to show me how to be a kind, compassionate, helpful woman each day. I have done thorough step work using the Big Book and attend weekly OA meetings focusing on the steps. I find great joy in helping other women through the steps. I am growing in my spiritual life and I'm very grateful.

Ahava, NM (my spiritual name which means "love")

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

Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.
SPIRITUAL PRINCIPLE: **HOPE**

Tradition 2: For our group purpose there is but one ultimate authority—a loving God as he may express Himself in our group conscience. Our leaders are but trusted servants, they do not govern.
SPIRITUAL PRINCIPLE: **TRUST**

COMMITTEE REPORTS

MBI Treasurer's Report February 2024 Meeting January 2024 Data)

Income: \$2948.00 Expenses: \$1019.89

Income exceeded Expenses:

Checking bal. 1/31/24 \$5194.92

Savings bal. 1/31/24 \$3597.86

Our expenses:

January Rent	\$ 505.00
ZOOM.US(3)	\$50.97
VERIZON*RECURRING	\$119.39
Office Work (2 mos.)	\$ 186.25
Webmaster	\$ 100.00
USPO	\$ 3.92
Saintly Solutions – Web	\$ 21.25
Stripe Fees	\$ 24.75

Rent Test Amounts	\$ 0.39
Yearli.com (1099)	\$ 12.72
Total \$	1019.89

The only thing new this month is an automatic payment for our rent. The rental company did a test withdrawal and deposit of \$0.39. I like this service because it will always take the rent out exactly on the 1st or the first business day or the day after, so we should never have to worry about 2 months rent in the same month

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

January 2024 Donations	
ANON	\$ 1,055.00
Sun. 5PM Newton #800698 (ID 57566)	\$ 132.00
Sun. 5PM Andover(BBSS) ID 45148	\$ 130.00
Mon. 6:30pm Rea./Stone.(BBSS)# 53025	\$ 25.00
Mon. 12:15PM Boston(90). ID 48991	\$ 9.00
Mon. 10.00AM Danvers ID 57860	\$ 115.00
Mon 9:30AM BB	\$ 50.00
Mon 6pm North Andover #45063	\$ 20.00
Mon 10 AM Danvers #57860	\$ 100.00
Tues. 9:30AM BBSS Phone ID 55714	\$ 216.00
Tues. 7pm.Swampscott ID 56458	\$ 30.00
Tues 9:30 AM Reading # 51015	\$ 77.00
Wed. 9:30am Reading #800801 (ID 38115)	\$ 156.00
Wed. 7pm Æ Waltham ID 54559	\$ 20.00
Wed 6PM Reading #31055	\$ 7.50
Wed 7PM Milton #50143	\$ 4.00
Sat. 8am North Andover ID 46006	\$ 70.00
Sat 8:30 Lynn #800654	\$ 181.50
Sat. 7:15am Newton/Wellesley(90)# 34970	\$ 300.00
Sat. 6:15am ZOOM #800658	\$ 200.00
Sat Chelmsford 2pm #02225	\$ 50.00
rent Test amounts	\$ 0.39
Total	\$ 2,948.00

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

MBI Office Activity –January 2024

Phone Calls received	7
Emails received	40
Emails sent	27
Checks & Cash Received	8

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

Office phone: 781-641-2303

Cell phone: 617-797-7544

Email Campaign Report

Title: January Newsletter

Delivery Date/Time: Sat, Jan 20, 2024

Overall Stats

Total Recipients: 317, 1 unsuccessful delivery

Recipients Who Opened: 170 (53.8%)

Total Opens: 310

Last Open Date: 2/8/24 6:45AM

Recipients Who Clicked: Total Clicks: 27 (8.5%)

Most Frequent Clicks

<https://oambi.org/wp-content/uploads/2024/01/MBI-Newsletter-January-2024.pdf>

<https://oceanandbay.org/>

<https://oambi.org/wp-content/uploads/2024/01/Highlights-January-2024.pdf>

<https://tinyurl.com/oa90retreat2024>

<http://www.oanorthshoreintergroup.org/wp-content/uploads/2024/01/Unity-Day-2024-Flyer.pdf>

<https://oavirtualregion.org/events/>

<http://OAMBI.ORG>

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

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

Webmaster February 2024 Report (Jan 2024 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.

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

12th Step Within-From the Chair

We've selected a date and speakers for our first workshop which will be entitled "Welcome Back to OA: A New Beginning."

Working on a flyer and will send out Zoom info and specific date and time information for this workshop which we're scheduling for Saturday,

April 20th, 10:30AM to 11:45AM on Zoom!
We're excited about this and have some great speakers lined up to share their experience, strength and hope of coming out of the pain of eating and into the sunlight of recovery!

Stay tuned for more details!

If you have any ideas for a future workshop after April - please email me at kecoa@outlook.com. We'd love to hear your suggestions!
Kelly C.

******GROUP SECRETARIES:******

When you update your meeting info at oa.org; please update meeting information at (info@oambi.org).

PIPO Committee

OAMBI meetings reported honest, uptick in new members during the month of January and February. Please reach out to me if you find any public health fairs or events in your city town or high school or away might be present. We usually need to apply for participation weeks in advance, so early notification will be appreciated. And don't forget the text me your mailing address if you would like to receive a little package that you can share with any healthcare professional on your next visit with them.

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.
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

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 \(virtualregion.org\)](#)

OA 90 Retreat -in person

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
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, the suite is \$360, Private Room \$385.

You Are Not Alone, Region 3 Relapse Prevention Workshop

Saturday, March 16, 2024, Time: 1:00 pm – 2:30 pm CT (UTC -5)

Hear speakers share their experiences with relapse/relapse prevention

ZOOM ID: 963 218 9907 Password: Recovery

Questions?

Email: r3tswregister@oaregion3.org [More Information](#)

Quick Step Study in 5 Sessions

When: Feb 20, 27, Mar 5, 12, and 19, 2024 (5 Tuesdays)

Time: 2:00PM to 3:30PM Eastern Time

Where: Zoom or phone

We will read about the steps ahead of each session, write about the steps individually during the session and then share our writing in small groups (2 – 3 people). We will actually work through the steps, for example writing out a 4th step inventory and writing amends letters/scripts.

Please register 24 hours ahead to receive the handouts and zoom details.

You don't have to attend every session. In other words, email before Feb 19 at 2PM and you will be signed up for all the sessions. Or email 24 hours before any subsequent session. (You may attend subsequent sessions even if you have missed the first one – if you are okay with missing the earlier steps). **Sponsored By:**

Central Ontario Intergroup of Overeaters

Anonymous to register

email: coquicksteps@oaontario.org

https://static1.squarespace.com/static/53499831e4b0bf294b4d7698/t/6562a7f0c95b0b61f8c7106d/1700964339240/OAQ+flyer+2024_v2.pdf

LIFELINE

Read real stories of recovery written by OA members for free on your computer or smartphone when you visit oalifeline.org. Oalifeline.org was the digital version of Lifeline magazine until the end of 2020. Now discontinued, oalifeline.org is free for any OA member to read while it remains online. Visit today and discover more than a thousand shares of experience, strength, and hope originally published in the pages of Lifeline magazine from 2016–2020.

An ad hoc team is working on a replacement for Lifeline and oalifeline.org. Look for announcements later this year!

From OA World Service News.

MASS BAY MEETING DATES

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](#)"

Meeting ID: 853 1326 7372

Phone: 1 929 205 6099 (NY,US) Meeting ID: 846 5880 0386 Password: 958493
 ID: 84101180358 Passcode: 790766

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. Flyer at
<https://www.oanorthshoreintergroup.org/wp-content/uploads/2024/01/Unity-Day-2024-Flyer.pdf>

Region 6 SPRING ASSEMBLY OA R6 Spring Assembly, April 6, 2024 9:00AM – 6:00PM
 Hilton Garden Inn Albany Medical Center
 62 New Scotland Ave, Albany, NY 12208

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

Region 6 trustee contact:

Region6trustee@gmail.com

Please see the website for news, upcoming events, intergroups, and to make donations.

<https://oaregion6.org/>

**SOMETIMES QUICKLY. SOMETIMES SLOWLY.
 THE MIRACLE CAN HAPPEN**

BIG BOOK STUDY

Sunday, March 10: Step 1
 Sunday, March 17: Steps 2 through 7
 Sunday, March 24: Steps 8 through 12
 All sessions will be held from 1 PM to 4 PM EST,
 Attendance at all sessions is encouraged, but not required , flyer
[attached https://oceanandbay.org/2024/01/30/big-book-study-starting-march/](https://oceanandbay.org/2024/01/30/big-book-study-starting-march/)

**Western Mass Intergroup - 46th Annual Retreat:
 A Guided Walk Through the 12 Steps of OA**

Friday June 7th – Sunday June 9th, 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.

Metro West Intergroup -Steps Two and Three,

Sunday, March 3rd, 2024, 1:30 – 3:00PM EDT via Zoom <https://zoom.us/j/7056582426>
 contact info@metrowestoa.org for the passcode.
 This writing workshop will include multiple writing prompts regarding the concept of coming to believe in a power greater than ours, discovering what that power can be for us, and making a decision to turn our will and life over to its loving care. <https://www.metrowestoa.org/bulletin-board/>

From the Region 6 Chair

We have recently heard about a new tactic some Zoom disruptors are taking. They manage to get contact info for one of our members and then call pretending to be a newcomer. They ask about OA and then ask the member to join them on Zoom to talk more about OA. They don't initially turn on their Zoom camera but, when they do, they display inappropriate images on their screen.

Please know that no one needs to get on Zoom to learn about OA. You can talk on the phone and perhaps offer to meet them at an OA meeting on Zoom - then leave it at that. "Let's meet at a meeting" might be a good thing to say. Please let your meetings know about this latest scam.

Note: Quoted from NH Newsletter

OA Region 6 Treasurer
 Post Office Box 95
 Lynbrook, NY 11563

*******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 - Gerry

Sun 5 pm, Andover BBSS, Bobbie M.

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 10am, Medford, Kelly C.

Sat 10am, Boxford F-F, Dena

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

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

OFFICE HOURS: MONDAY & THURSDAY/CALL FOR APPOINTMENT