



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

March 2024

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ATTITUDE OF GRATITUDE

Author: Anonymous

One of the first phrases I heard when I started coming to meetings back in the late 1980s was "a grateful heart doesn't eat." And I thought that was odd. How did gratitude factor into compulsive overeating? What did gratitude have to do with anything really?

And yet the longer I am abstinent, the more conscious I am of gratitude and the importance of gratitude in my program. One time many years ago I was lamenting to another OAer that often I do not pray throughout the day. That I felt disconnected to God except when I was at a meeting or on my knees morning and night. And this person said to me "whenever you practice gratitude or thank God for something in your day, that is a form of prayer." I loved it! So, I was "connecting" with God without even knowing it!

In the beginning of my abstinence, I relied on that "a grateful heart doesn't eat" so I said "thank you God" for everything ...and when something negative was happening I thanked God for that too! I would just turn it around to gratitude! A food thought would become, "thank you God that's *not* my food" or "thank you God for reminding me that I am a food addict." Late for work? "Thank you God I have a job!" Or a challenging colleague became "thank you God for this colleague and for teaching me patience." Gratitude became this amazing paradigm shift and got me through that first year or two when I was so raw and so filled with food thoughts and was one big, exposed nerve.

As I continued in my abstinence and it got easier and easier to keep the food down, I stopped practicing gratitude as much. It is amazing how such a well-honed "skill" could

become a tool I stopped using. And as with all things, practice makes perfect.

Lately, I have noticed that I have been saying "thank you God" and my phone calls have been more gratitude based and less complaint based. I am not sure what caused this change, but it feels SO GOOD!

I think that the more I work the Steps the more aware I am of how truly powerless I am over people, places, and things (the food!) and how reliant I am on God and His grace. Perhaps some would say it is maturity or getting older; but I believe it is humility. The longer I am abstinent, the more conscious I am of what a gift my abstinence is. I realize more and more how precious this gift of abstinence is and how truly blessed I am to have it. The longer I go along in life the more I realize there are so many health issues and life issues that do not affect me simply because I am abstinent. Because I weigh and measure my food and abstain from sugar and flour, I do not have high blood pressure, Type 2 diabetes, obesity, heart disease, sleep apnea, breathing difficulties. And what about the obsession, compulsion, near stalking behavior I had in the food – trying to get enough of the food, find the food, sneak the food all without you knowing or seeing! And the money I spent on food! And the behavior when I was in the food – the rage, the resentment, the jealousy, the fear, the self-focus!

I am so grateful to be abstinent and to be living the OA 12 Steps of Recovery. I heard someone say recently at a meeting, "the tools provide me relief; the Steps transform me." Gratitude is part of that transformation happening to me. When it stopped being a practice and began to be a way of life.

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

Step 3: Made a decision to turn our will and our lives over to the care of God as we understood Him.

SPIRITUAL PRINCIPLE: **FAITH**

Tradition 3: The only requirement for OA membership is a desire to stop eating compulsively.

SPIRITUAL PRINCIPLE: **IDENTITY**

COMMITTEE REPORTS

UNITY DAY CELEBRATION

From the MBI Chair, Bobbie M.

On February 24, 2024, North Shore Intergroup and MBI hosted a Unity With Diversity Day at the Forest St. Congregational Church in Methuen. It was held in person and we had 45 attendees. The theme was Unity with Diversity and the feeling of belonging or coming to a meeting your first time and thinking... "I have nothing in common with these people" or "These people look nothing like me". Perhaps that is true as our three speakers shared. However they soon realized that yes! they did share something in common... Compulsive Eating or Food Addiction - The Great Equalizer. Addiction does not care what, where or who you are. This was the common theme amongst the speakers. As someone who has missed these in person events over the last few years, it was wonderful and uplifting to see and spend time with my "peeps". I am looking forward to more of these in person events.

Bobbie M.

MBI Treasurer’s Report March 2024 Meeting (February 2024 Data)

Income: \$2056.84 Expenses: \$1034.87
 Income exceeded Expenses: \$1020.97
 Checking bal. 2/29/24 \$6183.84
 Savings bal. 2/29/24 \$3597.89

Our expenses:

February Rent	\$ 505.00
ZOOM.US(3)	\$ 47.92
VERIZON*RECURRING	\$ 119.40
Office Work	\$ 142.50
Webmaster	\$ 100.00
Saintly Solutions – Web	\$ 47.92
Stamps (office)	\$ 68.00
Stripe Fees	\$ 34.13

Total	\$1034.87
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Last month I visited the office with several other members of MBI to investigate the feasibility of getting rid of the office. There are still a few issues to iron out, but the meeting was the first step.

Jeanne K. Treasurer

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

January 2024 Donations	
Sun. 8:30AM Stoneham(90 FF) # 45497	\$ 100.00
Sun. 5PM Andover(BBSS) # 45148	\$ 204.00
Mon. 6pm North Andover # 45063	\$ 20.00
Mon. 6:30pm Read./Stone.(BBSS) #53025	\$ 130.00
Mon 7:30pm Dedham #800334	\$ 55.00
Tues. 9:30AM Reading (BBSS) # 51015	\$ 105.00
Tues. 9:30AM BBSS Phone # 55714	\$ 200.00
Wed. 9:30am Reading #800801 (# 38115)	\$ 25.00
Wed. 7pm Waltham # 54559	\$ 170.00
Wed. 6pm Reading # 31055	\$ 150.84
Sat 9am Medford phone #35175	\$ 25.00
Sat. 9am Dorchester(90)# 36235	\$ 175.00
Sat. 8am North Andover #46006	\$ 70.00
Sat. 7:15am New./Wellesley(90) #34970	\$ 568.00
Sat. 6:15am ZOOM #800658	\$ 51.50
Sat. 8:30 am #800564	\$ 7.50
Total	\$ 2,056.84

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

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

12th Step Within-Kelly C.

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., Chair

Webmaster March 2024 Report (Feb 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.

Email Campaign Report

Title: February Newsletter
 Delivery Sat, Feb 17,2024 7:15 am

Overall Stats

Total Recipients: 321
 Successful Deliveries: 320
 Bounces: 1
 Recipients Who Opened: 170
 Total Opens: 296
 Last Open Date: 3/6/24
 Total Clicks:
 Last Click Date: 2/26/24
 Total Unsubs: 1

Most used URLs:

- <https://oambi.org/wp-content/uploads/2024/02/MBI-Newsletter-February-2024.pdf>
- <https://tinyurl.com/oa90retreat2024>
- <https://www.metrowestoa.org/bulletin-board/>
- <https://oavirtualregion.org/events/>
- <https://oceanandbay.org/>
- <http://www.oanorthshoreintergroup.org/wp-content/uploads/2024/01/Unity-Day-2024-Flyer.pdf>
- <https://oambi.org/wp-content/uploads/2024/02/Highlights-February-2024c.pdf>

Respectfullysubmitted by Jeanne K.
 MBI Webmaster@OAMBI.org

SERVICE OPPORTUNITY: We need someone to update our meeting flyer. If you can use WORD you are eligible. Please contact me at MBI Webmaster@OAMBI.org

******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.

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.

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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: March 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/6562a7f0c95b0b61f8c>

[7106d/1700964339240/OAQ+flyer+2024_v2.pdf](https://www.oa.org/7106d/1700964339240/OAQ+flyer+2024_v2.pdf)



OA has added a new statement to the WELCOME section of certain suggested meeting formats:

“Welcome to Overeaters Anonymous; we are a growing, evolving Fellowship with in-person and virtual meetings around the world. In OA, there are opportunities for recovery and to give service at local and virtual group, intergroup/service board, region, and world service levels. We strive to provide literature and support in every language, worldwide, to meet still-suffering compulsive eaters wherever they are.”

See full article at oa.org, All News

LIFELINE News from oa.org

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!

MASS BAY MEETING DATES

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"

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

**Welcome Back Workshop
 Apr 20 @ 10:30 am – 11:30 am**

Eastern Time (US and Canada) (meeting will open at 10:15) See OAMBI calendar for Zoom Info.

2024 Region 6 Convention

October 25, 2024 - October 27, 2024
 Doubletree by Hilton Nashua
 2 Somerset Pkwy, Nashua, NH 03063

MetroWest Intergroup Retreat

May 31- June 2, 2024
 More info including the registration link coming soon. <https://www.metrowestoa.org/bulletin-board/>

Step 4: The Only Way To Do It Wrong Is Not To Do It At All

Sunday, April 7th, 1:30 – 3:00 PM EDT
 Zoom link: <https://zoom.us/j/7056582426>
 contact info@metrowestoa.org for the passcode
 This workshop will include speakers, writing prompts, and open sharing about the process of writing a searching and fearless moral inventory of ourselves.

Ocean and Bay Intergroup:

Step 11 Two-Way Prayer Writing Workshop March 23, 2024 1 PM to 2:30 PM on zoom. Note updated Zoom info on flyer. <https://oceanandbay.org/wp-content/uploads/2024/02/2-way-prayer-3-23-FLYER-NEW-ID-3.pdf>

**SOMETIMES QUICKLY. SOMETIMES SLOWLY.
 THE MIRACLE CAN HAPPEN
 BIG BOOK STUDY**

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: <https://oceanandbay.org/wp-content/uploads/2024/01/Miracle-big-book-Poster-3.pdf>

**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.

**OVEREATERS ANONYMOUS BIG BOOK
 BIRTHDAY BASH**

You're Invited to an OVEREATERS ANONYMOUS BIG BOOK BIRTHDAY BASH Celebrating the 85th Anniversary of its Publication!

Everyone is invited to listen and/or share their favorite passages in the Big Book and how to use the Big Book in recovery!

April 8, 2024, 7–8PM, Fellowship after Meeting ID: 817 4195 8563 Password: 048782
 Dial in 1-646-558-8656

In Person: St. Mark's Episcopal Church, 15 Pearl St, Mystic, CT

CLICK HERE TO JOIN BY ZOOM FLYER

Hosted by the Ocean & Bay Big Book Celebration Meeting

Questions: Contact John @ 860-304-7210 (call or text)

Region 6 trustee contact: 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

*******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.

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 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