



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

April 2024

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"Love and tolerance of others is our code." Big Book, 4th edition, page 84.

Bill Wilson, AA's co-founder was of the opinion that everyone could use a 12 Step recovery program. Personally, I can see how much it has helped me, now just with compulsive overeating but in so many ways as well. These are some of the others to whom I am to show love and tolerance:

Others include people who adhere to the political party whose views are diametrically opposed to my own.

Others include people of a different race from mine.

Others who hold to a different creed from mine. Others include people who believe in a different religion from mine or none at all.

Others include migrants, immigrants, refugees and all displaced persons.

Others include those of different gender identity, or difference sexual orientation from mine.

Others include people I perceive to be bullies, narcissists and despots.

These and other attributes too numerous to count mean that anyone different from me is entitled to love, tolerance and respect from me.

How can a selfish, self-absorbed, self-centered person possibly live by this code? The answer is I can't by my unaided willpower alone. Just as with the food, I have to have God's help and take good orderly direction from program

fellows who are living the step principles on a daily basis.

I came for the vanity. I stay for the sanity. Living by this code, 12 steppers can truly let peace on earth begin with them.

Love (and tolerance)

Jacqueline

Length in program 38 years (June 1985)

Length of current abstinence 34 years

\*\*\*\*\*

### **Gratitude**

***"My day begins and ends with gratitude."***

(Author unknown to me.)

Gratitude is a fundamental part of my life and my recovery. It can be all too easy to focus on what is not right, what is going on in my life and this country and this world, but I have learned that doing that leads straight to the food bag. So, today, I choose to focus on the blessings and gifts of this life. I choose to look for what I call Wow God moments: things like the blossoms that are coming out on my peach trees that we planted only a few years ago, the sparkle in the eye of a kiddo who finally figures out they CAN learn, finding the needle in the carpet that I lost last week...BEFORE someone stepped on it!! Being able to walk into a bakery without wanting anything, but being able to enjoy the smell and the memories. Getting through my list even if it was ridiculously long. People giving me grace when I err, fellows who text or email or call just when I need support, and so much more. There is always more to find if I but take the time to look.

What WOW GOD moments have you noticed today?

Hugs, Lainey

Recovering Compulsive Overeater

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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 4:** Made a searching and fearless moral inventory of ourselves.

SPIRITUAL PRINCIPLE: **COURAGE**

**Tradition 4:** Each group should be autonomous except in matters affecting other groups or OA as a whole.

SPIRITUAL PRINCIPLE: **AUTONOMY**

**MBI COMMITTEE REPORTS**

**MBI Treasurer’s Report April 2024 Meeting (March 2024 Data)**

Income: \$1664.27 Expenses: \$1332.87  
 Income exceeded Expenses: \$331.40  
 Checking bal. 3/31/24 \$6495.89  
 Savings bal. 3/31/24 \$3597.83

**Our expenses:**

March Rent(Double charge error)	\$ 1010.00
ZOOM.US(3)	\$ 50.97
VERIZON*RECURRING	\$119.40
Office Work	\$ 52.50
Webmaster	\$ 100.00
Stripe Fees	\$19.35
<b>Total</b>	<b>\$1332.87</b>

March was a very busy month! I successfully handed our 2023 tax information to our accountant before the end of the month! If you notice- Our new automatic payment for rent (Zrent) had a snafu because of leap year! They withdrew 2 months rent, but quickly refunded us, no harm but extra bookkeeping and causing me to panic temporarily. I do hope that our donations stay strong so I can put cash back into our prudent reserve to allow us to assist our delegates to R6 & WSO.

**12<sup>th</sup> 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](mailto: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 March 2024**

Subject Line: Upcoming Events  
 Delivery Date/Time: Thu, Mar21, 2024  
 Overall Stats  
 Total Recipients: 321  
 Successful Deliveries: 319  
 Bounces: 2  
 Total Opens: 334  
 Total Clicks: 25  
**Clicks by URL**  
<https://oambi.org/wp-content/uploads/2024/03/MBI-Newsletter-March-2024b.pdf>  
<https://tinyurl.com/oa90retreat2024>  
<https://oaregion6.org/convention/>  
<http://OAMBI.ORG>  
<https://oambi.org/wp-content/uploads/2024/03/Highlights-March-2024.pdf>  
<https://oavirtualregion.org/events/>

Respectfully submitted by Jeanne K.  
 MBI [Webmaster@OAMBI.org](mailto: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](mailto:MBI_Webmaster@OAMBI.org)

Phone Calls received	1
Emails received	35
Emails sent	20
Checks & Cash Received	6
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/>

**REGION 6 SPRING ASSEMBLY**

Barbara Ann, Newsletter Chair

I attended the Region 6 Spring Assembly last year as a visitor; this year I went as a representative. What a difference it made! My assigned committee was Web and Publications. In our hour of meeting, we discussed web issues and in particular, the goal of creating a new Newsletter for Region 6. We, the Committee, will work toward this goal for the Fall Assembly. The group members, including the current Webmaster, offered many suggestions and ideas. Especially interesting was learning of the many resources offered on the Region 6 website. It was a lot of information to take in!

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

**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.

**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 \(virtualregion.org\)](#)

**OA90 Virtual: Abstinence Sing-Along Workshop:**

May 18,2024, Saturday 1:30 PM to 3:30PM, **Singing Comedy and Hope Into Joyful Abstinence**, Sponsored ByOA90 Virtual Phone Meeting Intergroup, Details: We aren't a glum lot! Join us for singing about the OA program, featuring creative music, song parodies, and positive messages in this fun participatory event. Sing for Spring! If you think you can't hold a tune, sing along anyway on mute, Zoom

meeting ID: 837 1100 7258, Passcode: 051824, No computer? Join by Phone 1-929-205-6099 and follow prompts, Contact Person Jean

**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](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, the suite is \$360, Private Room \$385.

**June 14 – 16: It's Worth It,** in person retreat in Beverly, MA hosted by the OA 90 virtual IG.



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](http://oa.org), All News !

**(CORRESPONDING SECRETARY'S REPORT)**

**MASS BAY MEETING DATES**

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

**2024 Region 6 Convention -In Person**

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

Registration for the convention is underway!  
 Deadline for Early Bird Special (\$45 USD) ends April 15<sup>th</sup>. Fee from April 16-18, \$60 USD \$75 at the door. More information may be found at <https://oaregion6.org/convention>.

**MetroWest Intergroup Retreat- In Person**

May 31- June 2, 2024

**Seeking Conscious Contact: Transforming Our Relationships With Our Higher Power**

Accommodations include: • Two nights in a private room with an adjoining shared bathroom • Three meals on Saturday and breakfast on Sunday. \$275 per person, Space is limited to 45 participants. Several partial scholarships will be available, Registration closes 5/11

<https://www.metrowestoa.org/wp-content/uploads/2024/03/MWI-2024-Retreat-Flyer.pdf>

**Ocean and Bay Intergroup: In Person Only**

June 29: Step 11 Two-Way Prayer Writing workshop from 1 PM to 2:30 PM on zoom.  
 November 15 – 17: Recovery with Step 11, an OA weekend Of Prayer and Meditation Retreat at Enders Island in Mystic, CT. **in person only**. Registration opens May 1. Save the date!

**North Shore Intergroup – One Day Retreat**

June 22, 2024 9:00AM - 4:00PM  
 Sisters of Notre Dame de Namur, 30 Jeffrey's Neck Rd, Ipswich, MA 01938  
<https://www.oanorthshoreintergroup.org/upcomingevents/#page-content>

**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.

**NASSAU INTERGROUP**

**ZOOM SECURITY TRAINING:** 7:00 PM, EST, This training will help you develop your Zoom skills and keep your meetings safe and secure. Training will be on the **first Monday of each month**, IMPORTANT: UPDATE ZOOM SOFTWARE TRAINING FOR PCS & MACS, Basic and Advanced Zoom Security, Q&A at the end of the Presentation,  
 Meeting ID: 774-646-690, Password: 535356  
<https://us04web.zoom.us/j/774646690>

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 - 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

**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

**If you know of a Health Fair happening, please send information to:**

**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