



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

May 2024

Page 1

This is a reflection on the April 29<sup>th</sup> VOR (Voices of Recovery) lesson. The quote is from OVEREATERS ANONYMOUS, the second edition. *"It is weakness, not strength, that binds us to each other and to a Higher Power, and somehow gives us an ability to do what we cannot do alone."* I agreed to write this share about the middle of March. It is not an easy thing to do, for me, and I have done what I typically do, put it off until the last minute. I have learned in OA to do this kind of service when I am asked. It is the right thing to do. It allows my HP to come through me.

My career was working as a Registered Nurse. One of my jobs was working in a substance abuse program in a hospital in Ukiah, CA. In that job, I got to work with a substance abuse counselor who inspired me. I knew that the reason she had so much insight about people was because she was a recovering alcoholic who worked the 12 Steps wholeheartedly. I left that job knowing that I wanted to work the 12 Steps someday.

That time came about 20 years later. I do not remember when I first heard about OA. I was a compulsive overeater with an addiction to sweets. I dealt with that by dieting, which I did starting in junior HS. I was relatively successful with dieting, but at the end of every diet I eventually returned to my habitual eating pattern. I was at my top weight, which was the same weight I was at before I had each of my two children. I was afraid I was becoming diabetic, and I could not put down the sugar. I knew without a doubt that I was

powerless over food. Living now in San Diego, I started going to OA meetings. I found a small meeting near where we lived, a group of 8-12 women, where I had a feeling of being "at home". I felt accepted in that meeting, as I was. I had a relationship with a loving HP who I called God. I do not remember ever praying for help with my eating problems. I got a sponsor and my food plan included giving thanks for my food at mealtimes. I started working the Steps with my sponsor. I have been working the Steps ever since (about 22 years).

My weakness, my addiction to sugar, brought me to OA. Through the OA program and through the 12 Steps of OA, I have found the path to recovery. "Through listening to others like me and giving of myself" (VOR, p. 120), I have grown into a much stronger relationship with the God of my understanding, have found myself in a wonderful supportive network, and found recovery for which I am deeply grateful. Together we recover, Mary P.

\*\*\*\*\*

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

**Step5:** Admitted to God, to ourselves, and to another human being the exact nature of our wrongs

SPIRITUAL PRINCIPLE: **INTEGRITY**

**Tradition 5:** Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.

SPIRITUAL PRINCIPLE: **PURPOSE**

## INDEX

Committee Reports	Page 2-3
Update from World Service	Page 3
Upcoming Events (Please announce)	Page 4
MBI Board and Meeting Rep Info.	Page 5

**MBI COMMITTEE REPORTS**

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

Income: \$1664.27 Expenses: \$2226.62  
 Checking bal. 4/30/24 \$5465.04  
 Savings bal. 4/30/24 \$

**Our expenses:**

<b>April Office</b>	Rent\$ 505.00
Saintly Solutions	\$ 50.00
ZOOM.US(3)	\$ 50.97
VERIZON*RECURRING	\$ 119.40
Office Work	\$ 86.25
Webmaster	\$100.00
Region 6 Donation	\$ 310.00
WSO Donation	\$930.00
Stripe Fees	\$19.35
<b>Total</b>	<b>\$2226.62</b>

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.

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

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

ANON	\$ 50.00
Sun. 8AM Medford(90) # 00813	\$ 10.00
Sun. 8:30AM Stoneham(90 FF) # 45497	\$ 10.00
Sun. 5PM Newtonville(90) # 32247	\$ 5.00
Sun. 5PM Newton #800698 (# 57566)	\$ 132.60
Sun. 5PM Andover(BBSS) # 45148	\$ 325.00
Sun. 10:00AM Medford(R&R) # 53288	\$ 20.00
Mon. 9:30AM Wellesley(90) # 45662	\$ 10.00
Mon 10.00am Danvers #57860	\$ 100.00
Mon. 6:30pm Reading./Stone(BBSS) #53025	\$ 40.00
Tues. 9:30AM Reading (BBSS) I#51015	\$ 87.00
Wed. 7pm Waltham # 54559	\$ 120.00
Wed. 6pm Reading # 31055	\$ 70.17
Sat. 9am Dorchester(90) # 36235	\$ 10.00
Sat. 8:30am Swampscott(90) # 24111	\$ 10.00
<b>Total</b>	<b>\$1,664.27</b>

**12<sup>th</sup> Step Within-Kelly C.**

Our workshop held in April entitled, "A New Beginning: Welcome Back to OA" was a great

success! We're grateful for Jeanne K., who monitored the Zoom call and for our speakers - Dave and Cheri!

It was a great learning experience of the pain of that first bite and a reminder that this program works and that you can come back and work it regardless of how long you've been gone or how much weight you've gained! Any suggestions for upcoming workshops are appreciated! Feel free to email any suggestions to me at [kecoa@outlook.com](mailto:kecoa@outlook.com).

**Webmaster May 2024 Report (April 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. I noticed that one of the meetings also needs to be updated on our site.

**Email Campaign Report**Title:Spring Highlights/ Newsletter

Delivery Date/Time:Sun, Apr 14, 2024, 5:10 pm

**Overall Stats**

Total Recipients:322, Successful

Deliveries: 320

Recipients Who Opened:137 (42.8%)

Total Opens:237

Last Open Date:5/7/24 8:58AM

Recipients Who Clicked:22 (6.9%)

Total Clicks:38Last Click Date:5/7/24 8:58AM

**Clicks by URL**

- <https://oambi.org/wp-content/uploads/2024/04/MBI-Newsletter-April-2024.pdf>
- <http://OAMBI.ORG>
- <https://oambi.org/wp-content/uploads/2024/04/Highlights-April-2024-.pdf> 3
- <https://oaregion6.org/convention/>
- <https://www.metrowestoa.org/bulletin-board/>
- <https://oceanandbay.org/>
- <https://tinyurl.com/oa90retreat2024>

Respectfullysubmitted 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)

**MBI Office Activity - April 2024**

Phone Calls received	7
Emails received	40
Emails sent	20
Checks & Cash Received	4

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/>

**\*\*\*\*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.

**OA LA Intergroup:** Focus on Sugar Addiction: Starting September 2nd Saturdays, 7PM EST Zoom ID: 83878933060 Passcode: 874921 For more information, contact JoJo at (818) 326-9003 <https://i0.wp.com/oawmass.org/wp-content/uploads/2023/10/Sugar-Anytime.png?ssl=1> OA RECOVERY LINE: The LA Intergroup has set up an OA Recovery Line for anyone with questions about the program or needs to connect with a fellow. Whether you are struggling in the middle of the night, living in a remote location or just need a program boost, volunteers from our A Recovery Line will remind you that you are not alone. Call or text: 818-794-0880 - Valinera for the recovery line. Please email: [outreach@oalaig.org](mailto:outreach@oalaig.org)

**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 \(virtualregion.org\)](http://virtualregion.org)

Virtual OA90 Intergroup: Announcing a Workshop on Two-way Prayer, **Sunday, June 2nd**, 1PM to 3PM Eastern Zoom ID 837 1100 7258 Passcode 060224 Speakers will share their experience, join for Q&A and show how this practice enhanced their 10th and 11th steps. When you Pray, God Listens. When you Listen, God Talks. When you Believe, God Works.-Unknown QADQ/100 Brought to you by your OA90 Virtual Intergroup

**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.

**LIFELINE** article from World Service  
 This morning, I watched out the window as a bird repeatedly attempted to fly from the ground up into a small artificial tree located just on the other side of the glass inside the building. It continued to do this for more than ten minutes until someone walked up to the glass, and it flew away.

This bird reminded me of how I can act in my disease. I can keep doing the same thing over and over again expecting different results. So many times, I think that if I try hard enough, it will eventually work. I am often incapable of recognizing my insane behaviors on my own, and I continue them until someone or something arrests my behavior like the person did for the bird.

by Chris

**(CORRESPONDING SECRETARY'S REPORT)**

**MASS BAY MEETING DATES**

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"

OAMBI is inviting you to a scheduled Zoom meeting.  
<https://us02web.zoom.us/j/83087594209?pwd=c2xOL2FZZS92dHY1TUV3cFMva0ZEQT09> Meeting ID: 830 8759 4209  
 Passcode: 970786

**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