



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

June 2024

My name is Lee Ann, and I am a compulsive overeater and food addict. I didn't know I was a compulsive overeater until I was graciously led into the rooms of Overeaters Anonymous. I came into the rooms, heard my story, discovered I had a disease and got a sponsor. Together, we built my food plan; October 6, 2021, was my first abstinent day.

I was beyond excited, elated and filled with hope. The hope of those first few months in the program was palpable, tangible, I could reach out and touch it. I finally had a way to track my progress other than the bathroom scale. I attended 4 meetings a week, started my day with 30 minutes of quiet time which enhanced my relationship with my Higher Power, began working the tools and developing a network of people I could call when I was struggling or just to see how their day was going. Life was good in program, then came the first break of my abstinence.

It was time to get to work, it was time to start working the steps. My food sponsor encouraged me to find a sponsor who could help me through the steps as laid out in the Big Book of Alcoholics Anonymous. I came into the program with a question: Why did I run to food? It turns out, I had come to the right place. I heard my story over and over in the rooms, there was a solution. I heard from people who had 30 plus years of abstinence, I wanted what they had. The reason I am compulsive overeater is because I have a disease that progressed over time; what started out as having an extra cookie ended with eating all day and as much flour and sugar as I could find. I needed an answer to my WHY! My life depended on finding it.

I once again got abstinent and began working the steps. I had heard that the 1st step was

the only one you had to do 100%; I was all in! My sponsor and I worked the steps as laid out in the Big Book, meeting once a week to read and check my progress through the week on what she had asked me to do. Step 1, Step 2, Step 3...then the writing began. I would write for at least 30 minutes every day. This is where self-awareness began, it will be a lifelong process of learning myself.

One of the first things I gained an understanding of was that most of the things I held a resentment for were actually none of my business. If you were my friend and someone hurt you, I took your offense and eventually turned it into a resentment. This understanding has made an incredible difference in my day-to-day life. I am much more able to take a step back and avoid getting into someone else's drama. I can simply remind myself that it is none of my business. This keeps me out of the offense and out of my head.

My daily quiet time, following my food plan, submitting my food to my sponsor daily, working the steps, going to meetings, reading the literature and talking to my fellows is becoming my way of life. I have given away almost 100 pounds and have achieved my goal weight. In addition to the weight loss, it feels really good to have the daily reprieve from compulsive overeating, I do not want to go back there. This program has given me many off-scale victories as well. I have been relieved of many medications, have serenity in my days, have a clear conscience regarding my past, more mobility and stable blood sugar. This program works if you work it.
ANONYMOUS

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

Step6: Were entirely ready to have God remove all these defects of character.

SPIRITUAL PRINCIPLE: **WILLINGNESS**

Tradition 6: An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

SPIRITUAL PRINCIPLE: **SOLIDARITY**

MBI COMMITTEE REPORTS

MBI Treasurer’s Report June 2024 Meeting (May 2024 Data)

Income: \$1286.21 Expenses: \$1145.55
 Checking bal. 5/31/24 \$5605.70
 Savings bal. 5/31/24 \$ 3,597.98

Our expenses:

May Office Rent	\$ 505.00
Saintly Solutions	\$ 125.00
ZOOM.US(3)	\$ 50.97
VERIZON*RECURRING	\$ 119.08
Office Work	\$ 67.50
Webmaster	\$100.00
Region 6 Travel	\$ 178.00
Stripe Fees	\$18.06
Total	\$1145.55

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

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

ANON	\$ 305.00
Sun. 5PM Newton #800698 (#57566)	\$ 24.60
Sun. 10:00AM Medford(R&R)#53288	\$50.00
Mon. 6:30pm Read/Stone(BBSS) #53025	\$ 40 .00
Tues. 9:30AM Reading (BBSS)#51015	\$62.00
Wed. 7pm Waltham #54559	\$40 .00
Wed. 6pm Reading #31055	\$ 12.67
Wed 7PM ZOOM	\$ 50.00
Wed 6PM Reading #31055	\$ 7.50

Sat. 8am North Andover #46006	\$100.00
Sat. 6:15am ZOOM #800658	\$68 .00
Sat 8AM North Andover #46006	\$ 337.00
Sat 8:30AM #800564	\$ 7.50
Sat 2PMChelmsford #02225	\$200.00
Stripe Fees	\$(18.06)
Total	\$1,286.21

12th Step Within-Kelly C.

Nothing scheduled but we are always looking for ideas for a workshop for this summer. Any ideas please email me at kecoa@outlook.com

Webmaster JUNE 2024 Report (May 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. Spoke with Citizens bank about a change to their online system, but no definite decision.

Email Campaign ReportTitle: Upcoming Events/ Newsletter
 Delivery Date/Time:Thu, May 16, 2024, 12:57 pm

Overall Stats

Total Recipients: 323, Successful
 Deliveries: 319
 Recipients Who Opened:169 (53.0%)
 Total Opens: 314
 Last Open Date: 6/7/24 8:58AM
 Recipients Who Clicked: 24
 Total Clicks:38Last Click Date:5/7/24 8:58AM

Clicks by URL

- <https://oambi.org/wp-content/uploads/2024/05/MBI-Newsletter-May-2024.pdf> 17
- <https://oambi.org/wp-content/uploads/2024/05/Highlights-May-2024-.pdf> 5
- <https://oaregion6.org/convention/>
- <https://www.metrowestoa.org/bulletin-board/>
- <https://oceanandbay.org/>
- <https://tinyurl.com/oa90retreat2024>

Respectfully submitted 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

MBI Office Activity - April 2024

Phone Calls received	1
Emails received	33

Emails sent	21
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
 Office phone: 781-641-2303
 Cell phone: 617-797-7544
 Website: <https://oambi.org/>

The Massachusetts Bay OA Intergroup has a Personal Information And Professional Outreach And Diversity Committee. These focus on reaching individuals, reaching health care workers and increasing the diversity in our membership. These are three separate tracts. International OA as provided extensive and updated guidance manual on the various things we can do. We also have a Region 6 fund which will cover some of the costs for things like billboards, advertisements at the beginning of films in movie theaters, etcetera. Willing Phillips is heading up this committee and looking for volunteers who would like to pursue one or more of the three right outlines. If you are interested please contact willing by text at 858-829-1615. Together we can.

******GROUP SECRETARIES:******
 When you update your meeting info at oa.org; please update meeting information at info@oambi.org.

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.

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>

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

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 \(virtualregion.org\)](#)

Healing Through Loss Workshop
Sponsored by Westchester United Intergroup

Sunday, June 30, 2024, 1:00 PM-2:30 PM ET (UTC-4)
 Join us for a healing through loss workshop during which speakers will share their experience, strength, and hope in dealing with loss. A writing exercise and plenty of time for sharing will round out the event. For more information, contact ceb2133@gmail.com.
 Zoom ID: 822 2374 9762 Passcode: 121212
 Downloadable Flyer
<https://oavirtualregion.org/wp-content/uploads/2024/04/Healing-Through-Loss.png>

Summer is near, a time for vacations and holidays. Enjoy the summer, but remember, our disease of compulsive overeating and compulsive behaviors, NEVER takes a vacation.!

MASS BAY MEETING DATES

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

REGION 6 NEWS

We have just been made aware of an upsetting new Zoom scenario. We have multiple reports from other Regions about an abusive caller all who is getting phone numbers from oa.org and texting/calling members and then wants to talk on Zoom.

DO NOT GET ON ZOOM WITH THEM. You can ask how they got your information, but do not give them any personal information. Note the following:

Please be aware if you get a text from an unknown number mentioning they want more information about OA. At first it may seem legitimate.

Do NOT give them any personal information.

They don't want to talk on the phone -they want to Zoom with you. They will mention that they will send you a link; do NOT click on any links they send you.

Do not get on a Zoom call with them. There have been instances of pornography and other obscenities, so do not click on any link (Zoom or otherwise) they send. This is an abusive caller, and you may want to block their number.

If you need more information, please contact Kimberly at chair@oaRegion6.org or Bob at r6trustee@oa.org.

REGION 6 CONVENTION, OCTOBER 25-27, 2024

Doubletree by Hilton Nashua, 2 Somerset Pkwy, Nashua, NH 03063 Register: Note that your registration is non-refundable and non-transferable. Region 6 appreciates your donation! The registration fee is \$60 USD and is available April 16 through October 18, 2024. Walk-in registration is \$75 and will be available at the registration desk. New this year - Be an OA Angel (you, your home meeting, your Intergroup) and buy a ticket for someone who otherwise wouldn't be able to attend due to cost. Help carry the message to the compulsive overeater who still suffers. This ticket is an anonymous donation and cannot be used for your own admission. Please note that Ticket leap will ask for a first and last name and email address regardless of the type of ticket - this is your info, and you are not designating the recipient of the Angel Ticket - that remains anonymous. Single and double rooms are \$169 plus tax. Rooms for 3 are \$179 and rooms for 4 are \$189. Book by Oct 4th to guarantee the group rate. Meals: Friday buffet dinner - \$50.00 and Saturday banquet buffet dinner - \$65.00. For more info: <https://oaregion6.org/wp-content/uploads/2024/03/2024-Region-6-Conv-Flyer-2.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!

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 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 - Open
- 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

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
Office phone: 781-641-2303
Cell phone: 617-797-7544