



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

July 2024

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My story: Anne, a grateful compulsive overeater.

I've just celebrated one year of abstinence and have released 107 pounds, after joining OA at over 400 lbs. It seems I've had an issue with food for as long as I can remember.

Before kindergarten, I fell off an unstable chair because I was trying to reach candy, which was on the top of the refrigerator. I knocked out one of my baby teeth. What I remember was shame. When I was 8, while on a camping trip, I caused a fight in our family because I asked for a second piece of cake. My brother looked at me and said, "They're fighting because of YOU". And what I remember was shame. Food actually wasn't my problem. It was my solution. I ate when I was happy, sad, angry, or lonely. Food kept me from feeling any intense emotions. Food took away my pain--until it didn't.

I have probably been on more diets than anyone you'll ever meet. Lost 20 pounds, gained 40, lost 60, gained 120, lost 150 and gained more. At any family gathering, you could find me seated at the dining room table, close to the food. I can't remember either of my siblings being there. They didn't seem to have the issues I had with food. I was the kid who seemed to feel every kind of emotion too intensely. I overheard my Mom tell my brother and sister, "Do not make your sister cry".

I had a very twisted way of thinking. I was convinced if no one saw me eat, then those calories did not count. I spent most of my days trying not to eat and when I got home, I overate at dinner. And on days when I didn't make it thru the day not eating, I broke down and made a purchase from a vending machine. I was always going to make up tomorrow for overeating today. Whenever I lost weight, I would always find that I'd begin

to gain it back. The last time this happened, I thought, why can't anyone see that I am falling, and why don't they help me?

In mid-May of 2023, I finally threw up my hands and admitted I was powerless. Diets no longer worked. Every diet I tried failed. Why could I not eat just one? I didn't have the answer, but my Higher Power, God did. I woke up after having had a spiritual awakening. The first thing I noticed was the crazy chatter in my head was gone. My first thought was not about food, and the food felt neutral.

I believe my Higher Power got me to that first phone meeting. I heard voices that shared my story. I was no longer alone. I'd like to think my awakening happened quickly, and it really did once I got to OA, but since I'm 63 years old, it might not have happened as quickly as I'd have liked. I'm glad I'm here and I'm staying.

One of the first speakers I listened to had what I wanted and I asked her to be my sponsor. She is a great sponsor, but not my God. Food is no longer my God, My Higher Power is my God.

I made some basic guidelines for my abstinence.
...Two healthy meals with the option for a third meal.
...No snacks.
...No eating after 8 pm
...There is a beginning and an end to each meal.

I start the day asking God what we are doing today because I don't have a clue. I put all my worries in a God Box. I end the day saying thank you for another day of abstinence. Thanks to OA, I know that I never have to compulsively overeat again

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

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Step 7: Humbly asked Him to remove all our shortcomings.

SPIRITUAL PRINCIPLE: **HUMILITY**

Tradition 7: Every OA group out to be fully self supporting, declining outside contributions.

SPIRITUAL PRINCIPLE: **RESPONSIBILITY**

MBI COMMITTEE REPORTS

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

Income: \$1575.80 Expenses: \$1072.46
 Checking bal. 6/30/24 \$6126.03
 Savings bal. 6/30/24 \$ 3,598.01

Our expenses:

June Office Rent	\$ 505.00
Saintly Solutions	\$ 60.00
ZOOM.US(3)	\$ 50.97
VERIZON*RECURRING	\$ 119.08
Office Work	\$ 0.
Webmaster	\$100.00
USPS PO Box Yrly	\$ 222.00
Stripe Fees	\$15.41
Total	\$ 1072.46

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

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

DONATIONS

\$100.00	ANON
\$945.00	Sun 8:30AM Medford Lib #45497
\$100.00	Mon 10 AM Danvers #57860
\$25.00	Mon. 6pm North Andover # 45063
\$12.00	Tues 9:30 AM BBSS Reading #51015
\$30.00	Tues. 7pm.Swampscott # 56458
\$40.00	Tues. 9:30AM BBSS Phone 55714
\$20.00	Wed. 7pm Waltham # 54559
\$203.80	Sat. 7:15am Newt/Well.(90 #34970
\$100.00	Sat. 8:30am Boxford #57966
(\$15.41)	Stripe Fee
\$1,560.39	Total

12th Step Within-Kelly C.

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

Webmaster July 2024 Report (June 2024 data)

The OAMBI website was updated with the latest Newsletter, highlights, front page, MBI and 90 day meeting list, WSO Bulletin, personal story post, and calendar. Please let me know if I have missed something.

Email Campaign Report: Spring/Summer Events
 Delivery Date/Time: Thu, Jun 13, 2024 6:37 am

Overall Stats

Total Recipients: 323,
 Successful Deliveries: 318
 Recipients Who Opened: 162 (50.9%)
 Total Opens: 317
 Last Open Date: 7/9/24 7:37PM
 Recipients Who Clicked: 22
 Total Clicks: 38
 Last Click Date: 5/7/24 8:58 AM

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

MBI Office Activity - June 2024

Phone Calls received	4
Emails received	28
Emails sent	21
Checks & Cash Received	5
Newsletters sent	5
Meeting lists sent	none
Professional packets sent	none
Newcomer packets	none

Warmly, together we recover,
Marina - OAMBI office worker
 snail mail: POBox 74, Arlington, MA 02476
 email: info@oambi.org
 office phone: 781-641-2303
 web-site: <https://oambi.org>

PI/PO Committee

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.

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

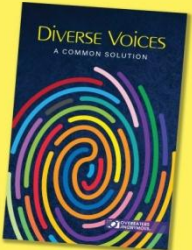
Virtual Region Phone Marathons are being held during the most important holidays this year. Meetings are every hour from 8:00 AM to 12 midnight EST (UTC-5) with regular scheduled meetings.

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

If you are interested please contact willing by text at 858-829-1615. Together we can.

A NEW BOOK NOW AVAILABLE



FIND IT NOW AT bookstore.oa.org
#954
 US\$13.50
 Single Copy
 \$303.75, case of 25
E-BOOKS NOW AVAILABLE!

Diverse Voices: A Common Solution (#954) is a collection of member stories intended to both honor the incredible variety within our membership and illuminate how that variety shapes individual journeys to healing through our Twelve Steps of recovery. Compulsive eating and compulsive food behaviors are the great unifiers of our Fellowship, and it is our hope that readers will recognize themselves in the experience and hope detailed in these pages, no matter how “different” the voice may seem. After all, “Whatever your race, religion, spiritual path, nationality, gender identity, sexual orientation, body size, or any other attributes, you are welcome in OA.”

Diverse Voices is now [available in print from bookstore.oa.org](http://bookstore.oa.org) for US\$13.50 and in e-book format from your favorite third-party online retailer for \$9.99:

- [Amazon Kindle](#)
- [Apple Books](#)
- [Barnes and Noble Nook](#)

Don't wait to explore the amazing diversity of our worldwide Fellowship. Get your copy today!

If you are interested in a diverse meeting experience, check out all the meetings, retreats and conventions across the United States and around the world. Go to oa.org and tap on MENU, select Event Calendar. Make your choice, sit back and enjoy a virtual experience, or perhaps a trip to the state or country for a face-to-face event. Overeaters Anonymous is truly a diverse and worldwide organization.

Barbara Ann
 Newsletter Chair



Call for Stories about Mental Health and Recovery

Overeaters Anonymous is developing a new piece of literature featuring personal stories from OA members in recovery who live with chronic mental health conditions. We are looking for stories that focus on your mental health challenges in relation to your physical, emotional, and spiritual recovery from unhealthy relationships with food and body image.

If any of this is part of your lived experience, please consider sharing your story as a vital service to our OA community!

(CORRESPONDING SECRETARY'S REPORT)**MASS BAY MEETING DATES**

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 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> 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

Fall assembly deadlines

The Region 6 Fall Assembly is scheduled for Saturday, Sept. 21, at the Hilton Garden Inn Albany Medical Center, Albany, NY, US. Registration opens, and the Fall Assembly packet will be available, Aug. 7th. All attendees must register, even if you were a registered representative or alternate for previous assemblies. All representatives and alternates must have six months of current continuous abstinence.

If your intergroup wants to send a representative but needs financial help, Region 6 can help fund a representative's travel expenses. Also, Region 6 offers financial support to applicant intergroups seeking to spread word of OA. Money is budgeted for these initiatives, so take advantage of the resources available.

Reservations for Sept. 20-21 at the Hilton Garden Inn Albany Medical Center, 62 New Scotland Ave, Albany, NY, US are now available (Check in: 3 p.m.; check out: noon; Albanymedicalcenter.HGI.com; 518 396-3500). Attendees must book by Aug. 28 using the R6A rate code to receive the group rate of \$138 per night. Tuesday, July 23 is the deadline for applying for these assistance opportunities. All documents must be sent to the [Region 6 Coordinator](#). You will need one or both of these documents: 1) [Travel Scholarship Application](#): for Region 6 Representative(s) to the Fall Assembly (for eligible Intergroups) 2) [PI/PO Blitz Proposal](#): (Public Information/Professional Outreach)

July 23 is also the deadline to submit on these matters:

[Bylaw/Policy Amendments](#)

[New Business Motions](#)

[Region 6 Board Positions](#) Positions for election at the fall assembly are vice chair, treasurer, and secretary.

[Trustee Liaison Application](#)

Region 6 reimburses intergroup attendees for mileage. Recipients must return a completed [mileage reimbursement](#) form to Treasurer@OARegion6.org by Monday, Oct. 21.

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>

For news, events, announcements & info, see the websites:

www.oambi.org; www.oaregion6.org; 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, Jeanne K.
- 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: PO Box 74, Arlington, MA 02476
Email: info@oambi.org
Office phone: 781-641-2303
Cell phone: 617-797-7544