



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

August 2024

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I love people, but I get physically tired being with people. Being an obese child, teen, adult for decades I was hurt by bullies, family members telling me I was lazy and lacked will power, hurt being the last one called for a team during PE class.

I had low self-esteem so I did many hobbies, interests by myself or with my 1-2 friends. I also discovered as a youngster being left alone while my parents worked I could eat whatever I wanted, when I wanted. I learned at an early age that me and my food addiction did much better in isolation. I didn't have to tell anyone how much I was hurting physically and emotionally. I could lie to myself that I was just fine having no friends. I could lie to myself that I enjoyed being alone by myself, having few friends. When I got married and had four children, it really brought out my anger and rage. It was a struggle to love and care for my children the way they deserved AND live in my disease of compulsive overeating. My disease always won out. I had so much self loathing, shame, and guilt.

My oldest son went through drug and alcohol treatment when he was 18. We were talking one day about his recovery. As I listened to him I realized my compulsive overeating wasn't just a lack of willpower, but a disease. There was help for me! I got into 12 step OA program but spent years trying to make it work "my way". I would lose weight, relapse, lose weight, relapse.

Last fall, I returned to attending church consistently. It has been beneficial to my recovery program. It keeps reiterating the message to have a power greater than myself to trust and rely on. At my church, I have begun doing service and connecting with others. Like my 12 step OA program I feel welcomed, wanted, not judged, but accepted. I'm discovering I do enjoy being with others

and healthy food is fuel for my body. I look forward to the friends I have made.

At the end of June and the beginning of July we were gone for two weeks celebrating our son and new daughter-in-law as they married. We also traveled 15 hours to the coast of Georgia to meet our new great granddaughter. Not once did I think about food between meals, think about sneaking food, eat food between meals, eat food with others before going to bed. While on the road, I didn't buy food at gas stations to reward myself for being a good passenger or for driving several hours without stopping. Life was still going on around me, but my HP was keeping me focused on one moment at a time to do the next right thing. I surrendered and let my HP take the wheel.

I realized something I did different during the two weeks we were gone compared to previous vacations. I stayed focused on God and my recovery program. I didn't take a vacation from my program. I took uninterrupted time each morning and evening to be with God. It gave me time I needed for me so I could be fully engaged with the family that I truly love. That time I took with God was a life saver. God gives me everything I need when I'm honest, open, willing.

I had a great time being with people because I was taking care of myself the way God desires.

With a grateful heart,  
Sue S.

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 8:** Made a list of all persons we had harmed and became willing to make amends to them all.  
 SPIRITUAL PRINCIPLE: **SELF-DISCIPLINE**

**Tradition 8:** Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.  
 SPIRITUAL PRINCIPLE: **FELLOWSHIP**

**MBI COMMITTEE REPORTS**

**From the MBI Chair**

On July 13th of this year, MWI and MBI had their second yearly summer fellowship picnic. Although the weather did not cooperate and it started out very rainy, some very hearty souls came out and we had a fabulous time! We all stayed and shared fellowship until 2 pm. I've been thinking a lot about what my summer vacations looked like before I came into the program 24 years ago. They always centered around all the surgery concoctions I wanted to get. Maybe a little about people I'd be with, but mostly the sugary concoctions. Also, I never wanted to go to the beach or a pool, as I was horrified to put on a bathing suit! I would walk around in dark stretch pants, a sort of sleeve shirt with a dark jacket over it. I now go to the beach, wear a bathing suit (actually have about 10 of them now). Wear sleeveless shirts and sundresses. Today, I know that my program is portable, and just because I'm on vacation, my disease is not. It takes no holidays or vacations off. It is always there waiting for me. I must keep in fit spiritual condition and work my steps no matter what else is going on or who I am with. I only have today and I am going to use those 24 hours to be of service to my higher power and to my fellows. More fellowship opportunities are coming up this Fall, Region 6 Assembly in September and in October the Region 6 Convention in Nashua, New Hampshire. I am looking forward to both of these events, and the fellowship opportunities at both!  
 In fellowship,  
 Bobbie M., MBI Chair

**MBI Treasurer's Report August 2024 Meeting (JULY 2024 Data)**

Income: \$1520.99 Expenses: \$869.54  
 Checking bal. 7/31/24 \$6777.48  
 Savings bal. 7/31/24 \$3,598.04

**Expenses:**

Saintly Solutions: \$35.00  
 ZOOM,US (3) 50.97  
 Verizon (Recurring) 119.08  
 Office Worker 142.50

Webmaster -0-  
 STRIPE Fees 32.02  
 Total expenses: \$869.54

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	\$ 161.00
Sun. 5PM Andover(BBSS) # 45148	\$ 260.00
Sun. 5PM Newton #800698 (# 57566)	\$ 198.01
Mon. 10.00AM Danvers # 57860	\$ 10.00
Mon. 12:15PM Boston(90). ID 48991	\$ 25.00
Mon. 6:30pm Read./Stone.(BBSS)#53025	\$ 20.00
Tues. 9:30AM Reading (BBSS) ID 51015	\$ 166.00
Wed 9:30 AM Reading #800801(#38115)	\$ 100.00
Wed. 6pm Reading # 31055	\$ 65.00
Wed. 7pm Waltham # 54559	\$ 20.00
Fri. 12:15pm Boston ID# 49788	\$ 25.00
sat 8:30AM Lynn #800654 or 47116	\$ 24.00
sat 2PM Chelmsford #02225	\$ 20.00
sat no Andover #46006	\$ 10.00
Sat. 7:15am Newt/Wellesley(90)# 34970	\$ 274.00
Sat. 9am Dorchester(90)# 36235	\$ 175.00
<b>Total</b>	<b>\$ 1,553.01</b>

Most of our donations come through Zoom (online), however we do receive checks. I find it difficult at times to read handwritten checks. Please write your meeting number and the amount you are donating clearly, include your phone number so I can call with any questions. Thank you.

**Jeanne K. Treasurer**

**12<sup>th</sup> 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](mailto:kecoa@outlook.com)

**Webmaster August 2024 Report (July 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. Please let me know if I have missed something.

**Overall Stats**

Total Recipients:324  
 Successful Deliveries:320  
 Bounces:4  
 Recipients Who Opened:170 (53.1%)  
 Total Opens:288  
 Last Open Date:8/9/24 1:11PM  
 Recipients Who Clicked:32 (10.0%)  
 Total Clicks:41  
 Last Click Date:8/4/24 10:00AM  
 Total Unsubs:1  
 URLTotal  
<https://oambi.org/wp-content/uploads/2024/07/MBI-Newsletter-July-2024a.pdf>  
<https://oambi.org/wp-content/uploads/2024/07/Highlights-July-2024-1.pdf>

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

**MBI Office Activity - July 2024**

Phone Calls received	2
Emails received	23
Emails sent	19
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](mailto:info@oambi.org)  
 office phone: 781-641-2303  
 web-site: <https://oambi.org>

**Another Fellowship gathering**

On Saturday July 20<sup>th</sup>, we had a friendship gathering at the Stoneham Senior Center. It was a great success! Approximately 40 members were in attendance. Everyone enjoyed seeing each other. Four years after COVID, there are still very few in-person meetings. And, oh how I miss seeing everyone and giving and getting hugs! Fellowship in person is so important. Stay tuned. There might possibly be another gathering in the Fall! Who knows what the future holds, just stay abstinent!  
 Carol J., Stoneham

**New Beginnings at Enders Retreat**

November 15th - 17th, 2024, TIME : 4:00 PM - 1:30 PM (EST) in person only retreat.

Location: St. Edmund’s Retreat Center at 1 Enders Island in Mystic, CT - [Click Here for the flyer](#): [Click Here for a Registration Form](#)

**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>

**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.

We’re continuing the **OA90 for All** conversation on September 8th at 1:30 PT/2:30 MT/3:30 CT/4:30 ET (following up on the Community Conversation: Compassion, Discipline, and Equity that was held Saturday, 8/3). We want to include and value all perspectives. See link below.

Join Zoom Meeting  
<https://us02web.zoom.us/j/87510731879?pwd=YVFIRWxNRWVSektXeHdIMUNvcTNOQT09>

Meeting ID: 875 1073 1879  
 Passcode: 2020

**MASS BAY MEETING DATES**

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](#)”

Sep 14, 2024 10:30 AM

Join Zoom Meeting

<https://us02web.zoom.us/j/81222162133?pwd=frJP7vVCbXmY0iiehbGfL8fUbZEm8.1> Meeting ID: 812 2216 2133

Passcode: 203607

**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>

**THE CONVENTION HOTEL IS NOW FULLY BOOKED!**

If you would like to be added to the list for a hotel room or a roommate, please email [region6roommatecoordinator@gmail.com](mailto:region6roommatecoordinator@gmail.com), with your request providing your name

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

**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 on 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.

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](http://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.

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

**Emotional Sobriety Workshop**

What is Emotional Sobriety? Can include leading a healthy, emotionally balanced life, living in the present and accepting "what is", resilience - finding equilibrium when things don't go your way, tolerating the feelings. Please join fellows with many years of recovery and learn more about Emotional Sobriety! August 25th, 2024, TIME: 4:30 PM - 7:00 PM (EDT) Zoom ID: 811 8895 2580 Passcode: 527774; More information, Please text Regina H. (714) 292-2245) Flyer: [OA Events](#)

**Seeking Spiritual Guidance - The Power of the Pause**

September 8th, 2024, Time 2:00 PM - 3:00 PM (EDT) Zoom: Meeting ID: 823 7817 6351 Passcode: 066712. No pre-registration and no maximum number of participants. [www.oaontario.org](http://www.oaontario.org) Flier: <https://static1.squarespace.com/static/53499831e4b0bf294b4d7698/t/667b58aa1bdedf64c737a231/1719359663329/September+8++Steps+6++7++Seeking+Spiritual+Guidance.pdf>

**New OA-90 Meeting, OA90 Newcomers - Tools of the Trade!**

Zoom: ID 856 4726 7716, Passcode 521639, Dial-in 1-669-900-9128 Tuesdays – 7:30 AM (Central), 8:30 AM (Est) – 5:30 AM (Pacific) Contact – Bob L. (314) 256-957

**\*\*\*\*\*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.
- Sun 5 pm Newtonville, Hilde
- 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 7:15 am Phone Meeting, Kimberly
- 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