



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

September 2024

Page 1

"See to it that your relationship is right with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us." Big Book, 4th edition, page 164. On August the 4th I celebrated my 35th abstinence anniversary. I could not have reached this happy occasion if my relationship with my Higher Power remained as distorted as it was when I entered program.

I have always believed in God. However, my infantile concept of God was that he was a Sugar Daddy. He was to be at my beck and call, providing me with everything I felt entitled to and more. He was my lackey, my gofer, my servant. If He did not perform as expected, He got my angry, resentful, pouting persona full blast. In 1985 when I came to OA, I was 39 years old. Talk about a case of arrested spiritual development!!!!

The program taught me that my concept was preposterous. I had the cart before the horse. No wonder my life was not going anywhere. As it says on page 53 of the Big Book: "... either God is everything or He is nothing." Before program, God could not be everything. That place was occupied by food. It took me 4 years in program, putting my body through the torture of losing and regaining 100 pounds again until I finally got the message contained on page 62 of the Big Book. A substance cannot be my everything. My selfish, self-centered ego cannot be my everything. God makes it possible to for me to have Him as the Director, and the Principal. He is my Father. I don't tell Him what to do. I ask for good orderly direction in Step 11 to serve Him. He tells me what to do.

Are you struggling with program? Could it be that, as I had, you have the cart before the horse? The Big Book contains wisdom that got me straightened around. Try studying it and may God bless and keep you coming back until the miracle happens for you.

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Love,
Jacqueline
Length in program 39 years (June 1985)
Length of imperfect but enduring abstinence 35 years (August 4, 1989)
100+ pound winner

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

Step9:Made direct amends to such people wherever possible, except when to do so would injure them or others..

SPIRITUAL PRINCIPLE: **LOVE**

Tradition9: OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

SPIRITUAL PRINCIPLE: **STRUCTURE**

MBI COMMITTEE REPORTS

MBI Treasurer's Report September 2024 Meeting (August2024 Data)

Income: \$1053.42 Expenses: \$2335.34
Checking bal. 8/31/24 \$5495.56
Savings bal. 8/31/24 \$3,598.06

Our expenses:

| | |
|--------------------------|---------------|
| August Office Rent | \$ 530.00 |
| Saintly Solutions | 35.00 |
| ZOOM.US (3) | 50.97 |
| VERIZON (Recurring) | 119.37 |
| 2023 Taxes - Tsoutsouras | 1500.00 |
| Webmaster | <u>100.00</u> |
| TOTAL | \$2358.54 |

As you can see, our monthly rent has gone up to \$530.00. I paid our yearly tax preparation fee. We are still getting a discount, but the price has gone up.

Respectfullysubmitted,

Jeanne K. MBI Treasurer, 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).#48991 | \$ 25.00 |
| Mon. 6:30pm Read/Sto(BBSS) #53025 | \$ 20.00 |
| Tues. 9:30AM Reading (BBSS) # 51015 | \$ 166.00 |
| Wed 9:30 AM Readi.#800801(#38115) | \$ 100.00 |
| Wed. 6pm Reading # 31055 | \$ 65.00 |
| Wed. 7pm Waltham # 54559 | \$ 20.00 |
| Fri. 12:15pm Boston # 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/Welle(90)# 34970 | \$ 274.00 |
| Sat. 9am Dorchester(90)# 36235 | \$ 175.00 |
| Total | \$ 1,553.01 |

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

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 September 2024 Report (Aug 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. Respectfully submitted by Jeanne K., MBI Webmaster@OAMBI.org

Subject Line: Autumn events! Delivery Date/Time: Thurs, Aug 15, 2024

Overall Stats

Total Recipients:322
 Successful Deliveries: 318, Bounces: 4
 Recipients Who Opened: 168
 (53.1%)
 Total Opens: 316
 Last Open Date: 9/11/24
 Recipients Clicked: 22(6.9%)
 Total Clicks: 40
 Last Click Date: 8/4/24 10:00AM
 Total Unsubs: 3

NOTE: Of 316 opens, 14 were from Sweden: URLs

- <https://oambi.org/wp-content/uploads/2024/08/MBI-Newsletter.pdf>
- <https://oavirtualregion.org/events>
- <https://oambi.org/wp-content/uploads/2024/08/Highlights-August-2024-c.pdf>
- <https://oaregion6.org/convention/>

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

MBI Office Activity - July 2024

| | |
|---------------------------|------|
| Phone Calls received | 3 |
| Emails received | 23 |
| Emails sent | 22 |
| Checks & Cash Received | 5 |
| Newsletters sent | 5 |
| Meeting lists sent | 1 |
| 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>

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

Happy end of summer OA90! September list and a new workshop announcement attached. There is a lot to report this month, so I should start listing changes.

Meeting closed: Monday 6PM Zoom meeting #45063 due to several factors including lack of people to do service. It was an MBI meeting. Sound familiar? With phone and Zoom meetings replacing in-person meetings we are no longer limited by driving distance or bus schedules and the attachment to a local meeting may not exist. We may have broader horizons with connections all over the country but how committed are we to our meetings? When a business meeting is announced do we stay for it, do we volunteer? If nobody does service, will we still have our meetings? There are folks who do a lot of service and some who do a little, all of it is important to keeping our OA meetings going. If you don't think anyone has asked you to help, I am asking. Please volunteer!

I'm secretary of the Wednesday 8PM phone meeting and we're having difficulty getting folks to volunteer for service. We're planning to discuss the future of the meeting on the 11th. Suggestions welcome.

New Meeting: Swampscott meeting Tuesday 7PM on Zoom. Zoom meeting ID 89544218269 password 232285. This is updated information. There is older info on OA.org and different older info on the MBI website oambi.org, so I hope somebody gets everyone on the same page.

Contact info updates:

Sunday 8AM Mardie 727-501-3949/EST
 Sunday 4PM Isa 201-874-9543/ EST
 Monday 7PM Zoom Cassi B. 402-709-4436/ EST
 Saturday 7:15AM Mary T. 617-947-7479/ EST

OA meeting number update: Tuesday 10PM EST Zoom meeting was listed on the list under an old number #00734, correct number is 801550. This is only relevant to matching info from OA.org to the list and doesn't affect anyone getting on the meeting.

Zoom meeting security alert:

Several Zoom meetings have started locking their meetings soon after they start to prevent intruders. Please try to be on time for the following meetings:

Wednesday. 9:30AM locks at 9:40AM,
 Thursday 5:30PM OA/AA Steps/Trad locks 5:45PM.

If your meeting does this, put it on OA.org and let me know as well, it can help visitors to your meeting. Remember, we were all newcomers once.

New Zoom meeting

Saturday 8:30AM ID 842 3837 3993 passcode 342407 contact person: Marianne D. 617-840-1463/est.

There will be a new workshop Sunday 9/22 from 1-3:30PM EST on the topic of The Promises. Not just 9th and 10th Step, all 12. Speakers, Q&A, sharing. Please see attached.

Gratefully in service,
 Jean B.

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

ANOREXIA AND BULIMIA RECOVERY WORKSHOP: THE INTERVIEW: RECOVERY AND STORY FOCUS ON ANOREXIA AND BULIMIA

Sponsored by: Virtual Region of OA
 When: Sunday, September 29th, 2024, Time: 1:00PM to 3:00PM Details: Hear Recovered Anorexics & Bulimics share the challenges they overcame and their miracles of recovery. Followed by Q & A
 Zoom ID: 864 1961 9360, Passcode 101112 info@oavirtualregion.org Hosted by VR 12th Step Within and PIPO/UWD Committees Questions? Reach out to Dianne T. at vicechair@oavirtualregion.org

Footsteps Night Owls Meetings Sponsored by OA Footsteps:

7 Days A Week 10:00 PM, EST ID: 98842499977 PW: 1212

MASS BAY MEETING DATES

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=aXpzWHhEY0k5NFEwU0NOV2JoSVNJZz09>

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. 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, with your request providing your name

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

INVITATION to LIVE GATHERINGS/MEETINGS

Come one and come all to the celebration of the one year anniversary of a live OA 90 meeting on Monday, September 30, at Christ the Redeemer church, [188 Elliott St. Danvers, Mass](#), time: 10am to 11:30 am

Ocean & Bay Intergroup:

New Beginnings at Enders Retreat November 15th - 17th, 2024, TIME :Friday 4:00 PM -Sunday 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](#)

TRICKS OF THE DISEASE AND TREATS OF RECOVERY: HEAR STORIES OF HOW THE DISEASE HAS TRICKED THEM.

Sponsored By: Greater NY Metro Intergroup & Westchester United Intergroup Virtual: Date: **October 20th, 2024**, Time: Sunday 1:00 PM - 3:00 PM. Q and A to follow
Zoom ID: 825 0402 2462 Passcode: October
<https://oa.org/events/tricks-of-the-disease-and-treats-of-recovery/>

Zoom Security Training Sponsored by Nassau County InterGroup:

Time: 7:00 PM EST^{1st} Monday of every month
ZOOM ID: 774-646-690 PASSWORD: 535356

Connecticut Intergroup:

Relapse, Recovery & Prevention Workshop:

Date: Sunday, September 29, 2024, Time: 2:00PM - 4:00PM, EST.

Location: St. John's Episcopal Church

679 Farmington Avenue, West Hartford CT, 06119. The workshop will be held in person, at the meeting hall. Join us for speakers, meeting shares, participant activities and raffle prizes! Contact Cheryl at 407-415-8267 with any questions. Flyer: <https://connecticutoa.org/event/>

*******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

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