



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

October 2024

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Overeaters Anonymous Is Still Doing the Hard Work



By Abigail Van Buren
Dear Abby July 12th,
2024/Letter 1 of 2

DEAR ABBY: I recently watched a video of the founder of Overeaters Anonymous, Rozanne S., telling the story of founding the program and her own struggles with food. In it, she mentioned that your mother had been instrumental in getting OA information out to the public and was responsible for its growth.

Abby, OA saved my life, and I'm grateful to Rozanne and to your mother. After 39 years in the program, I have released 120 pounds from my top weight. I'm now at a healthy weight and have been for most of 39 years. Beyond the weight loss, I have sanity, freedom and healthy relationships in my life. I came in only to lose weight, but the clarity I derived from working the 12 steps is the most important thing I have ever done in my life.

I'm glad I didn't have to rely on a drug to help me lose weight, and I found that working on what's inside helped to make the outside a normal weight. My only regret is that more people aren't aware of the program and still believe the solution is to "just lose the weight." In the introduction to my first OA book, it said, "Thin will not make you well, but well will make you thin." Today, I love myself as I am -- something I never thought would be possible. - JOE A. IN HOUSTON, TX

DEAR JOE: Thank you for your sweet letter. I remember my mother's interest in Overeaters Anonymous and her respect for its founder. I once had the pleasure of meeting Rozanne, a lovely woman, as well. As I'm sure most of us know, people have been known to eat for reasons that have nothing to do with physical hunger. The introduction of weight loss drugs has hit like a tidal wave and, for some, it has been like a miracle (so far). However, for those wanting a more conservative approach, or who cannot tolerate the side effects of these drugs or afford the cost, Overeaters Anonymous may provide a successful path to weight loss. There are more than 6,500 OA meetings worldwide, in 77 countries. This includes 2,500 virtual meetings taking place almost any time of the day from other locations around the world. Readers, if you're interested, you will find more information about Overeaters Anonymous at OA.org. Like any 12-step program, there's no membership fee, but donations are welcome.

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

Step 10: Continued to take personal inventory and when we were wrong, promptly admitted it.
SPIRITUAL PRINCIPLE: PERSEVERANCE

Tradition 10: Overeaters anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.
SPIRITUAL PRINCIPLE: NEUTRALITY

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MBI COMMITTEE REPORTS

MBI Treasurer’s Report Oct. 2024 Meeting (Sept 2024 Data)

Income: \$920.54 Expenses: \$1152.24
 Checking bal. 9/30/24 \$5263.86
 Savings bal. 9/30/24 \$3,598.10

Our expenses:

September Office Rent	\$ 530.00
Saintly Solutions	\$ 101.67
ZOOM.US(3)	\$ 50.97
VERIZON*RECURRING	\$ 119.37
Staples - ink	81.80
P.O -stamps	\$ 3.43
Webmaster	\$ 100.00
Office worker (2 Mo)	\$ 165.00
Total	\$1152.74

Our income of \$920.54 is less than our monthly income. This is the second month in a row and we do have two yearly expenses coming up – our yearly hosting fee from Saintly solutions and our insurance for the office and meetings. I think it is definitely necessary to retire the office. Also, the total donations from Stripe were \$587.16 minus the fee (\$1.62)

Respectfullysubmitted,Jeanne K.
 MBI Treasurer, treasurer@oambi.org

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

\$ 29.74	Anon
\$ 29.04	Sun. 10:00am Medford(R&R) #53288
\$ 19.26	Mon. 6:30pm Read/Stone(BBSS) #53025
\$ 50.00	Mon 9:30am Wellesley #45662
\$ 100.00	Mon 10:00am Danvers #57860
\$ 77.49	Tues. 9:30am BBSS Phone #55714
\$ 62.00	Tue 9:30 am Reading #51015
\$ 19.26	Wed. 7pm Waltham #54559
\$ 25.00	Wed 9:30am 800801
\$ 7.50	Wed 6pm Reading
\$ 133.41	Sat. 8:30am Boxford #57966
\$ 232.75	Sat. 7:15am Newt/Wellesley(90) #34970
\$ 52.59	Sat. 6:15am ZOOM #800658
\$ 32.50	Sat 7:30am Lynn #800564
\$ 50.00	Sat 2:00 pm Chelmsford # 02225
\$ 920.54	Total

12th Step Within-Kelly C. Working with OA90 to coordinate a meeting on Thanksgiving Day. Details to be announced in the next few weeks.

Webmaster October 2024 Report (Sept 2024 data)

The OAMBI website was updated with the latest Newsletter, highlights, front page MBI meeting list, 90 day meeting list, WSO Bulletin, personal story post, calendar, and also Zoom info.

NOTE: your ZOOM meeting has reached its last occurrence and the number of occurrences needs to be updated. **DO NOT create a new link!** We have 27 meetings listed on OAMBI.ORG Please have your MBI Rep send me an email at webmaster@oambi.org and I will check the status of your Zoom occurrences and update as necessary and let you know the month before it needs to be updated.

September Newsletter Subject Line: R6Convention in NH!

Delivery Date/Time: Mon, Sep 16, 2024, 7pm
 Overall Stats: Total Recipients: 318
 Recipients Who Opened:164 (52.4%)
 Total Opens: 334; Last Open Date:10/14/24
 Recipients Who Clicked:16 (5.1%)
 Total Unsubs: 2

Respectfully submitted by Jeanne K.
Webmaster@OAMBI.org

MBI Office Activity - September 2024

Phone Calls received	2
Emails received	30
Emails sent	22
Checks & Cash Received	5
Newsletters sent	5
Meeting lists sent	none
Professional packets sent	6
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/>

SERVICE OPPORTUNITIES AT MBI

Chairperson

Treasurer:

ZOOM Controller

******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.

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 \(virtualregion.org\)](#)

Phone Marathons:

- *Thursday, October 31, 2024, Halloween & Diwali – Remembering Where We Came From
- *Monday, November 11, 2024, Veterans Day / Armistice Day – How Do I Know If I Am Hearing My Voice or HP’s
- *Thursday, November 23, 2024, Thanksgiving Day – Cleaning My Side of the Street, Minding My Own Business Is Setting My Boundaries
- *Saturday, December 21, 2024, Winter Solstice – Face Everything and Recover
- *Tuesday, December 24, 2024, Christmas Eve – Acceptance is the Answer to all My Problems Today
- *Wednesday, December 25, 2024, Christmas Day & Hanukkah – Food Is Not My Real Problem Thursday,
- *December 26, 2024, Boxing Day and Kwanzaa – Let Go and Let God, How am I Letting go Today?
- *Sunday, December 31, 2024, New Year’s Eve – Recovery is Worth Working For
- *Monday, January 1, 2025, New Years Day – Are You Sharing Your Gratitude? Meetings every hour from 8:00 AM to 12 PM EST (UTC -

5) Phone: 712-432-5200 Conference ID: 4285115#



That is our hope for all compulsive overeaters! Enjoy the good times, but don't let your OA program suffer for it.

We are looking forward to publishing stories of success in maintaining abstinence through the holidays and beyond. If YOU have a story to tell, please considering writing an article for the Newsletter. The only requirements are must be in a WORD document (no PDF), and not exceed 600-650 words.

If you are interested, please contact Newsletter Chairperson, Barbara Ann at barbinlowell@gmail.com.

World Service Business Conference 2024 Ask-It Basket Questions

Question: Among all the Tools of recovery, which one has a priority? Based on one of the pamphlets, sponsorship has priority, however, meetings are more important. Any idea?

Response: No one Tool has priority over another. It depends on which Tool would be helpful at the time. Recovery is achieved by working the Twelve Steps and all the Tools support members in this.

(CORRESPONDING SECRETARY'S REPORT)

MASS BAY MEETING DATES

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.
Join Zoom Meeting
<https://us02web.zoom.us/j/81222162133?pwd=frjP7vVCbXmY0iiehbtGfL8fUbZEm8.1> Meeting ID: 812 2216 2133
Passcode: 203607

REGION 6 NEWS EVENTS:

**Get Ready for the 2024 Region 6 Convention
October 25-27, 2024
Doubletree by Hilton, Nashua, New Hampshire**

- The walk-in registration is \$75 at the door
- Can't attend in person? Register to see and hear the keynote speakers via Zoom for \$15
- Apply for an Angel Ticket if you can't afford to attend otherwise
- Encourage your meeting to contribute to a Raffle Basket
- Help us by signing up for service opportunities at the convention

Please visit the convention website by clicking the blue button!

<https://oaregion6.org/convention/>

How to request an Angel Ticket for Registration to 2024 Region 6 Convention

Angel Tickets have been anonymously donated by OA members for OA members who otherwise wouldn't be able to attend due to cost. To request an Angel Ticket for Registration for OA Region 6 Convention, October 25-27, 2024, please click here to fill out the request form:

[Region 6 Convention 2024 Angel Ticket Request Form.](#)

There are a limited number of Angel Tickets available, and they will be distributed on a first-come-first-served basis.

Please note: The Angel ticket is for registration only and does not include meals or accommodation.

Thank you!
In loving fellowship,
Region 6 Convention Committee

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

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



*******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.
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 7:15am, NWW, Marcy
Sat 7:15 am, NWW Kimberly
Sat 8:30 am Boxford F2F only,
Sat 8:30 am Lynn OPEN
Sat 9:00, Medford, Kelly C.
Sat 9am, Carney hospital,
Sat 2pm, Chelmsford, Barbara Ann F.

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