



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

November 2024

Page 1

THOUGHTS ON STEP ELEVEN

I have oftentimes struggled with working Step 11, *"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out"*, thinking that I wasn't quite doing either part, prayer or meditation, correctly.

When I acted upon a suggestion from a faithful friend last year and came across a little cheat sheet more recently, my prayer life changed. The friend shared that while talking with God in gratitude I could also share my struggles, even though I believed that God already knew of them. What that did for me was remind me to share with God that I knew I could not walk through my life, work my program, stay abstinent, without His help.

Prayer suggestions from the cheat sheet. Ways to practice prayer:

1. Journal your prayers, but not just requests. Write out questions, heartaches and struggles. Journal gratitude too. Write a letter to God. Then go back and read your journal entries in a week or a month. You may just be reminded of how God has answered your prayers. And when you're feeling down, reading your past gratitude lists might remind you of God's goodness and love for you.
2. Take a prayer walk. Take a walk and thank God for the beautiful creations you see. Walk around your neighborhood and pray for the family in each home you pass.
3. Pray over your Action Plan. Got something stressful coming up? Pray for peace of mind. Pray for God to enter into your busy schedule and to keep you open to what He would have you do that day.
4. Pray about the news. When you read or hear about a troubling issue, pray for the people involved.
5. Partner up. Find someone to pray with regularly. Whether in person or on the phone

or via Zoom, pray together silently, pray aloud, pray for God to enter into your relationship. Praying with a life partner or friend is great for personal accountability.

6. Be quiet. If prayer is a conversation, then you also need to listen in silence. And silence means finding a quiet place to get away from distractions. As you listen, don't expect to hear a voice, but do expect God to tug at your heart, move your conscience, or help you realize something you need to do or change.

7. Keep a prayer on your lips. Dozens of thoughts pass through your mind daily. You daydream. You may think negative or gossip thoughts. Turn those daydreams and not-so-great thoughts into prayers. Ask God to bless the person you are thinking about negatively. Ask God to forgive you for thoughts that take your mind places it shouldn't go. Turn daydreams and other passing thoughts into moments to recognize God's presence in your life.

The meditation piece of Step 11 was aided a few years ago by my trying various meditation apps that taught me, in part, that the goal of meditation was not to stop stray thoughts from interrupting my focus but to learn how to let them go and bring my attention back to my breath. My thoughts still wander while I meditate but they no longer keep me from hearing God's voice, from feeling centered, at least on a good day.

I still struggle at times with whether or not I'm praying and meditating correctly, but I've learned that the only way to do Step 11 wrong is to not do it at all.

Linda H., Danvers

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

INDEX

Committee Reports	Page 2-3
Update from World Service	Page 3
Upcoming Events (Please announce)	Page 4
MBI Board and Meeting Rep Info.	Page 5

Step11:Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
SPIRITUAL PRINCIPLE: SPIRITUAL AWARENESS

Tradition 11: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication..
SPIRITUAL PRINCIPLE: ANONYMITY

MBI COMMITTEE REPORTS

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

Income: \$1125.15 Expenses: \$1205.54
Checking bal. 10/31/24 \$5183.47
Savings bal. 10/31/24 \$ 3,598.103

Our expenses:

September Office Rent	\$ 530.00
Saintly Solutions /INC \$275. Yrly hosting	\$310.00
ZOOM.US(3)	\$ 50.97
VERIZON*RECURRING	\$ 119.37
P.O -stamps	\$ 3.43
Webmaster	\$ 100.00
Office worker	\$ 86.25
Total	\$1205.54

Our income of 1125.15 is slightly less than our monthly income. This is the second month in a row and we do have one more yearly cost coming up our insurance for the office and meetings. I believe we will save more by not having to insure the office. Last year it was \$462.00. I think it is definitely necessary to retire the office.

Also, the total donation from Stripe was \$975.00 minus the \$26.19 fee.

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

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

ANON	\$ 57.78
Sun. 5PM Å Andover(BBSS) # 45148	\$ 97.50
Sun. 5PM Newton #800698 (#57566)	\$ 208.30
Mon 10 AM Danvers #57860	\$ 100.00
Mon. 6:30pm Read/Ston.(BBSS	\$ 19.26

#53025	
Tues. 9:30AM Reading (BBSS) # 51015	\$ 110.60
Wed 6PM Reading #31055	\$ 7.50
Wed 7PM Milton #50143	\$ 67.86
Wed. 6pm Reading # 31055	\$ 48.60
Wed. 7pm Waltham # 54559	\$ 24.15
Wed. 9:30am Read. #800801 (#38115)	\$ 94.57
Sat 8:30 am #800564	\$ 7.50
Sat. 6:15am ZOOM #800658	\$ 19.26
Sat. 7:15am Newt/Wellesly(90) #34970	\$ 228.34
Sat. 9am Dorchester(90 # 36235	\$ 33.93
Total Donations	\$1,125.15

Webmaster Nov. 2024 Report (Oct 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.

Although I scheduled the newsletter to go out in October it ,did not! I am sorry for the delay!

Thanks, Jeanne K, Webmaster

October Newsletter

Subject Line: Convention was Great!

Delivery Date/Time: Sat, Nov 9, 2024, 7:25 am

Overall Stats

Total Recipients: 314
Successful Deliveries: 312
Recipients Who Opened:168
Total Opens:257
Last Open Date:11/11/24 10:27AM
Recipients Who Clicked:23 (7.4%)
Total Clicks:30
Last Click Date:10/4/24 5:02PM
Total Unsubs:1
Total Abuse Complaints:0

Popular URLs:

- <https://oambi.org/wp-content/uploads/2024/10/MBI-Newsletter-October-2024.pdf>
- <https://oambi.org/wp-content/uploads/2024/10/Highlights-October-2024.pdf>
- <https://oavirtualregion.org/events/>

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

MBI Office Activity - September 2024

Phone Calls received	2
Emails received	33
Emails sent	19
Checks & Cash Received	4
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/>

- SERVICE OPPORTUNITIES AT MBI**
Chairperson
Vice-Chairperson
Treasurer
Recording Secretary
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. 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.

Introducing **The Joy of Service!** e-zine, produced by the OA Board of Trustees: There’s a magical thing that happens when you serve others; you end up giving yourself a gift too . . .
 .“We asked members to share how service has been a vital and joyful part of their personal growth and recovery, and we’re happy to present these shares as a collection in The Joy of Service! digital magazine. “We hope you enjoy the stories, art, poetry, cartoons, videos, audio, animations, favorite quotes on service contributed by your fellow OA members. You can even give the OA Service Wheel a spin to get some fun suggestions for your next service!” Please share the Joy of Service E-Zine

in your meetings and service bodies. Thank you!

[!The Joy of Service | PDF to Flipbook](#)

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 \(virtualregion.org\)](#)

OA90 Phone Marathons:

- ***Thursday, November 28, 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#

HAPPY, ABSTINENT
 THANKSGIVING TO ALL

Christmas Poem:
<https://oa90.org/oa-christmas-poem-by-anonymous/>

(CORRESPONDING SECRETARY'S REPORT)

MASS BAY MEETING DATES

December 14, 2024

January 11, 2025

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 Zoom meeting. **1-hour Thanksgiving morning, 7AM TO 8AM.**

Join Zoom Meeting

<https://us02web.zoom.us/j/81222162133?pwd=frjP7vVCbXmY0iiehbtGfL8fUbZEm8.1>

Meeting ID: 812 2216 2133

Passcode: 203607

REGION 6 CONVENTION 2025

IMAGINE THE MIRACLES!

EARLY BIRD REGISTRATION NOW OPEN



For 3 weeks only!
 (Oct 27 - Nov 18)
 Register for the 2025 Region 6 Convention at the early bird price of \$50 plus the ticket/leap fees
 Price increases to \$70 in January
 Hyatt Regency in Rochester, NY
 October 24-26, 2025
 Go to oaregion6.org for the convention link.

IMAGINE THE MIRACLES!
 Region 6 Convention
 October 24-26, 2025 - Rochester, NY

Connecticut Intergroup: Abstinent Holiday Survival Workshop, Sunday, December 8th 2:00PM – 3:30PM EST Speakers, Shares, and Two-Way Prayer. Reach out to fellows for help! You don't have to struggle through the holidays! You don't need to drift away. You can find help, Right here in OA! Questions please call, Jacki A., 203-232-406
 Zoom: 883 6034 2067 Passcode: 036485
<https://connecticutoa.org/event/step-11-two-way-prayerwriting-workshop/>

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

MetroWest Intergroup: Annual Readville Gratitude Meeting

Take a break, join in fellowship, and get centered before the holiday!

Date: Wednesday, Nov 27, 2024

Time: 7:00 PM EST

Zoom: Meeting ID: 821 3187 4321 Passcode: 824312

Download PDF Flyer for more information

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

More from World Service

Call for Stories: Share Your Abstinance Journey for a New Book; Submit by January 1

Overeaters Anonymous is seeking new stories and creative works centered on our members' personal experiences with abstinence. Submissions in all languages are welcome! Consider the following questions: What were my early days of abstinence like? How has my abstinence evolved over time? Has my background influenced my experience with abstinence? How has OA service supported my journey to abstinence? We encourage you to share your experience, strength, and hope with the OA Fellowship. Your story may be chosen for publication in a forthcoming book! Flyer: [Call for Abstinance Stories](#)

*******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