



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

December 2024

Page 1

Just say YES! To service

Years ago, a sponsor told me, "When you can, always say YES to an OA request." That stuck with me and the result is that often I get far more back in return from these activities than it takes from me. It is always an affirming surprise that higher power guides our program and my actions in it. One time I was asked to qualify at a meeting that I usually don't attend. My sponsor of many years had passed away and I was dragging my feet about asking a new sponsor. Well at the meeting Higher Power reconnected me with a sponsor from 20 years earlier, someone who today helps me advance in this lifelong journey.

I have had many years in the program. I find taking a service position is the extra push to participate without breaks in my committed meetings. For years I took the key to open the door for my face to face meetings which got me in my seat on time every meeting -cold weather, tired or whatever.

Sponsoring is one of the most precious services I do. It is sometimes difficult when my sponsees need extra time or are suffering. Keeping Higher Power in our exchanges and asking myself, "What would the AA Big Book say about this?" are helpful strategies. Sponsoring is a wonderful reinforcement of the gifts of our program and a reminder that I am just one bite away from the chaos and depression of compulsive eating. There have been many times when I think- "I won't even contemplate sniffing that food- I couldn't bear to let my sponsees and my family down."

Some mornings I want to stay in bed longer, but I have calls coming in and I benefit from this routine, never regretting getting into the day. Service adds to my bountiful life.

Heather H.

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

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

Step12: Having had a spiritual awakening as THE result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

SPIRITUAL PRINCIPLE: **SERVICE**

Tradition 12: Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.

SPIRITUAL PRINCIPLE: **SPIRITUALITY**

***The Twelve Steps to a Better Holiday Season (from Nov. 2007 Lifeline)**

- 1. We admitted the holiday season has a deeper meaning than devouring food.**
- 2. We came to believe that a Power greater than ourselves could help us see and celebrate the true meaning of the season.**
- 3. We came to believe our Higher Power could help us appreciate the joyfulness of the season as we understand it.**
- 4. We made a searching and thorough examination of our relationship with food during the holidays and other things we enjoy about the season.**
- 5. We admitted to our Higher Power the exact nature of our food habits during holiday seasons past.**
- 6. We became entirely ready to allow our Higher Power to remove our attachment to food as a necessity of the holidays.**

7. We humbly asked Him to remove our desire to partake of holiday treats.
8. We made a list of all persons whose presence makes the holiday season joyful for us and with whom we would like to share our joy.
9. We made plans to spend time with those people whenever possible, except when to do so would remove us from our primary purpose of abstinence.
10. We continued to enjoy the company of friends and family and other nonfood aspects of the season.
11. We sought through prayer and meditation to improve our appreciation of the season, praying for knowledge of its meaning and the joy we feel at this time.
12. Having realized that sharing the joy of this season with others far outlasts the fleeting pleasure of food, we gave ourselves the gift of abstinence throughout the holidays and gave others the gift of our full attention and appreciation.

MBI COMMITTEE REPORTS

MBI Office Activity - November 2024

Phone Calls received	18
Emails received	43
Emails sent	14
Checks & Cash Received	9
Newsletters sent	4
Meeting lists sent	none
Professional packets sent	none
Books and pamphlets	12

The MBI office is moving to a smaller space. We have a lot of literature, old and new, which could be distributed to meetings and individual members before the move. The old pamphlets will be free of charge. We could all take some and place them in supermarkets, pharmacies, libraries, community centers, doctors' lobbies, etc... for general outreach. We have a Braille OA book and a box of Spanish pamphlets.

Please contact the office for an appointment to pick up the literature.

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
 Website: <https://oambi.org/>

MBI Treasurer's Report Dec. 2024 Meeting (Nov 2024 Data)

Income: \$1426.01 Expenses: \$ 899.01
 Checking bal. 11/30/24 \$ 5710.47
 Savings bal. 11/30/24 \$3,598.16

Our expenses:

Our income of \$1426.01 is more than our expenses this month. We have been actively cleaning out the office and looking for a much smaller space. I believe we also might save on insurance for the office. But that cost depends a lot on the location of the storage unit. (currently our office & meeting insurance is \$462.00 yearly.) **Thanks to all those who have been helping clean out the office!!**
 Respectfully submitted by Jeanne K.
 MBI Treasurer, treasurer@oambi.org

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

\$2.25	ANON
\$500.00	Sun 8:30am #45497
\$40.00	Sun. 10:00AM Medford(R&R) # 53288
\$20.00	Sun. 5PM Â Andover(BBSS) # 45148
\$20.00	Mon. 6:30pm Read/Sto(BBSS) # 53025
\$100.00	Mon. 9:30AM Wellesley(90) # 45662
\$0.00	Tues Reading 930am #51015
\$74.00	Tues Reading 930am #51015
\$95.00	Wed. 7pm Waltham # 54559
\$37.00	Wed. 9:30am Read #800801(# 38115)
\$100.00	Sat. 2PM Chelmsford # 02225
\$18.00	Sat. 6:15am ZOOM #800658
\$192.60	Sat. 7:15am Newt/Welles(90) # 34970
\$200.00	Sat. 8:30am Boxford #57966
\$20.00	Sat. 8:30am Lynn #800654 (# 47116)
\$30.00	OA Literature
\$1,448.85	Total
\$ -22.84	Stripe Fee
\$1,426.01	

Webmaster 12/2024 Report(11/2024 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 Zoom info. Also updated Stripe meeting donation list.
Thanks, Jeanne K, Webmaster

Email Campaign Report

Subject Line: Newsletter
Delivery Date/Time: Sat, 11, 16, 2024, 9:13am

Overall Stats

Total Recipients: 14
Successful Deliveries: 312
Bounces:2 (0.6%)
Recipients Who Opened:157 (50.3%)
Total Opens: 337
Last Open Date:12/9/24 10:42PM
Recipients Who Clicked:21 (6.7%)
Total Clicks: 41
Last Click Date:12/5/24 1:08PM
Total Unsubs: 1
Total Abuse Complaints: 0

Clicks by URL:

- <https://oambi.org/wp-content/uploads/2024/11/MBI-Newsletter-November-2024.pdf>
- <https://oambi.org/wp-content/uploads/2024/11/Highlights-November-2024.pdf>
- <https://oavirtualregion.org/events/>

The 12th Step Within held a one-hour Thanksgiving Day meeting from 7am-8am, which was well attended by about 15-20 members. Thank you to our 2 speakers and everyone that joined us Thanksgiving morning. It was a wonderful hour of hearing experience, strength and hope.

If you have a suggestion for a workshop or special meeting, please feel free to email me at kecoa@outlook.com

******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.

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:

- ***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# 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?
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- Joyous Abstinent Holidays Workshops:**
Joyous Abstinent Holidays: Parts 1 and 2, Saturday, December 21, 2024
9:00AM to 12:00 PM PST / 12:00 PM to 3:00 PM EST
Zoom ID 837 1100 7258 Passcode 122423
Part 2 Sunday, December 31, 2024, same time and Zoom ID Passcode 123123
<https://oa90.org/joyous-abstinent-holidays/>

MASS BAY MEETING DATES - 2025

January 11, 2025
 February 8, 2025
 March 8, 2025
 April 12, 2025
 May 10, 2025
 June 14, 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 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 AND EVENTS

**By Kimberly C.
 Region 6 chair**

Our Region 6 conventions are really an opportunity to plug into fellowship, recovery, and friendship, to do service and to soak up all the recovery energy and ideas that were there! The workshops were inspiring, discussions were lively, and recovery was palpable!

I had the opportunity to share some thoughts, and encouraged everyone to listen for ideas that will help them be **intentional** in their program. This is just as important now that we are back home. Being intentional about recovery means asking myself hard questions: Am I where I want to be physically and spiritually? Am I doing enough service? How can I incorporate the Traditions outside of OA meetings? If I'm having trouble with abstinence or I'm not at a healthy body weight, I ask for the willingness to take new actions. And then I take even a small new action, because the program does work when we work it!
 I encourage all of us to be intentional in working our program by looking, listening, and feeling for ideas that will help us. I encourage us all to remember that service isn't optional; it's the Twelfth Step!

Region 6 SPRING ASSEMBLY Sat Apr 5 2025, 9:00am - 6:00pm The Spring Assembly

this year is virtual. Details to come.

OA Region 6 Convention - Imagine the Miracles!

October 24, 2025 - October 26, 2025
 Hyatt Regency Rochester, 125 E Main St, Rochester, NY 14604, USA
 OA Region 6 Convention 2025 - Imagine the Miracles!
[See the OA Region 6 website for more details!](#)

News from North Shore Intergroup Unity Day Celebration!

February 22, 2025, 9:00 am - 12:00 pm
 Jointly hosted by North Shore Intergroup and New Hampshire Intergroup
 SAVE THE DATE! DETAILS TO FOLLOW!

NSI Annual Retreat

June 7, 2025, 9:00 am - 4:00 pm
 SAVE THE DATE!
 Watch for our upcoming flyer. Times are approximate!

Western Mass Intergroup

This intergroup has many activities and events scheduled for virtual and in-person attendance. Please see their website for complete details with fliers.
westernmassaa.org

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

Region 6 trustee contact:
Region6trustee@gmail.com
 Please see the website for news, upcoming events, intergroups, and to make a donation
<https://oaregion6.org/about/contributions-new/>

OA Region 6 Treasurer
 Post Office Box 95
 Lynbrook, NY 11563

*******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