



OVEREATERS ANONYMOUS®

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MASS BAY INTERGROUP

MBI Newsletter

January 2025

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From the Past Chair of MBI:

First I want to thank everyone on the MBI Board for all of your support and hard work during my two terms as the Chair of the Board. Secondly I want to put a plug in for service at the next level. When I was first approached by a fellow Board member to serve as Chair I thought "I can't do that" "It will be too hard" etc. I know that voice well as it is the "stinking thinking" of FEAR! I think these stops many of us from taking on various service positions, whether at the group level or on the Intergroup level. However, as I did my step work, I recognized the old thinking and realized, yes I could do the job. This is true of all service positions because this is not a "me" program, but a "we" program, and I have been taught to ask, "What if you trusted and relied on your HP?" I am so happy that I didn't listen to that negative voice. I had a great group of folks on the Board and we accomplished much of what we set out to do. Without service we wouldn't have a program and we would not have been blessed with the gifts of this program. I would probably be dead. When I was approached to be on the Region 6 Board as Secretary, I put it to my HP and said yes! Is it daunting? Is it scary? Yes, but again, I'm not alone, and in our recovery program we are supported always. I must remember to always trust and rely on my HP. So, attend a business meeting and when they ask to fill the service positions... say yes! If we do not do this at group level, then we will be unable to support meetings thus no longer have meetings. If there are no meetings, there will be no Intergroups, or Regions or World Service. Finally, there will be no place for the struggling compulsive eater/food addict to get well. Why would I ever deny someone the precious gift I have been given? Blessings, Bobbie M.

From the Incoming MBI Chair to OAMBI

Happy New Year! I am the new Chair of our intergroup. I am so happy to be looking forward to another year with our intergroup, only this time as Chair. I have served as Recording Secretary since 2018. I have been in the Boston area since 2007 and been a member of OA here since 2008. I originally started in OA in Mesa AZ in 1986. I had been in and out of OA twice before moving here.

When I moved to Massachusetts and started going to 90 day meetings I got new inspiration. I started going to the MBI intergroup meetings. I've never been a business meetings type person, but I found I enjoyed meeting and working with members who were from other meetings. After years of going for 6 month commitments, I was asked to be the corresponding secretary. That turned out to be only a little hard. Then I went to the Region 6 Assembly in Albany and found that it was also doable. I went to the World Service Conference in Albuquerque three times. I gradually realized I liked doing this service, was capable of doing it, and that it actually helped me to work the program.

I got to go to Akron Ohio to visit the AA founder's sites. I believe that the history that started with a few people in 1935 is now being carried on by all the 12 Step programs and the international, national, regional, and local service bodies. I feel the wonderful unity of the 12 Steps, OA, and the fellowship. In service, Paulina 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 1: We admitted we were powerless over food—that our lives had become manageable. Spiritual Principle: **Honesty**

Tradition 1: Our common welfare should come first; personal recovery depends upon OA unity. Spiritual Principle: **Unity**

Concept 1: The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship. Spiritual Principle: **Unity**

MBI COMMITTEE REPORTS

MBI Office Activity - December 2024

Phone Calls received	8
Emails received	63
Emails sent	41
Checks & Cash Received	2
Newsletters sent	4
Meeting lists sent	none
Professional packets sent	none
Books & pamphlets	3 books, 15 pamphlets

A decision was reached by MBI Board members to give up our physical office in Arlington center, which was used only as a storage place for our literature. We will move the literature to a storage unit in Burlington, MA, and it will be as available to members as before.

The current office will close its doors at the end of January. The telephone number will change as well. There will be a voice message informing callers of the new number. We will of course update our website and will inform oa.org. We have older format literature that is available for free for whoever would like it. We have a full box with Spanish OA literature. If anyone would like it, we would be glad to give it away as well. Please contact the office for an appointment to pick up the literature.

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/>

MBI Treasurer’s Report Jan 2025

Meeting (Dec 2024 Data)

Income: \$ 2095.72 Expenses: \$ 3055.17
 Checking bal. 12/31/24 \$ 4751.02
 Savings bal. 12/31/24 \$3,598.19

Our expenses:

December Office Rent	\$ 530.00
Saintly Solutions	\$ 35.00
ZOOM.US(4)	\$67.96
VERIZON*RECURRING	\$ 119.62
OA.org Donation	\$755.00
R6 Donation	\$250.00
Office worker	\$ 183.75
Webmaster	\$100.00
Yearly Insurance for meetings & Office	\$462.00
Storage Unit in Burlington (for the year)	\$551.84
Total	\$3055.17

Our income of \$2095.72 is less than our expenses this month, but our monthly expenses should be lower after January 31.

Thanks to all of you who have helped!

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

Thanks to all who are supporting MBI!!

\$760.00	ANON
\$44.40	Sun. 5PM Newton #800698 (ID 57566)
\$100.00	Mon 10am Danvers #57860
\$10.00	Mon. 12:15PM Boston(90). ID 48991
\$20.00	Mon. 6:30pm Reading/Stone.(BBSS) ID 53025
\$50.00	Mon. 9:30AM Wellesley(90) ID 45662
\$50.00	Tues. 9:30AM BBSS Phone ID 55714
\$53.00	Tues.9:30am Reading #51015
\$30.00	Wed. 7pm Waltham ID 54559
\$20.00	Wed. 7pm Milton ID 50143
\$7.00	Sat 8:30am Lynn #800654
\$90.00	Sat. 6:15am ZOOM #800658
\$247.40	Sat. 7:15am New/Wellesley(90) ID 34970
\$65.00	Sat. 8:30am Lynn #800654 (ID 47116)
\$80.00	Literature/ \$500.transferfrom Savings
(\$31.08)	Fees
\$2,095.72	Total

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

Webmaster Jan 2025 Report (Dec 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 I updated Stripe meeting donation list.
Thanks, Jeanne K, Webmaster

Email Campaign Report

Total Opens: 312
Last Open Date: 1/10/25 8:19 AM
Recipients Who Clicked 20 (6.4%)
Total Clicks: 34
Last Click Date: 1/8/2025 14:04PM
<https://oambi.org/wp-content/uploads/2024/12/MBI-Newsletter-December-2024.pdf>

12th STEP WITHIN

Looking for any ideas for a workshop. Please reach out to kecoa@outlook.com if you have an idea. For workshop information, check out www.aa90.org. Happy New Year in abstinence!

Kelly C

******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

The World Service Convention Returns

The first World Service Convention in eight years is scheduled for August 21-23 in Orlando, Florida. This is a global recovery focused celebration, not a business conference. [Here's some more information about it.](#)

OA90 Intergroup: Exercise is not a Four Letter Word but Do I have to? Do I Want To?

Saturday February 1, 2025, 10:00 AM to 12:30 PM Pacific - 1:00 PM to 3:30 PM EST No Registration Required Zoom ID 837 1100 7258 Passcode 202590 Hear our stories with and without exercise.

Suggested Seventh Tradition Split for Groups Will Change to 50/10/40 in 2025

The Executive Committee of the OA Board of Trustees has approved changing the suggested

Seventh Tradition contribution split for groups from 60/10/30 to 50/10/40 starting January 1, 2025. The numbers refer to the respective percentages of total contributions that groups pass on to their intergroup, their region, and the World Service Office.

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!"

Read, listen, watch, and interact with [The Joy of Service! e-zine](#) (link opens to third-party website). Find links to the e-zine on the oa.org [Why Service? web page](#) and in the Document Library.

OA Board Approves New Policy Stating OA Does Not Endorse Minors Attending OA Meetings

The OA Board of Trustees has approved a significant new policy regarding OA meetings and attendance by minors. In accordance with the new board policy, previously approved OA resources, such as form letters and suggestion sheets, that reference participation of minors in OA will be removed from both oa.org and the World Service Office. The change is necessary to protect minors from potential harm and to protect OA, Inc. from potential liability. You can view the new policy under the [Group Resources page](#) at <https://oa.org/group-resources-list/policy-concerning-minors-attending-aa-meetings/>.

CORRESPONDING SECRETARY'S REPORT)

MASS BAY MEETING DATES - 2025

February 8, 2025
 March 8, 2025
 April 12, 2025
 May 10, 2025
 June 14, 2025
 July 12, 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

NEW IN-PERSON MEETING

Begins February 6, Reading MA
 10-11 am , St. Agnes Church, (Community Center), 186 Woburn Street, Reading MA 01867

Spring Assembly Information

Dear Region 6 Representatives/Alternates, and Guests,
 The OA Region 6 Spring Assembly is scheduled for Saturday, April 5, 2025, and will be held virtually on Zoom. **Please note:** All Representatives/Alternates are required to have 6 months of current continuous abstinence. This is a chance to do service, meeting our OA fellows with recovery as well as connecting with those you may not have seen for some time. Below is information about the Assembly, upcoming deadlines.
 I look forward to seeing you soon.
 Should you have any questions, please email me at coordinator@oaregion6.org

Ocean & Bay Two Way Prayer Meeting

List: [CLICK HERE for an up to date listing of OA 2 Way Prayer Meetings](#)

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!

Ocean & Bay Intergroup:

How to Remain Abstinent During Challenging Life and Food Situation
 Date: Saturday, January 25, 2025 2 - 3 PM EST
 Location: Zoom: Meeting ID: 901 265 2959
 Passcode: hello
 No pre-registration and no maximum number of participants.
www.oaontario.org [View the poster](#)

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

For news, events, announcements & info, see the websites:
www.oambi.org; www.oaregion6.org; www.oa.org

*******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**
Paulina S., Lexington
- **VICE-CHAIR**
Dena M.
- **CORRESPONDING SECRETARY**
Brenda C., Waltham
- **RECORDING SECRETARY**
Jeanne K., Chelmsford
- **TREASURER**
Kelly C., Lowell

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,
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