



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

February 2025

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Step 1. We admitted we were powerless over alcohol - that our lives had become unmanageable. (Alcoholics Anonymous page 59) In our beloved AA Big Book, we find the directions for Step 1 in the chapters: The Doctor's Opinion and More About Alcoholism. I find in the Doctor's Opinion some really valuable information from Dr. Silkworth in regard to why I am an alcoholic, food and exercise addict. He says "the body of the alcoholic is quite as abnormal as his mind" in AABB page xxvi. My mind tells me this time I can handle it, but because I have an allergy it sets up the phenomenon of craving and I'm off in my addiction and am doomed. When I surrender I am given hope "the only effort necessary being that required to follow a few simple rules" AABB page xxix. By following the rules (I believe this refers to the plan of recovery laid out in the Big Book) it gives way to an entire psychic change. **If** I am willing to accept that "something more than human power is needed to produce this essential psychic change" (AABB page xxix). So, I accept the plan outlined in the Big Book of Alcoholics Anonymous and remain to pray.

In the chapter 'More about Alcoholism' I find just driving home the point that I will never be normal. "There is no such thing as making a normal drinker out of an alcoholic" (AABB page 31). Whatever addiction I am practicing, I am in the grips of a progressive illness, so I need to have a progressive recovery. IF I fail to enlarge my spiritual life I'm doomed. I must continue to surrender, to be humble, which I was taught meant to be teachable. In this chapter there are 4 great examples I can relate to because each one is about trying to do it my way. The chapter tells me that the program of action is pretty drastic and it's not going to be easy, but the way I had been living was just as drastic and not easy in a destructive way. Even though I am a lazy person I decided to give

this way of life all my effort. I know I have no effective mental defense against my addictions and that my "defense must come from a Higher Power". AABB page 43. I'm good with that, as my trust grows and so do I.

Thank You Dear God my Friend, and so it is, blessed be. Michaeline

\*\*\*\*\*

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

**Step2:** Came to believe that a Power greater than ourselves could restore us to sanity.

Spiritual Principle: **Hope**

**Tradition2:** For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience, our leaders are but trusted servants, they do not govern.

Spiritual Principle: **Trust**

**Concept2:** The OA groups have delegated to World Service. Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.

Spiritual Principle: **Conscience**

## MBI COMMITTEE REPORTS

### **MBI Office Activity –January 2025**

Phone Calls Received	8
Emails Received	182
Emails Sent	66
Checks & Cash Received	7
Newsletters Mailed	4
Meeting Lists Sent	None
Professional packets sent	None
Books & Pamphlets	Many

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January was moving month for the office. We closed the physical office at Central Street in Arlington, and moved the literature, papers, historical records, audio video equipment, suitcases for health fairs, banners, and other things to a 5'x10' storage unit in Burlington, behind Market Basket. The Internet and the phone line that went with it were disconnected. We have a new Google voice number, which functions exactly like the old digital line, at a fraction of the cost. I continue to work from home, as I do since COVID.

Warmly, together we recover,  
 Marina - OAMBI office worker  
 snail mail: POBox 74, Arlington, MA 02476  
 email: [info@oambi.org](mailto:info@oambi.org)  
**office phone: 781-205-9606 \*NEWPHONE\***  
 web-site: <https://oambi.org/>

**MBI Treasurer’s Report Jan 2025**

Our income of \$1338.88(less than expenses) this month, but Feb, will be less. Our monthly rent & phone number used to be approximately \$650. We have paid \$551.00 for storage for a year. Although we have stopped our Verizon, we still may owe Verizon about \$600.00 to finish up the contract. Marina did a marvelous job of coordinating everything! Also, thanks to all who helped during this entire procedure!! Thank all of those who have been helping!

**Welcome & thanks to our new Treas. Kelly C.**

**DONATIONS**

\$95.00	ANON
\$50.00	Sun. 5PM Andover(BBSS) #45148
\$165.00	Sun. 5PM Newton #800698 (ID 57566)
\$40.00	MON 7:30pm Dedham #800334
\$160.00	Mon 10AM Danvers #57860
\$50.00	Mon 9:30am Wellesley (90) #45662
\$20.00	Mon. 6:30pm Reading/Stone.(BBSS) ID 53025
\$62.00	Tues 9:30am Reading
\$20.00	Wed. 7pm Waltham ID 54559
\$134.00	Wed. 9:30am Reading #800801 (ID 38115)
\$114.20	Sat. 7:15am Newt/Wellesley(90) ID 34970
\$10.00	Sat. 8:30am Lynn #800654 (ID 47116)
\$100.00	Sat. 8am North Andover ID 46006
\$339.84	Returned from Movers
<b>\$1,360.04</b>	<b>Total Donations</b>
<b>21.16</b>	<b>Stripe Fee</b>
<b>1338.88</b>	<b>Total</b>

Respectfully submitted, Jeanne K. outgoing  
 MBI Treasurer, [treasurer@oambi.org](mailto:treasurer@oambi.org)

**Webmaster February 2025 Report (January 2025)**

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 was the Stripe meeting donation list. Updated website with new meeting  
 Thanks, Jeanne K, Webmaster

**Email Campaign Report**

Subject Line:Newsletter  
 Delivery Date/Time:Wed, Jan 15, 2025, 4:56 pm

**Overall Stats**

Total Recipients: 314  
 Successful Deliveries: 312  
 Bounces: 2

**Total Opens: 156**

Last Open Date:2/4/25 2:57PM 283

Recipients Who Clicked:

Total Clicks:22

Last Click Date:1/31/25 8:07PM

**Clicks by URL 35**

<https://oambi.org/wp-content/uploads/2025/01/MBI-Newsletter-January-2025.pdf>

<https://oambi.org/wp-content/uploads/2025/01/Highlights-January-2025.pdf>

<http://oanorthshoreintergroup.org/>

<http://oambi.org/>

**12<sup>th</sup> STEP WITHIN**

Check out [oa90.org](http://oa90.org) for the upcoming 90-Day workshops in February! I continue to work with the current Treasurer to assume the Treasurer's role. Hoping by March to be up and running with the Treasury full-time.  
 Kelly C., Lowell, MA

**\*\*\*\*GROUP SECRETARIES: \*\*\*\***

When you update your meeting info at [oa.org](http://oa.org); please update meeting information at [info@oambi.org](mailto:info@oambi.org).

**WORLD SERVICE NEWS AND EVENTS**

The **EVENT CALENDAR** at [oa.org](http://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



**CORRESPONDING SECRETARY'S REPORT)**

**MASS BAY MEETING DATES - 2025**

March 8, 2025  
 April 12, 2025  
 May 10, 2025  
 June 14, 2025  
 July 12, 2025  
 August 9, 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](mailto:coordinator@oaregion6.org)

**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, [See more details](#)

**REGION 6 NEWS AND EVENTS MetroWest Intergroup:**

Retreat, SAVE THE DATE June 6 - 8, 2025  
 La Salette Retreat Center in Attleboro, MA.  
 More information coming soon... Call for retreat volunteers Add to your recovery by volunteering to help on this year's retreat. Contact [retreat@metrowestoa.org](mailto:retreat@metrowestoa.org) to learn about service opportunities.

**MWI "Speaker Bank"** The speaker bank is also a place for fellows to volunteer for service by adding their names to the speaker bank list that MWI coordinates. Please contact [info@metrowestoa.org](mailto:info@metrowestoa.org) and put 'Speaker Bank' in the subject line if you'd like to receive a copy of or add your name to the list. MWI has a speaker bank of fellows who have agreed to speak at meetings.

**MWI "Sponsor Bank"** MWI keeps a list of sponsors called our "sponsor bank." To get contact information for a potential sponsor or to put yourself on the sponsor list, email [info@metrowestoa.org](mailto:info@metrowestoa.org) and include 'Sponsor' in the subject line.

Region 6 trustee contact:  
[Region6trustee@gmail.com](mailto: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 115

**\*\*\*\*\*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 12:15 pm, Boston, Richard G.
Mon 6:30-7:30 pm BBSS Helen K.
Tues 9:30 am, Reading, OPEN
Wed 9:30am, Stoneham, Paulina S
Wed 7pm, Waltham, Brenda C.
Wed 7pm, Milton, Willing P
Sat 8am, N Andover, Heather H.
Friday 12:15 pm Boston, Richard G.
Sat 7:15am, NWW Phone, Kimberly
Sat 7:15 am, NWW F2F, Marianne
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

**781-205-9606 \*NEWPHONE\***

EMAIL: [info@oambi.org](mailto: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](mailto:info@oambi.org)

Office phone: **-205-9606 \*NEWPHONE\***

Cell phone: 617-797-7544