



OVEREATERS ANONYMOUS®

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MASS BAY INTERGROUP

MBI Newsletter

March 2025

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My story as MBI office worker

My first OA meeting was January 2018, at the St. Eulalia church in Winchester. The next one was the Saturday morning 8:30 meeting at the Lawrence Memorial Hospital in Medford (now held at the Medford High School library). I was also sent to the OAMBI website. At exactly that time the office worker, Pat, was moving from Arlington to Nashua, so she could not continue as our office worker. At the top of the screen on the main page of the website there was a red scrolling banner with a request for an office worker, part time work, a few hours a week, who needs to be able to work with a computer, Word, email, printing, CD copying. I was already retired, so I said to myself: "Why not? This way I'll be in the middle of things, and my OA learning curve will be easier." I volunteered.

It was a wonderful job, initially because by taking voice messages, and calling people back, I indeed learned a lot about OA members. Then there were the emails from OA members, other intergroups, from Region 6, from world OA, which I either replied or forwarded to the appropriate people. My strongest relationship became the one with the webmaster - there are always things to add or change on the website. Sending the snail mail newsletter to a few people created warm connections as well.

Then the pandemic hit, and the job changed dramatically. I started working from home, moved the filing system from paper to computer (Google drive, Google documents, Google sheets), and visited the office only for voice messages and for printing the newsletter. The post office box was near the office, in Arlington Center, so I combined the two trips. Then we changed the phone system to a digital one, taking advantage of the new Verizon FIOS capabilities. I could now listen to voice messages from home and also get them as

audio attachments to the office email. I moved the printer to my home to complete the "work at home" situation. The office became a repository for pamphlets, books, the suitcases used for Health Fairs, the banners for the same, audiovisual equipment, and a vast number of other things. With many meetings moving to zoom, the office became a repository for the donated literature of those meetings. The MBI intergroup discussed and then decided to eliminate the office and move the literature to a storage unit, a wise financial decision. The Verizon phone system was dropped in favor of Google voice. The P.O. Box number remained the same. We were fortunate to find a very nice and inexpensive storage unit in Burlington, 15 minutes from my home.

The transition of the phone line was a true adventure, with many scenarios considered and found unfeasible (we wanted to keep the same number). In the end we bit the bullet and got the new number, which is now scrolling in blue at the top of our website. The old number now has a message informing callers of the new number. I reproduced the old greeting on the new line, for continuity, and now it is working like a charm. I get an email, as before, at info@oambi.org, and the attachment opens in Google voice. Very nice.

The physical move was another adventure. Many people came to the old office to help sort things through. Kudos go in particular to Paulina, our new chair, who was with me throughout. We donated some stuff, recycled a lot of old papers and old pamphlets, and moved the rest. The storage unit must still be sorted out. This will happen time. Recently I mailed the first 2 pamphlets from the storage area.

After seven years as the office worker, I feel ready to pass the baton. If anyone out there would like the job, please contact me at info@oambi.org. Marina S.

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

Step 3: Made a decision to turn our life and our lives over to the care of God as we understood him.

Spiritual Principle: **FAITH**

Tradition 3: The only requirement for membership is the desire to stop eating compulsively.

Spiritual Principle: **Identity**

MBI March Treasurer's Report (Feb 2025 Data)

Income: \$1058.38 Expenses: \$ 652.67
Checking bal. 2/28/25 \$ 4751.97
Savings bal. 2/28/25 \$ 3098.24

Our expenses:

Google Phone	\$7.60
ZOOM.US(2)	\$33.98
Saintly Solutions Web Maintenance	\$60.00
VERIZON*RECURRING	\$ 34.59
Philly Yearly Liability Ins – bal.	\$19.00
Office worker (inc. move to storage)	\$457.50
Lamp For Storage Unit	\$30.00
Mass –Filing officers	\$10.00
Total	\$ 652.67

Our income of \$1038.58 is more than our expenses this month!

**Also thanks to all who helped during this entire procedure!!
Thank all of those who have been helping!**

Welcome, thanks to our new
Treasurer, Kelly C.

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

Donations for February 2025

\$6.68	DEPOSIT
\$262.00	DEPOSIT (leftover from move)
\$155.00	ANON Sun. 8:30AM Stoneham(90 FF) # 45497
\$50.00	Sun. 10:00AM Medford(R&R) #53288
\$25.00	Mon. 12:15PM Boston(90# 48991
\$8.00	Tues. 9:30AM Reading BBSS #51015
\$50.00	Tues. 9:30AM BBSS Phone # 55714
\$61.00	Wed. 6pm Reading # 31055
\$55.00	Wed 7pm Waltham #54559
\$200.00	Sat. 8:30am Boxford #57966
\$145.69	Sat. 7:15am Newton/Wellesle(90 #34970
\$10.00	Sat. 6:15am ZOOM #800658
\$1,078.37	
(\$19.99)	Stripe Fee
\$1,058.38	

MBI COMMITTEE REPORTS

MBI Office Activity – January 2025

Phone Calls Received 5 Emails Received 41
Emails Sent 16 Checks & Cash Received 6
Newsletters Mailed 4 Meeting Lists Sent None
Professional packets sent None Books & Pamphlets 2.

Warmly, together we recover, Marina - OAMBI
office worker snail mail: PO Box 74, Arlington,
MA 02476 email: info@oambi.org office phone:
781-205-9606 web-site: <https://oambi.org/>

Webmaster Mar. 2025 Report (Feb 2025 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. Updated website with new meeting.

Thanks, Jeanne K, Webmaster

Email Campaign Report

Email Campaign Report

Title: February Newsletter

Delivery Date/Time: Fri, Feb 14, 2025 10:00 am

Overall Stats

Total Recipients: 316

Successful Deliveries: 314

Bounces: 2

Times Forwarded: 0

Recipients Who Opened: 153

Total Opens: 274

Last Open Date: 3/5/25 9:02AM

Recipients Who Clicked: 24

Total Clicks: 35

Last Click Date: 2/25/25

Total Unsubs: 1

Favorite Links:

<https://oambi.org/wp-content/uploads/2025/02/MBI-Newsletter-February-2025.pdf>

<https://www.metrowestoa.org/bulletin-board/>

<http://OAMBI.ORG>

<https://oambi.org/wp-content/uploads/2025/02/Highlights-February-2025.pdf>

<http://oanorthshoreintergroup.org/>

******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.

OA90 Intergroup**Virtual Region Intergroup, Phone Marathons**

Mon., Mar. 17, 2025, St. Patrick's Day Step 3 – Spiritual Principle – Faith – What Letting Go of Myself-Will Feel Like?

Mon., Mar 30, 2025 Ramadan Ends, Live Today-Not Yesterday or Tomorrow
Sat., Apr. 12, 2025, Passover Have I Passed Over the Good Life of Surrender?

Sun., Apr. 20, 2025, Easter – Orthodox Easter Tradition 4. Spiritual Principle- Autonomy- Do I Take Responsibility for My Actions and Avoid Trying to Control Others? Meetings every hour from 8:00 AM to 12:00 Midnight ET (UTC -5)
Phone: 712-432-5200 Conference ID: 4285115#

March Workshop: March Madness, (Don't Fall Into the Food Trap) March 22, 2025**AD4L Speaker Series 2025 – Step One**

A Design for Living (AD4L) – Big Book OA Intergroup hosts a monthly Speaker Series 2025 Join us Every Second Weekend of the 10:00 AM to 12:30 PM PT - 1:00 PM to 3:30 PM ET Zoom ID 837 1100 7258 Passcode 202590

No Registration Required. You will hear how our fellows with long-term abstinence navigate the March Madness waters, unexpected occurrences, preparation for whatever might come next. Q&A and sharing to follow

Let's Spring into Action Sunday April 6th, 10:00 AM - 12:30 PM PT, 1:00 PM - 3:30 PM ET
ZOOM ID: 837 1100 7258 Passcode 202590
WHAT'S HAPPENING? Hear how our speakers rev into action. Ask your questions of our speakers during Q&A Join us in a workshop writing exercise - sharing is optional Share your experience, strength and hope. All are welcome.

OA90 WORKSHOPS**April Workshop: Action is Magic Word**

Month, Zoom ID: 200 540 624 (no password required) or join:

<https://us02web.zoom.us/j/200540624> For your local dial in number visit:
https://us02web.zoom.us/join?pwd=U08fXC13gSWiYz0EIrg6KLMTd6ye&xzmrtaiid=Ms7SLsWxQJqjpX2WX0ECA.1662330918954.93018a7aba82fabbfa4006ee5214ed88&xzm_rhtaid=687

For more information or future events please visit: <https://ad4l.info/> We look forward to welcoming you! [Flyer](#) A Design For Living Intergroup of OA

Recovery Talks Step 10: Quelling the Disturbance

When: 03/23/2025 2:00 – 3:00 PM. ET (UTC -5) Location: Zoom
Meeting ID: 901 265 2959 Passcode: hello
[Info/Flyer](#) Sponsored by OA Central Ontario Intergroup

CORRESPONDING SECRETARY'S REPORT)

MASS BAY MEETING DATES - 2025

April 12, 2025
 May 10, 2025
 June 14, 2025
 July 12, 2025
 August 9, 2025
 September 13, 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**Spring Assembly Information**

/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.

Spring Assembly Registration Deadline

March 22, at 11:30PM EST

Please view more details regarding committees, etc., at oaregion6.org

Should you have any questions, please email me at coordinator@oaregion6.org

MetroWest Intergroup: MWI RETREAT, Save the Date - June 6 - June 8, 2025

La Salette Retreat Center in Attleboro, MA. More information is coming soon. Add to your recovery by volunteering to help on this year's retreat. Contact retreat@metrowestoa.org to learn about service opportunities. Registration opens March 26, 2025

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 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 and include 'Sponsor' in the subject line.

NSI Annual Retreat

NSI Annual Retreat Join NSI at our 13th annual one-day OA retreat!

June 7, 2025, 9:00 AM - 3:00 PM - Seeking Conscious Contact: Transforming Our Relationship With Our Higher Power - In this retreat, we will look at our relationship with our Higher Power and practice writing and sharing Two-Way Prayer. The day includes discussion, breakout group, opportunities for writing and fellowship in this peaceful and contemplative setting. Bring your lunch - coffee, tea, and water will be provided. Smoke and fragrance-free. Handicapped accessible. Registration is \$15 and is due by 5/23/25. Registration confirmation will be sent prior to 5/31/25. If you need to cancel, please let us know. info@oanorthshoreintergroup.org

Location: Notre Dame Spirituality Center, 30 Jeffreys Neck Road, Ipswich, MA 01938
 Flyer: <https://www.oanorthshoreintergroup.org/wp-content/uploads/2025/03/NSI-RETREAT-SEEKING-CONSCIOUS-CONTACT-06-07-25-Flyer.pdf>

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 115

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 12:15 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**
OPEN
- **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: 781-205-9606