



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

April 2025

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Service: *Any form of service—no matter how small—that helps reach a fellow sufferer adds to the quality of our own recovery. Members who are new to OA can give service by attending meetings, sharing, and putting away chairs. All members can also give service by putting out literature, welcoming newcomers, hosting a virtual meeting, or doing whatever is needed to help the group. Members who meet specified requirements can give service beyond the group level by serving at the intergroup, service board, region, or world service level.*

Recently, I re-read the Big Book chapter, "A Vision for You." Its theme is that giving service to others will become the substitute for the "Four Horsemen": Terror, Bewilderment, Frustration, and Despair. The fellowship of Overeaters Anonymous will create meaning and satisfaction in our lives.

As with most sweeping promises in the Big Book, in my newcomer's head I resisted. "Prove it," I thought inwardly. I would not believe that the answers to my "little food problem" (not so little, but my denial was rampant) involved becoming less selfish, a.k.a., more spiritual. I did not give any service as a newcomer, preferring staying on the sidelines, letting others take on tasks to keep the meeting going, sitting in my chair quietly so others could fix me.

The progression of the illness of compulsive eating opened my mind. The pain of returning to binging and starving, over and over again, made me willing to pick up all the tools.

Service was an antidote to self-centeredness, the foundation of my disease. Service also was like getting a flu shot—immunity, a protection against the deadliness of compulsive eating and compulsive food behaviors.

The first type of service I signed up for was lugging an old blue plastic suitcase filled with OA literature from the closet to the meeting room. I did that for probably a year. I was not abstinent, and ashamed of that, but putting the literature out gave me a little sense of worth.

Over the years, I have volunteered at the meeting level to be treasurer, secretary, leader, speaker getter. These tasks helped me cultivate humility. OA became less of a "they" program and more of a "we" program. I heard a speaker on an OA podcast say, "If you want to increase self-esteem, do esteem able acts." Service does just that.

I have noticed that the last couple of times I've worked through all 12 steps, by the time I finish with step 12, I can't help but pick up another service opportunity. I have a desire to give back what has been so freely given to me.

One last thing, I heard fellows in the program promote the tool of service with the saying, "Service is slimming." As a restrictor as well as a compulsive overeater, that didn't resonate.

But I do connect with a saying regarding the 7th tradition: "Give as if your life depends on it." Giving service continues to save my life, a day at a time.

Colleen

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 4: Made a searching and fearless moral inventory of ourselves.

Spiritual Principle: **FAITH**

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Tradition 4: Each group should be autonomous except in matters affecting other groups or OA as a whole.

Spiritual Principle: **AUTONOMY**

MBI COMMITTEE REPORTS

MBI Treasurer's Report April 2025

March Expenses: \$484.75

Deposits: \$2560.36

Current Balance: \$6827.48

Prudent Reserve (Savings): 3098.27

Meeting donations should be available next month.

Taxes are being done. Still learning to do the treasurer's position. Nothing to report until I learn more, which I hope will be by next month.

Kelly, Treasurer

MBI Office Activity - March 2025

| | |
|---------------------------|------|
| Phone Calls received | 4 |
| Emails received | 64 |
| Emails sent | 18 |
| Checks & Cash Received | 1 |
| Newsletters sent | 4 |
| Meeting lists sent | none |
| Professional packets sent | none |
| Books & pamphlets | none |

12th STEP WITHIN

******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

Walking in the Sunlight Together – OA World Service Convention 2025 August 21 – 23, 2025,

Location: In person at the Renaissance Orlando at SeaWorld, Orlando, Florida See the flyer

below for information

<https://oanewhampshire.org/wp-content/uploads/2025/02/Save-the-Date-OA-World-Convention-August-2025.pdf>

This is the first World Service Convention in eight years. It is a global recovery focused celebration, not a business conference. [Here's some more information about it.](#)

To be kept up to date with the latest convention news, email CONVENTIONINFO@OA.ORG

OA90 Intergroup

Virtual Region Intergroup, Phone Marathons

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#

OA90 WORKSHOPS

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 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?m=D8fxCI3gSWiYz0EIrg6_KLMTd6ye&xzm_rtaid=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

OA90 Virtual Intergroup Presents: A May Workshop on: Keep Growing and Going Through Our Love of OA Literature Sunday, May 18th, 1:00 - 3:30 PM EST, ZOOM ID 837 1100 7258 Passcode 202590 Favorite Selections from approved literature including the Big Book of Alcoholics Anonymous

CORRESPONDING SECRETARY'S REPORT

MASS BAY MEETING DATES - 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**JOIN US FOR A FREE****PUBLIC INFORMATION MEETING**

DATE: **Saturday, May 3rd, 2025**

TIME: 7:15 – 8:15 a.m.

LOCATION: Newton-Wellesley Hospital
Allen Riddle Building

2014 Washington St, Newton, MA 02462

No dues, fees, or weigh-ins. Reimbursed parking.

Everyone welcome — all types of food issues.

A 12-step program of recovery for compulsive eating.

Questions? 781-205-9606

www.oa.org

MetroWest Intergroup: MWI RETREAT

June 6-8, 2025

La Salette Retreat Center

947 Park Street, Attleboro, MA in a wooded setting close to Audubon property with a walking path. .

Contact retreat@metrowestoa.org to learn about service opportunities. Registration opens March 26, 2025

Join us for an interactive journey through the steps, sharing and learning together as we explore the application of the steps to strengthen and grow our recovery.

Cost: \$285, includes two nights in a private single room with 4 meals, breakfast, lunch, and dinner on Saturday and breakfast on Sunday (buffet style). Cost is for the whole weekend; sorry, we cannot offer partial packages.

[Register Online Now](#)

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. 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>

Southwest Connecticut OA Intergroup: SWCTIG Retreat, 17th Annual Retreat,

Tranquility – Transformation Through the Steps Weekend Retreat, June 20 to June 22, 2025, 4:00 PM - June 22, 2025, 12:30 PM EST
Incarnation Conference Center, 253 Bushy Hill Road, Deep River, CT 06417

Cost \$245.00 Registration deadline is May 30, 2025

Flyer & Registration Form: <https://connecticutoa.org/event/tranquility-self-care-through-the-steps/>

Ocean & Bay Intergroup: Online Overeaters

Anonymous Lunch Break Meeting, Monday-Friday, 12:30-1:30PM EST -

Zoom ID: 646-596-036 Password: 550141

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

Gratitude

Attending the Region 6 Spring Assembly was a powerful reminder of the incredible support system that exists within OA. It showed me how much work goes into keeping our fellowship strong and thriving. I'm grateful for the opportunity to participate, and I look forward to being a part of this process in the future.

Gratefully Abstinent

Brenda C. Waltham, MA

*******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