



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

May 2025

Page 1

**Step 3. Made a decision to turn our will and our lives over to the care of God as we understood Him. Alcoholics Anonymous, page 59.**

In our beloved AABBB I find the clear cut directions for Step 3 in Chapter 5: How It Work, pages 58-64

I conceded to the fact that in Step 1 that I was powerless and my life was unmanageable. In Step 2 I came to believe I could be restored to sanity by some Higher Power that I had not yet come to know, but believed you did. This brought me to Step 3 and the idea of turning my will and life over to the care of someone I had not yet come to know was difficult. However, the chapter promises me if I completely give myself to this simple program and be honest, I have a good chance at something better than the life I had been living in addiction. I had been living by self-propulsion and when things didn't work out, I just tried harder to arrange the show as I thought it should be with my sick mind. It was not pretty, so I decided to go to any length to get this program and to let go of my old ideas absolutely. Now I'm all in and will see where it takes me. I like it when the chapter states "Most good ideas are simple" AABBB page 63. I can do simple.

I took the 3rd Step kneeling and holding hands with my sponsor on 12-22-03. When we finished with the 3rd Step Prayer Eleanor said I was under a sacred contract and that meant I was to go on with the rest of the steps. I was willing to move forward and liked very much the 3rd Step Promises on the top of page 63 in the AABBB that offered me the kind of life I wanted but could not achieve on my own. This must mean I'm under the care of a Higher Power's care and didn't even realize it. That's just how the AA book says AA started, they didn't even realize at the time. How Profound.

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

Michaeline  
[tydgmf@yahoo.com](mailto:tydgmf@yahoo.com)

**From the Chair - OAMBI May 2025**

I am very happy to report that we are in the 5th month of the year. We continue to have monthly MBI intergroup meetings, and we hear from most of our meetings that they are doing well. We would love to hear more, and would like all of our meetings to let us know how you are doing and how we can help.

MBI Business Meeting, on Zoom, meets the 2nd Sat. of the month at 10:30. The link is in the newsletter, and on the [OAMBI.org](http://OAMBI.org) website. We will be discussing doing another survey similar to what we did in 2018 to get input from everyone. We will also discuss having a campaign to encourage meetings to do a Public Information meeting. The Newton Wellesley Hospital did one on May 3. I believe the Medford Library meeting is planning one in June. Our Intergroup has many old pamphlets and other materials we will make available.

Wishing you all the very best as we "trudge the road of happy destiny".

Paulina S  
781-698-6647

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

**Step5:** Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Spiritual Principle: **INTEGRITY**

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**Tradition5:** Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.  
Spiritual Principle: **PURPOSE**

### **MBI COMMITTEE REPORTS**

MBI Treasurer - May 04, 2025, Report  
Income: \$515.72 Expenses: \$281.66  
Checking balance 5/8/25 = \$7,285.26  
Savings balance 5/8/25 = \$3,098.20  
Donations for April 5-May 4, 2025

DATE	Contribution From	Donation Amt
5/4/2025	Sat. 7:15am Phone #55746	\$20.00
5/1/2025	Wed. 9:30am Reading #800801 (ID 38115)	\$100.00
5/1/2025	Tues. 9:30AM BBSS Phone ID 55714	\$100.00
4/28/2025	INDIVIDUAL/ANONYMOUS	\$36.00
4/26/2025	Sat. 8:30am Boxford #57966	\$139.72
4/26/2025	INDIVIDUAL/ANONYMOUS	\$25.00
4/26/2025	Sat. 6:15am ZOOM #800658	\$25.00
4/16/2025	Sat. 8:30am Lynn #800654 (ID 47116)	\$35.00
4/5/2025	Sat. 8:30am Lynn #800654 (ID 47116)	\$30.00
4/5/2025	Sat. 6:15am ZOOM #800658	\$5.00
	TOTAL	\$515.72

#### Expenses

Date	Description	Amt paid
5/2/2025	GOOGLE	\$13.68
5/2/2025	*SAINTLY SOLUTIONS	\$60.00
4/30/2025	ZOOM.COM	\$16.99
4/16/2025	ZOOM.COM	\$16.99
4/16/2025	ZOOM.COM	\$16.99
4/2/2025	GOOGLE	\$13.68
4/2/2025	*SAINTLY SOLUTIONS	\$143.33
	TOTAL	\$281.66

### **MBI Office Activity - March 2025**

Phone Calls received	4
Emails received	34
Emails sent	16
Checks & Cash Received	4
Newsletters sent	5
Meeting lists sent	none
Professional packets sent	none
Books & pamphlets	none

**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**  
web-site: <https://oambi.org/>

#### \*\*\*\*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.

**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>

[CONVENTIONINFO@OA.ORG](mailto:CONVENTIONINFO@OA.ORG)

Overeater Anonymous: **A Vision for You:**  
Power of the Big Book 2025 Weekend Retreat  
Friday November 7, 2025, 7:00 PM – Closing,  
Sunday November 9, 2025, 1:00 PM  
Information: <https://www.avision4you>. Early Bird Registration \$225 per person, prior to September 1, 2025

In the spirit of OA's commitment to [Unity with Diversity](#), the OA Board of Trustees has published a list of tips for service bodies wanting to spread the word about specific-focus OA meetings that serve our diverse Fellowship. Our new resource, [Showcasing Diverse Meetings in OA](#), gives examples of eye-catching graphics, organizational tips, and recommendations for helpful links to add to service body websites. Find Showcasing Diverse Meetings in OA in the [Document Library](#) under the categories "Service Body Resources" and "Unity with

Diversity” and download it today so you can implement new ideas to attract diverse newcomers to OA!



**The Starter Kit, formerly titled “New Group Starter Kit,” is now live in the OA bookstore!** This reshuffled all-in-one collection is meant to reflect the breadth of OA literature, from joining OA and the basics of recovery to how to sponsor or recommit after a relapse.

The **Starter Kit** comes with one each of the following pamphlets: OA Members Come in All Sizes (#110), In OA, Recovery Is Possible (#135), A New Plan of Eating (#144), A Lifetime of Abstinence (#155), Tools of Recovery (#160), If God Spoke to OA (#180), Welcome Back (#185), A Guide for Sponsors (#200), Sponsoring Through the Twelve Steps (#220), To the Family (#240), To the Newcomer (#270), To the Man (#290), Twelve Concepts (#330), Anonymity (#390), Where Do I Start? (#705), Is Food a Problem for You? (#750), About OA (#751), and Fifteen Questions (#755).

Also included are single copies of wallet cards Just for Today (#410), Strong Abstinence Checklist (#415), One Day at a Time (#430), I Put My Hand in Yours (#437), Twelve Traditions Pocket Guide (#445), New Prospect Cards (#450), and a copy of the Suggested Meeting Format from oa.org.

Find the Starter Kit at [bookstore.oa.org](http://bookstore.oa.org) under inventory #730 for US\$20.00.

### **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 Virtual Intergroup**

Phone Marathons

Meetings every hour from 8:00 AM to 12:00 Midnight ET (UTC -5) Phone: 712-432-5200 Conference ID: 4285115#

May 26, 2025, Monday, Memorial Day

June 15, 2025, Sunday, Father’s Day Step 6.

Spiritual Principle - Willingness?

June 19, 2025, Thursday, Juneteenth June 20, 2025, Friday

Jun 28, 2025, Saturday, Gay Pride

July 4, 2025, Friday, Independence Day

September. 1, 2025, Monday, Labor Day

**The OA90 Virtual Intergroup** has started recording qualifiers from workshops starting in February 2025. To see written material from previous workshops, please go to the Blog section on the [oa90.org](http://oa90.org) website. You can hear these recordings on a special YouTube channel by going to the following website: <https://www.youtube.com/@OA90VIG> <https://www.youtube.com/@OA90VIG>. The recordings are typically 15-20 minutes each, great for a short burst of program inspiration.

### **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:*

*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*

Workshop : Releasing Character Defects and Shortcomings

Sunday June 8, 2025, 1:00 to 3:00 PM EST, No registration required

Flyer: <https://oa90.org/oa-90-calendar/upcoming-events/>

Zoom ID 837 1100 7258 Passcode 202590 No registration required

## CORRESPONDING SECRETARY'S REPORT

**MASS BAY MEETING DATES - 2025**

June 14, 2025  
 July 12, 2025  
 August 9, 2025  
 September 13, 2025  
 October 11, 2025  
 Meeting ID: 812 2216 2133  
 Passcode: 203607

**REGION 6 NEWS AND EVENTS**
**JOIN US FOR FREE  
 PUBLIC INFORMATION MEETING**
**MetroWest Intergroup:****June 6-8, 2025**

La Salette Retreat Center  
 947 Park Street, Attleboro, MA

Contact [retreat@metrowestoa.org](mailto:retreat@metrowestoa.org) to learn about service opportunities. Registration opens March 26, 2025.

**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](#)

**Come visit these new Massachusetts Face-to-Face Meetings!**

Essex: Tuesday 7:30pm (1 hour, literature)  
 First Congregational Church of Essex, 39 Main St  
 (accessible, with parking)  
 Contact: Edith F 978-675-6112

North Andover: Wednesday 10:00am (1 hour, literature)  
 First United Methodist Church, 57 Peters St, second floor  
 (handicapped accessible via self-operated elevator, use side entrance)  
 Contact: Dena 978-965-9565

**NSI Annual Retreat**

**June 7, 2025, 9:00 AM - 3:30 PM** - Seeking Conscious Contact: Transforming Our Relationship With Our Higher Power.  
 Location: Notre Dame Spirituality Center, 30 Jeffreys Neck Road, Ipswich, MA 01938  
 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](mailto:info@oanorthshoreintergroup.org)  
 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,**  
 June 20 to June 22, 2025, 4:00 PM - June 22, 2025, 12:30 PM EST Tranquility - Transformation Through the Steps Weekend Retreat, 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](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

Workshop : Releasing Character Defects and Shortcomings Flyer: <https://oa90.org/oa-90-calendar/upcoming-events/>  
 Sunday June 8, 2025, 1:00 to 3:00 PM EST,  
 No registration required  
 Zoom ID 837 1100 7258 Passcode 202590



**\*\*\*\*\*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, OPEN
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, Juliet
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**  
OPEN
- **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](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: 781-205-9606