

Suggested Highlights June 2025

Mass Bay: Next MBI Meeting is Sat, July 12, 2025

10:30am-Noon, on Zoom ***NOTE: Zoom and phone information for ALL workshops and retreats can be found on oambi.org under "Upcoming Events"***

NEW! MBI office has a new phone: 781-205-9606

NEW 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, lit) First United Methodist Church, 57 Peters St, 2 floor (handicapped accessible via self-operated elevator, use side entrance) Contact: Dena 978-965-9565
- **Ocean & Bay Intergroup**: Online Overeaters Anonymous Lunch Break Meeting, Monday-Friday, 12:30-1:30PM EST - Zoom ID: 646-596-036 Password: 550141
- **Metrowest Intergroup**:
June 28, 2025, 1:00 to 3:00PM Workshop: I am, I do Enough, I have Enough, Learn how to let go of "never enough" and step into peace and balance
Zoom ID: 837 1100 7258, Passcode: 202590
- **OA Region 6 Convention - Imagine the Miracles!**
October 24, 2025 - October 26, 2025, Hyatt Regency Rochester, 125 E Main St, Rochester, NY 14604, USA
- OA Region 6 Convention 2025 - Imagine the Miracles!
[See the OA Region 6 website for more details!](#)
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The newsletter and the highlights are available at OAMBI.ORG **Meeting Changes - Most changes are on OAMBI.ORG** MBI meeting goers who are able and willing to chair/host their usual face to face meeting as a Free Phone or Zoom and (optional) visual meeting, [Contact Jeanne K at: 781-205-9606 for Host information](#). Please know that Mass Bay & Metro West Intergroup are supporting "live" Group meetings, by Free Conference Call or Free Zoom conference call.

Say: If you have any questions or want more information, please speak to me at the end of the meeting. Thank you.