

## Suggested Highlights July 2025

### Mass Bay: Next MBI Meeting is Sat, AUGUST 9, 2025

10:30am-Noon, on Zoom \*\*\*NOTE: Zoom and phone information for ALL workshops and retreats can be found on [oambi.org](http://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
- **Thursday: 7-8 pm (Winthrop NEW! LIVE Literature/OPEN** at Saint Johns Episcopal Hall, 222 Bowdoin Street, Winthrop, MA 02152  
**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
- **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](http://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.