



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

July 2025

Page 1

Step 7. Humbly asked Him to remove our shortcomings. Alcoholics Anonymous page 59

The directions for Step 7 are in our beloved AA BB in the form of a prayer.

Step 7. "My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen." AA BB page 76.

I believe being humble is to be teachable. I would need to be teachable if I am turning my life and will over to God. I have operated many years running the show which never turned out well for me or anyone else. Step 7 allows me to ask God to sort it all out and use me as Higher Power wishes. Today I get to be useful in ways I am still surprised at, but God gives me the desire and strength to do things differently. In my selfishness I never would volunteer for anything unless I thought it had some value to me. In recovery I learned how to be of service in the rooms and now also outside of the rooms. This shortcoming of selfishness God removes so I can volunteer for fun and for free without getting my ego fed. It's about just doing the next right thing. Higher Power shows me each day what that's going to look like as more is revealed.

Currently I am a volunteer foster and transportation person for the Humane Society. I have been blessed to have transported many different animals to their next adventure and given them pep talks. I also am on my 5 foster dog that comes home with me for whatever their need may be. 2 have been hospice dogs that I got to be with till the end of their life and 2 just needed a resting place for rehab. The one I have now is a young pregnant girl who will have 8 or 9 puppies in around 2 weeks.

This is what I get when God is running the show and removing my shortcomings. It's a life of meaning and purpose. I am committed to my recovery, for I don't want to miss what's next. When I was in my disease of food and exercise addiction all my thoughts were of suicide and homicide. Today I have hope if I am willing to work for it.

Thank you Dear God, and so it is, blessed be.

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

Step7: Humbly asked God to remove all our shortcomings.

Spiritual Principle: **HUMILITY**

Tradition7: Every OA group out to be fully self-supporting, declining outside contributions.

Spiritual Principle: **RESPONSIBILITY**

From Voices of Recovery June 1:

I recognize many of my character defects when I react strongly to seeing them displayed by other people. When I notice character defects in others and realize that I still practice them myself, even when I don't want to, I know I need God's embrace. For me, the first stage of Step 6 is to accept that I have weaknesses and to know that God embraces me, nonetheless.

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

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CONTRIBUTIONS:		
Date	Contribution From	Contribution
6/15/25	Sat. 8:30am Boxford #57966	\$250.00
6/17/25	Sat. 7:15am Phone #55746	\$20.00
6/17/25	Sat. 7:15am Newton Wellesley(90) ID 34970	\$234.03
6/27/25	Anonymous	\$67.00
6/30/25	Sat. 7:15am Phone #55746	\$20.00
7/1/25	Meeting #51015	\$12.00
7/3/25	Anonymous	\$5.00
7/5/25	Sat. 6:15am ZOOM #800658	\$20.00
7/5/25	Anonymous	\$10.00
7/8/25	Sat. 8:30am Lynn #800654 (ID 47116)	\$30.00
	Total	\$668.03
EXPENSES:		
Date	Description	Expense
7/2/2025	GOOGLE	\$13.67
7/2/2025	Saintly Solutions	\$218.33
6/30/2025	Office worker	\$193.25
6/30/2025	Zoom	\$18.05
6/16/2025	Zoom	\$18.05
6/16/2025	Zoom	\$18.05
6/16/2025	USPS PO BOXES	\$234.00
	Total	\$713.40
	Expenses exceeded donations by	(\$45.37)
BANK BALANCES:		
	Checking Account	\$5,306.35
	Savings Account	\$5,920.29

Total Abuse Complaints: 0

URL

<https://oambi.org/wp-content/uploads/2025/06/MBI-Newsletter-JUNE-2025.pdf>

<https://oambi.org/wp-content/uploads/2025/06/Highlights-June-2025.pdf>

<http://OAMBI.ORG>

<https://oaregion6.org/convention-2025/>

Jeanne K., Webmaster

MBI Office Activity –May 2025

Phone Calls received	7
Emails received	49
Emails sent	17
Checks & Cash Received	5
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
office phone: 781-205-9606
web-site: <https://oambi.org/>

****GROUP SECRETARIES:****

When you update your meeting info at oa.org; please update meeting information at (info@oambi.org).

Email Campaign Report

Overall Stats

Total Recipients: 313

Successful Deliveries: 311

Bounces: 2

Times Forwarded: 0

Forwarded Opens: 0

Recipients Who Opened: 158

Total Opens: 308

Last Open Date: 6/14/25 6:23PM

Recipients Who Clicked: 16

Total Clicks: 24

Last Click Date: 6/6/25

Total Unsubs: 0

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.

The World Service Convention Returns

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

In person at the Renaissance Orlando at SeaWorld, Orlando, Florida, see the flyer for convention_info@oa.org:

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

OA90 Intergroup

Virtual Region Intergroup, Phone Marathons

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

September 1, 2025, Monday, Labor Day
 October 11, 2025

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 website. You can hear these recordings on a special YouTube channel by going to the following website: <https://www.youtube.com/@OA90VIG>. The recordings are typically 15-20 minutes each, great for a short burst of program inspiration.

OA90 Virtual Intergroup:

AD4L Speaker Series 2025 Monthly

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 for future events please visit: <https://ad4l.info/> We look forward to welcoming you. [Flyer](#)

The Region 6 Fall Assembly is happening September 20th

Registration will open August 6th - ONLINE only. PLEASE NOTE: All Representatives/Alternates are required to have six months of current continuous abstinence.

There are financial opportunities available at Region 6 to help your Intergroup:

- fund a Representative's travel expenses to the Fall Assembly

- offer financial support through PI/PO Blitz requests for your Intergroup to get the OA word out.

There are a number of documents for the Assembly: Travel Scholarship Applications, New Business Motions and Bylaw changes, Application for Board Positions and Policy Amendments.

All documents must be sent to the Region 6 Coordinator by email at the following address - coordinator@oaregion6.org - by the deadlines listed below:

- **Travel Scholarship Application:** for Region 6 Representative(s) to attend the Fall Assembly (for eligible Intergroups) - due Tuesday, July 22nd
- **PI/PO Blitz Proposal:** (Public Information/Professional Outreach) - due Tuesday, July 22nd
- **Bylaw/Policy Amendments:** due Tuesday, July 22nd
- **New Business Motions:** due Tuesday, July 22nd
- **Region 6 Board Positions:** Positions for election at the Fall 2025 Assembly are Chair, Coordinator and Webmaster (2 year terms) Secretary (1 year term) - due Tuesday, July 22nd
- **Trustee Liaison Application:** due Tuesday, July 22nd
- **Mileage Reimbursement:** for Intergroup member travel to the Assembly - due Monday, October 20th by email to: treasurer@oaregion6.org

Other notable dates:

- Assembly Registration Opens: Wednesday, August 6th
- Fall Assembly Packet: Available Wednesday, August 6th

Be sure to email documents to coordinator@oaregion6.org by the due dates listed above.

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

Lynda B
 Coordinator

MASS BAY MEETING DATES - 2025

August 9, 2025
 September 13, 2025
 October 11, 2025N
 November 8
 December 13

Meeting ID: 812 2216 2133
 Passcode: 203607

REGION 6 NEWS AND EVENTS

Region 6 Convention
 October 24-26, 2025 • Rochester, NY

LAST CALL FOR KEYNOTE SPEAKERS

REGION 6 CONVENTION • OCTOBER 24-26, 2025

Would you like to be a keynote speaker at the 2025 Convention?

THREE KEYNOTES WILL BE SELECTED!

To be considered, candidates must:

- Be a Region 6 OA member.
- Have three years of current, back-to-back abstinence.
- Demonstrate physical, emotional, and spiritual recovery.
- Submit a qualification recorded at an OA-registered meeting or event. Recording should be in (MP3) format and include your OA story.
- Registered for the convention.

Submit your recording for consideration:

- Email the recording to r6conventionchair@oaregion6.org. It will be reviewed by the keynote selection committee.
- Include your full name, address, telephone, email address, abstinence date, and length of time in OA.

DEADLINE TO SUBMIT: JULY 15, 2025

IMAGINE THE MIRACLES!
 Region 6 Convention
 October 24-26, 2025 • Rochester, NY

Metrowest Intergroup:

TIME TO REVITALIZE YOUR MEETING?
 (quoted from Workshop Flyer for July 13)

Zoom meetings can be a lifeline—but they can also be technically difficult and hard for fellows to feel connected. If your group is struggling, it might be time to ask: would returning to in person meetings bring new energy? This workshop explores when and how to revitalize your OA meeting and better attract newcomers.

Those selected as keynote speakers will receive the Saturday lunch and dinner meal package

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, 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** OPEN
- **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

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
Office phone: 781-205-9606