



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

August 2025

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What I learned in Overeaters Anonymous
Hi, my name is Jeanne K and I first came into OA in August of 1978 after struggling with several paid weight loss programs. While seeing a professional for other issues, he suggested OA. I had never heard about OA and requested a meeting list from the OAMBI office and started going to meetings. The first woman I heard speak inspired me, so I asked her to be my sponsor. I attended meetings in the morning (if babysitting was available) and in the evening. My sponsor started a closed step meeting (somewhat like our AWOL's now) and I proceeded to work the steps with this group. We used all AA material because there was not much by OA at that time. We went through the AA Big book, the little red book and a daily reader – One day at a time. My life was transformed – I went from 192 to 172 and was encouraged by my sponsor to do something I was afraid of –going to college! I was very shy and fearful of talking to people I didn't know but because of the encouragement of my sponsor I went anyway.

First lesson I learned – don't stop going to meetings—No Matter What! I came back into OA in July 1985 at **247 pounds!** **I got a sponsor, worked the steps, and got down to 185 lbs.**

The lesson about stopping meetings was obviously forgotten and I ballooned up to 283 pounds! However, this time I was too ashamed to go back to meetings. Pride? Finally, after trying two other programs, I came back to OA on September 4, 2004. I now weigh 162 pounds. Nothing much I am saying here is not in OA literature, I am only saying that it works for me!

Second lesson (first lesson repeat) (DON'T STOP GOING TO MEETINGS!!

3. Get a sponsor! Write down a food plan and FOLLOW it.

4. Make 3 phone calls a day!

5. Go to at least 3 meetings a week (live, phone, or recorded—JUST DO IT!

6. Read literature everyday – One Day at a time, Voices of Recovery, or other OA Literature

7. Writing - I never understood why I ate until I started writing about my feelings. Nothing fancy, just write whatever comes into my head and I am always surprised. I don't think I knew I had feelings until I started writing.

8. For me working the STEPS was the key. I had to write, I had to think, I had to look at myself and my relationship with others. The first time working the steps, progress was made, the second time more progress was made, but living the steps has brought me to this point. I have good relationships with family and I believe with friends as well. Also, my husband went from saying "Why are you still going to meetings?" to realizing the best wife is the abstinent one!

9. Try to remember to rely on my higher power always.

10. Remember slogans that help, i.e. One day at a time, First things first, etc.

11. Get involved! Help at meetings, intergroup, and all levels. Involvement made me want to stick around.

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

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Step8: Made a list of all persons we had harmed and became willing to make amends to them all. Spiritual Principle: **SELF-DISCIPLINE**

Tradition8: Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers. Spiritual Principle: **FELLOWSHIP**

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MBI COMMITTEE REPORTS**Treasurer Report**

08/07/25	Mtg #800564	\$40.00
08/07/25	Mtg #800801	\$40.00
08/07/25	Winchester Thurs AM	\$40.00
08/07/25	Sunday 5PM BBSS	\$12.00
08/07/25	Unknown	\$50.00
08/05/25	Sat. 7:15am Newt/Welles (90) 4970	\$137.25
08/03/25	Tues. 9:30AM BBSS Phone ID 55714	\$36.00
08/03/25	Sun. 5PM Newton #800698 #57566	\$50.70
07/28/25	Sat. 9am Dorchester(90) 36235	\$40.00
07/26/25	INDIVIDUAL	\$25.00
07/26/25	Sat. 6:15am ZOOM #800658	\$20.00
07/23/25	Wed. 7pm Milton #50143	\$5.00
07/18/25	Sat. 7:15am Newt/Welles(90) I4970	\$87.75
07/14/25	Sun. 8:30AM Stoneham(90 FF) #45497	\$500.00
07/12/25	Tues. 9:30AM BBSS Phone ID 55714	\$50.00
07/12/25	Sat. 6:15am ZOOM #800658	\$3.00
		\$1,176.70
	EXPENSES	
Date	Payee	Amount
8/5/2025	Saintly Solutions	\$65.00
8/4/2025	Google	\$13.67
07/30/25	Webmaster	\$125.00
07/30/25	Zoom	\$18.05
07/23/25	MBI Office worker	\$193.75
07/16/25	Zoom	\$18.05
		\$433.52
	Net Donations over Expenses	\$743.18
08/07/25	Checking Account Balance	\$5,681.37
08/07/25	Savings Account Balance	\$5,920.33

MBI Office Activity –July 2025

Phone Calls received	11
Emails received	41
Emails sent	1
Checks & Cash Received	5
Newsletters sent	5
Meeting lists sent	1
Professional packets sent	none
Books & pamphlets	none

Warmly, together we recover,
Marina - OAMBI office worker

snail mail: PO Box 74, Arlington, MA 02476
email: info@oambi.org
office phone: 781-205-9606
web-site: <https://oambi.org/>

Webmaster Report July 2025

The OAMBI website was updated with the latest Newsletter highlights, MBI meeting list, and 90 day meeting list, WSO Bulletin, and calendar.

The meeting list was also updated, but the Tri-fold list of meetings and perhaps front

Email Campaign Report

Title: July Newsletter
Delivery Date/Time: Sat, Jul 19, 2025 6:25 pm
Total Recipients: 313
Successful Deliveries: 311
Recipients Who Opened: 183
Total Opens: 368
Last Open Date: 8/6/25 5:58PM
Total Clicks: 19
Last Click Date: 8/3/25 10:16AM

page of website still needs some updates as well as the calendar. I also received two requests to add links for two sets of recordings.

Respectfully
Jeanne K
Webmaster

******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.

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 Virtual Intergroup:

To hear audio recordings of speakers from 2025 workshops go to the link.
<https://www.youtube.com/@OA90VIG>
The recordings are typically 15-20 minutes each, great for a short burst of program inspiration

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 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:

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.

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

Lynda B
Coordinator

MASS BAY MEETING DATES - 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**

ON western MA intergroup. 7/20 Annual Retreat,
 A Guided Walk through the 12 Steps of OA, Link:
<https://oawmass.org/meetings-events/bulletin-board#WMIRetreat>

Where: Genesis Spiritual Life Center, 53 Mill Street, Westfield, MA

When: Friday September 19, 2025 - Sunday Sept 21, 2025,

Cost: Double room: \$320, Scholarship application: \$100 deposit by August 1, Registration ends August 31, 2025: By mail: WMI Retreat, P.O. Box 2911, Springfield, MA 01101, Online: <https://givebutter.com/qNe71w>

Contact: For more information or to receive a flyer, contact Linda G at 845-625-9016 or email: retreat@oawmass.org

Central Ontario Intergroup:

Sponsor-Sponsee Workshop, Sunday, October 19, 2025, 12:00PM – 1:30PM ET, via Zoom or phone.

To Register, email:

coisponsorworkshop@gmail.com at least 1 hour before the session. Members are given a chance to ask a question or describe a problem (for 2 minutes) and then group members can volunteer to share their experience, strength and hope about that issue (2 minutes each). The Chairperson will add her experience, strength and hope, if needed.

September Workshop on Sponsorship
 Saturday, September 13, 2025, 1:00 PM - 3:00 PM EST no registration required, Zoom ID 837 1100 7258 Passcode 202590

October Workshop: Two-Way Prayer Revisited
 Sunday October 19, 2025 - 1:00 PM- 3:30 PM EST

No Registration Required, Zoom ID 837 1100 7258 Passcode 202590

November Workshop: Faith Over Fear
 "The fears that clamp my being into compulsion fall by the wayside as I open my heart to God. - from For Today April 13th page 104

Saturday November 8, 2025, 1:00 PM to 3 :00 PM EST

No Registration Required, Zoom ID 837 1100 7258 Passcode 202590

November Workshop: Acceptance
 Sunday, November 23, 2025, 1:00 PM to 3 :00 PM EST

No Registration Required, Zoom ID 837 1100 7258 Passcode 202590

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

Special Focus Meetings in OA:

100 Pounders: [Click Here](#)

American Sign Language & Closed Caption – This meeting offers ASL interpretation

Tuesdays at 8:00 p.m. Eastern: ASL Tues 8pm

Anorexics and Bulimics in OA – special focus meetings: Anorexics/Bulimics in OA

Asian-Pacific Islander OA: [Click Here](#)

Atheist, Agnostics, Secular - special focus meetings: [Click Here](#)

Bariatric Surgery: [Click Here](#)

BIPOC Intergroup (Black, Indigenous & People of Color)

Health Issues: [Click Here](#)

LGBTQ special focus meetings for OA:

bit.ly/ckslist and [Click Here](#)

*******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: PO Box 74, Arlington, MA 02476
Email: info@oambi.org
Office phone: 781-205-9606