



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

September 2025

Page 1

Step 8. Made a list of all persons we have harmed, and became willing to make amends to them all. Alcoholics Anonymous, page 59.

Holding my pen in hand I asked God to help me be fearless and thorough and show me the truth, and I got it. In the writing of my 4th and 10th Step inventories I clearly saw the truth of how I operated in the world trying to run the show without God. Now in Step 8 I am being asked to write down all those whom I have harmed and become WILLING to make amends. I looked up the word "willing" in the dictionary and one of the definitions that I thought fit for me was "ready to accept or tolerate." This is not an action I really wanted to take because I did not want to look back at my harms and feel the guilt, shame, etc. Wasn't it enough I had written it all down and confessed it to my sponsor in Steps 4 and 5? Yet, Steps 6 and 7 made it possible for me to go on with the process because my new Employer was going to sort it all out.

Taking my list from my inventories, my sponsor asked me to sit on it a couple of days to see if anything else needed to be added. Perhaps someone I didn't have a resentment towards but whom I had harmed. The thought came to me how my animals needed to be on the list because I was not a good caregiver for them and was not a good steward of the earth. So armed with the facts, as I knew them at the time, I became willing and continue with trusting the process as I move forward.

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

Step 9 Made direct amends to such people wherever possible, except when to do so would injure them or others.

Having made my list and determined when and how I would begin making amends. I started with a few people I knew currently. It mostly went well. My amends were accepted and all was forgiven. Thankfully my relationships continued on a more honest and comfortable basis. There were many on my list who had passed away, so what could I do? I wrote letters to them. For my parents, I went to their gravesite, sat down and read my amends letter to them. I had plenty of regrets for things I said and did, and those I didn't say and do. But as I learned in OA, I couldn't live in the past in regret or resentment, I could make my amends and move on. And so I have done that as best I can. There were a few people who refused my amends, refused to even talk with me. I really tried, but they were adamant about not wanting to hear whatever I had to say. Difficult to accept, but I have. Not everyone will love and accept me! I've learned through this process to clean up the past as best I could and to focus today on doing the best I can, being the best person I can be. I pray for patience, tolerance and kindness and then I act that way. How my life and relationships have changed! Today I use all 12 steps to keep myself in on track physically, spiritually and emotionally. Acceptance is the key...knowing what I can change versus what I can't has made the difference. Thank you God for OA and the peace and serenity I have been granted.

Barbara Ann, Recovering COA

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

Step 9: Spiritual Principle: LOVE

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MBI COMMITTEE REPORTS**Treasurer's Report**

| | | |
|-------------|------------------------------------|-------------------|
| 7/23/2025 | Wed. 7pm Milton #50143 | \$5.00 |
| 7/18/2025 | Sat. 7:15am Newt/Welley(90) #34970 | \$87.75 |
| 7/14/2025 | Sun. 8:30AM Stoneham(90 FF) #45497 | \$500.00 |
| 7/12/2025 | Tues. 9:30AM BBSS Phone 55714 | \$50.00 |
| 7/12/2025 | Sat. 6:15am ZOOM #800658 | \$3.00 |
| | | \$1,176.70 |
| | EXPENSES | |
| Date | Payee | Amt |
| 8/5/2025 | Saintly Solutions | \$65.00 |
| 8/4/2025 | Google | \$13.67 |
| 7/30/2025 | Webmaster | \$125.00 |
| 7/30/2025 | Zoom | \$18.05 |
| 7/23/2025 | MBI Office worker | \$193.75 |
| 7/16/2025 | Zoom | \$18.05 |
| | | \$433.52 |
| | Net Donations over Expenses | \$743.18 |
| 8/7/2025 | account Balance | \$5,681.37 |
| 8/7/2025 | Account Balance | \$5,920.33 |

Office Report**MBI Office Activity - August 2025**

| | |
|---------------------------|------|
| Phone Calls & texts | 3 |
| Emails received | 37 |
| Emails sent | 24 |
| Checks & Cash Received | 9 |
| Newsletters sent | 5 |
| Meeting lists sent | none |
| 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/>

OAMBI Webmaster September Report (August data)

The OAMBI website was updated with the August Newsletter, highlights, MBI meeting list, 90 day meeting list, WSO Bulletin, and calendar. I started reviewing our flyer "Is Food a Problem for you and started looking to see if we could fit all our meetings on the flyer- maybe by using QR codes, but not finished. I also needed to make sure our list of meetings on our website is correct with help from Paulina. Updated some of the meeting info on the Stripe contribution list. Respectfully Submitted, Jeanne K, Webmaster

Email Campaign Report from Mailchimp

Title: August 2025 Newsletter

Subject Line: Newsletter

Delivery Date/Time: Sat, Aug 16, 2025 7:25 am

Overall Stats:

Total Recipients: 315/ Successful Deliveries:313

Bounces: 2

Recipients Who Opened: 167

Last Open Date: 9/12/25 10:02AM

Recipients Who Clicked:19

Last Click Date: 8/27/25 7:27PM

Total Unsubs: 1

Total Abuse Complaints: 0

Popular links:

<https://oambi.org/wp-content/uploads/2025/08/MBI-Newsletter-AUGUST-2025.pdf>

<https://oambi.org/wp-content/uploads/2025/08/Highlights-August-2025.pdf>

<https://us02web.zoom.us/j/81222162133?pwd=frJP7vVCbXmY0iiehbtGfL8fUbZEm8.1>

<http://OAMBI.ORG>

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

<https://oambi.org/wp-content/uploads/2025/07/Highlights-July-2025.pdf>

<http://OA.org>

******GROUP SECRETARIES:******

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

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.

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.com>.

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

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#

The Region 6 Fall Assembly is happening September 20th. 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

News from OA World service

The Find a Meeting online was updated on September 15 & 16 They have installed a faster Find a meeting database!

Also, NEW! Inside OA Podcast Episode 6: Region Nine Liaison.

Also available is the 2025 Final Conference Report.

Get Ready for International Day**Experiencing Abstinence IDEA****November 21-23**

Helpful OA resources include:

Download the WSO bulletin at OAMBI.ORG or OA.ORG

Many more workshops and information is available in the bulletin.

September 20

Recovery from Relapse workshop

<https://oa.org/events/recovery-from-relapse-workshop-2/>

OA. Org also offers many podcasts- You can start with this link. <https://oa.org/podcasts/?podcast-category=0&page=0&podcast-order=0>

The Principles in the Twelve Steps

(as listed in Step Twelve of [The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition](#))

- Step One: Honesty
- Step Two: Hope
- Step Three: Faith
- Step Four: Courage
- Step Five: Integrity
- Step Six: Willingness
- Step Seven: Humility
- Step Eight: Self-discipline
- Step Nine: Love
- Step Ten: Perseverance
- Step Eleven: Spiritual Awareness
- Step Twelve: Service

Events and Information
(CORRESPONDING SECRETARY'S REPORT)

MASS BAY MEETING DATES - 2025**October 11, 2025****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****Cape Cod Intergroup:**

A Day-Long Retreat on Cape Cod: "Enjoying Life in Recovery" **Sunday, September 28, 2025**, 9:00 AM to 3:30 PM, at Camp Greenough, 227 Pine Street, Yarmouth Port (Route 6 to Exit 75 North; bear left onto White Rock Road, then take the second left onto Pine Street) Check in starts at 8:45 AM, Bring your own lunch (we will supply coffee, tea, and water). 7th Tradition suggested donation: \$15.00, Pay on the website (preferred) at CapeCodOA.org under Online Donations/Event, or pay at check-in. To Register: Please send your Name, Phone Number, and Email address to CapeCodOA@gmail.com and mention 'Retreat Registration' in the subject line. For more information, visit CapeCodOA.org or call Gerry at 508-259-2220. Includes: keynote speakers, Step 11 Meditation session, relaxation exercise for all abilities and Body Image discussion .

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).

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 to 3 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:**

American Sign Language & Closed Caption – This meeting offers ASL interpretation Tuesdays at 8:00 p.m. Eastern: ASL Tues 8pm

Bariatric Surgery

BIPOC Intergroup (Black, Indigenous & People of Color)

Health Issues:

LGBTQ special focus meetings for OA:

<https://docs.google.com/spreadsheets/d/1xx4ibeGAstyUfI8wxtthE-EnJOJmsRZdCuBZVWKyOQ/edit?gid=0#gid=0>

Save the Date: Thanksgiving Marathon, November 27, 2025. More info coming later on OAMBI.ORG.

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 P. |
| Sat 2pm, Chelmsford, Barbara Ann F. |

NOTE: We have about 30 meetings but about 15 reps. We have plenty of room for you on ZOOM the second Saturday of the month at 10:30! HOPE TO SEE SOME NEW FACES !

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

781-205-9606

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

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