



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

October 2025

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Step 9. Made direct amends to such people wherever possible, except when to do so would injure them or others. Alcoholics Anonymous pages 76-84. The clear- cut directions for Step 9 are laid out in our beloved AA Big Book in the chapter "Into Action. "As a lazy person, I do not like the title of the chapter but because I am already heavenly invested in completing the previous steps, I will keep moving forward in my program of recovery. Without which I cannot be sober or abstinent through the grace of God, and a lot of help from my fellow compulsive overeaters, for 27 years.

"Our real purpose is to fit ourselves to be of maximum service to God and the people about us." AABB page 27.

My Progression to Connectedness

When I hit my bottom and came into recovery, I had to ask for help. I lived in isolation, so this was not easy, but my pain was a great motivator. Then my sponsor took me through the steps, and I became connected to a Higher Power. I am much too lazy to have done all that writing without help from HP. The reading of my 5th Step was taking my relationship with my sponsor to a whole new level of intimacy. I had never known the truth about how I operated in the world without God and now I was sharing what I had found out with my sponsor. Step 9 takes me to getting even more connected with others with whom I had harmed, which frees me up from living in fear. I still practice Step 9 daily by way of direct amends or living amends. It keeps me connected no matter how much I want to hide from the truth of how I can be an unlovely creature.

Suggestions from my sponsor before going to make amends: Pray. Stand ready for God's Divine Timing, for I believe God knows best when I am sincerely ready to make the amends and when they are ready to hear it. Ask if they would be willing to hear my amends for, they might not want to see my face. If they are OK with it, I make amends and ask if I have left anything out. Then I listen. I ask, what can I do to make this right? Bring some good

that they have brought into my life to the amends if that is appropriate. Always leave outcome in God's hands.

The 9th Step promises found on pages 83 - 84 of our AAB do come true IF I am willing to do the work for them. Thank You Dear God my Friend, and so it is, Blessed be. Michaeline, Recovering Compulsive Overeater

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

FROM THE CHAIR OCT NOV 2025

The OAMBI intergroup met on Oct. 11. We finalized the planning for the Thankathon on Nov. 28 7AM-1PM. There will be 6 hourly meetings starting on the hour. Drop in to the Zoom meeting any time from 7AM-1PM. Dave D is organizing and scheduling speakers. We have people scheduled except the 7AM. Dave will send the format.

The positions for Newsletter and Recording Secretary are switching on a trial basis. Thank you, Jeanne K and Barbara Ann Our Webmaster , Jeanne K will be putting the speakers from the Sun. Medford 8:30 AM meeting on the website.

We reviewed and revised the questionnaire from 2018. Changes to 3 questions will be voted on at our Nov. 8 meeting.

We nominated a slate for the 2026 OAMBI positions. Those Nominated were Chair - Paulina S; Vice chair - none, Recording Sec - Barbara F., Corresponding Sec - Brenda, Treas.- Kelly, People who are interested can also submit their names. We will also ask for people to commit to being committee chairs.

We have a great group of representatives, but could use many more. We really want to represent all of our meetings. I was slow to increase my involvement in intergroup. I began by just doing the 1 ½ hour meeting and reporting back to my group. I gradually became more involved. I find it very affirming to know that I am just one among many, but together we can do more than we could ever do alone. **Paulina S**

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MBI COMMITTEE REPORTS

Treasurer's Report Sept-Oct 2025

DATE	CONTRIBUTION FROM	AMOUNT
10/9/2025	Wed. 7pm Waltham #54559	\$20.00
10/8/2025	Thurs. 7pm Winthrop(literature) #56461	\$20.00
10/8/2025	Thurs. 10:00am Reading #58302	\$200.00
10/6/2025	Donation - anonymous	\$62.00
10/4/2025	Sun. 5PM Newton #800698 #57566)	\$126.00
10/4/2025	Sat. 6:15am ZOOM #800658	\$10.00
10/1/2025	Wed. 7pm Waltham #54559	\$20.00
10/1/2025	Mon. 6:30pm Reading Reading/Stone.(BBSS) #53025	\$20.00
9/27/2025	Sat. 6:15am ZOOM #800658	\$10.00
9/17/2025	INDIVIDUAL	\$268.00
9/16/2025	Group 51015	\$12.00
9/15/2025	7:30pm Dedham #800334	\$3.00
9/14/2025	Tues. 9:30AM BBSS Phone #55714	\$155.00
9/14/2025	Sun. 5PM Andover(BBSS)#45148	\$155.00
9/10/2025	Sat. 8:30am Boxford #57966	\$250.00
9/8/2025	Sat. 9am Dorchester(90) #36235	\$180.00
8/29/2025	Anonymous	\$50.00
	Total Donations	\$1,561.00
Date	Description	PAID
10/6/2025	Saintly Solutions	\$90.00
10/2/2025	GOOGLE	\$13.69
9/30/2025	ZOOM.COM 888-7 SAN JOSE CA	\$18.05
9/25/2025	Webmaster	\$125.00
9/25/2025	Office Administrator	\$168.75
9/16/2025	ZOOM.COM 888-7 SAN JOSE CA	\$18.05
9/16/2025	ZOOM.COM 888-7 SAN JOSE CA	\$18.05
9/2/2025	GOOGLE	\$13.70
9/2/2025	Saintly Solutions	\$190.00
	Expenses	\$655.29
	Donations less Expenses (\$1,561.00-\$817.29)= \$905.71	

CHECKING ACCOUNT BALANCE = \$,4470.14
SAVINGS ACCOUNT BALANCE = \$5920.0

Office Report

Verna and I are attempting to see if she can take over the office worker job. We are investigating the computer options, as her current personal computer is extremely slow. Warmly, to 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 October Report

(September data) The OAMBI website was updated with the September 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. I of the on OAMBI.org, as well as the meetings on the Stripe contribution list. I added 7 new personnel story mp3's on our website. And have 7 more to do. Thanks to Lisa G. for formatting the 14 MP3s. All of projects are ongoing.
 Respectfully,
 Jeanne K., Webmaster

Email Campaign Report

Title: September Newsletter
 Subject Line: Fall Special Meetings
 Delivery Date/Time: Sat, Sept 20,2025, 1:27 PM
 Overall Stats
 Total Recipients: 315
 Successful Deliveries: 313
 Bounces: 2/ Times Forwarded: 0
 Recipients Who Opened: 169
 Total Opens: 35 6
 Last Open Date: 10/20/ 2025
 Total Clicks: 34/ Last Click Date: 10/14/ 25
 Clicks by URL

<https://oambi.org/wp-content/uploads/2025/09/MBI-Newsletter-S>
<http://OAMBI.ORG>
<http://OA.org>
<https://oambi.org/wp-content/uploads/2025/09/Highlights-Septem>

*****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.

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.

<https://oa.org/events/gratitude-workshop-american-thanksgiving>

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 deadlines listed below:

**[Mileage Reimbursement:](#) for Intergroup
member travel to the Assembly - due
Monday, October 20th by email
to: treasurer@oaregion6.org**

Slogans from OA.org

I Came, I Came to, I came to Believe

Happy, Joyous And Free

Page 417 (449)

Don't Quit before the miracle happens

Live and Let Live

Attitude of gratitude

I guess I hit bottom

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.

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

November 8

December 13

Meeting ID: 812 2216 2133

Passcode: 203607

Mass Bay Intergroup November OAMBI Board Meeting

Nov 8 @ 10:30 am – 12:00 pm

OAMBI is inviting you to a scheduled Zoom meeting.

Topic: OAMBi Board

November 8, 2025 10:30 AM

Thanksgiving Thankathon

2025 Thankathon

Nov 27 @ 7:00 am – 1:00 pm

Thankathon- Thanksgiving Day 7AM-1PM.

See MBI Calendar for ZOOM LINK

MBI will be hosting hourly meetings with speakers and sharing, the last one begins at noon.

Holiday Phone Marathons: Meetings every hour from 8:00 AM to 12 midnight EST Phone: 712-432-5200 Conference ID: 4285115#

October 31, 2025, Friday, Halloween It's not What You Are Eating, it's What's Eating You

November 11, 2025, Tuesday, Veterans Day / Armistice Day Freedom is Won by Living the 12 Steps

November 27, 2025, Thursday, Thanksgiving Day Face Your Stuff or Stuff Your Face – How Do I Keep My Recovery Strong?

December 21, 2025, Sunday, Winter Solstice What Keeps Your Program Hot in the Cold Events of Life? December. 24, 2025, Wednesday.,

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 under 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.

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/>

*******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, Verna K.
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 –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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