



OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

January 2026

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An Oldie but Goody!

"My drinking career was short and destructive, and my alcoholic progression was very fast. I got drunk for the first time in October. By November people were willing to wager that I could not go one week without a drink. (I won and, in celebration, drank myself sick.) By January I was a daily drunk and by April a daily drug user as well. I didn't last too long." Big Book, 4th edition, page 423.

This excerpt is from the story "Window of Opportunity". Substance abuse resulted in the author walking through a second-story window and falling twenty feet landing headfirst into a concrete window well.

I used to balk at the Big Book. I would self-righteously declare "I am not an alcoholic. This book cannot teach me anything." Forty years later, I have been reading it daily for decades. What changed my mind? I kept coming back, and I now identify with same disease, different substances.

The author got into alcohol and drugs. I got into food. He progressed rapidly. So did I. I was overweight as a child and sought relief from doctors, pills, diets, pay and weighs. It was an endless battle of lose and gain, lose and gain some more. Alcoholism is called a merry go round. The same can be said for compulsive overeating.

This person recognized that his life was becoming unmanageable when he was 19 years old and drunkenly walked through that window. It took me much longer. I was 39 years old before I became convinced that I was powerless over food.

This young man got help in 12 step recovery early in life. I got help in middle age. Both of us were stubborn and slow to make progress at first. He was suicidal while drowning in pain, fear, misery, anger, resentment, and despair. I was cocky and quickly regained the 100 pounds I had quickly lost soon after joining the fellowship. Obviously, we were both missing the essence of the program.

We both were saved by the grace of God and the help of the fellowship because we kept coming back. Is your life a train wreck even though you are in program? Listen and learn. Keep coming back!

Jacqueline -Length in program 40 years (June 1985) Length of imperfect but enduring abstinence 36 years (August 4th, 1989) 120-pound difference.

Always remember, you each have a light within you!

Paulina S., MBI Chair

Step 1: We admitted we were powerless over food-that our lives had become unmanageable.

Spiritual Principle

Honesty

Tradition 1: Our common welfare should come first: personal recovery depends upon OA unity.

Spiritual Principle

Unity

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MBI COMMITTEE REPORTS

January 2026 Treasurer's Report

Checking account balance = \$5,183.21

Savings Account balance = \$5,000.56

Date	Contributor	Donation Amount
01/06/26	7:30pm Dedham #800334	\$3.00
01/03/26	Sat. 7:15am NewtonWellesley(90) ID 34970	\$115.65
01/03/26	Sat. 6:15am ZOOM #800658	\$10.00
12/30/25	7:30pm Dedham #800334	\$3.00
12/30/25	Sun. 5PM Andover(BBSS)#45148	\$20.00
12/28/25	Sat. 8:30am Boxford #57966	\$350.00
12/21/25	INDIVIDUAL	\$100.00
12/20/25	Sat. 9am Dorchester #36235	\$60.00
12/18/25	Donations	\$332.00
12/16/25	7:30pm Dedham #800334	\$3.00
12/13/25	Tues. 9:30AM BBSS Phone #55714	\$30.00
12/13/25	Sun. 5PM Andover (BBSS)#45148	\$30.00
12/13/25	Sat. 2PM Chelmsford #02225	\$40.00
12/12/25	Sat. 7:15am Newton Wellesley(90) ID 34970	\$162.60
12/11/25	Sun. 5PM Andover(BBSS)#45148	\$50.00
		\$1,309.25
Date	Expenses Description	Amount
1/7/2026	Webmaster	-\$100.00
1/5/2026	Saintly Solutions	-\$15.00
1/2/2026	GOOGLE	-\$13.76
1/2/2026	Saintly Solutions	-\$65.00
12/30/2025	ZOOM.COM	-\$18.05
12/29/2025	Office worker	-\$143.75
12/22/2025	EXTRA SPACE 78 BURLINGTON MA 8794	-\$410.40
12/16/2025	ZOOM.COM 888-	-\$18.05
12/16/2025	ZOOM.COM 888-	-\$18.05
12/15/2025	OA INC - donation	-\$407.88
12/12/2025	Region 6 Donation	-\$265.00
12/12/2025	PHLY INSURANCE]	-\$473.00
	Expenses total	-\$1,947.94
	Donations	\$1,309.2

MBI Office Activity - December 2025

Phone Calls & texts	9
Emails received	50
Emails sent	47
Checks & Cash Received	6
Newsletters sent	none*
Meeting lists sent	none
Professional packets sent	none
Books & pamphlets	none

* I was away Dec 19-26. Then I fell on the street, and it took me a week to recover. Then my husband started a bout of excruciating painful sciatica and I took care of him. So, I did not send out the snail-mail newsletter at the end of December.

Yours in fellowship, Marina, OAMBI Office worker
 Mail address: P.O. Box 74, Arlington, MA 02476
 Phone: (781) 205-9606
 Mobile: (617) 797-7544

OAMBI Webmaster January Report (December data)

he OAMBI website was updated with the December newsletter, highlights, MBI meeting list, 90 day meeting list, WSO Bulletin, and calendar.

-.Also several corrections were made to meeting list and also to website. Next is to finish MBI meeting list and meeting list & flyer.

Respectfully, Jeanne K., Webmaster

Email Campaign Report

Delivery Date: Sat, Dec 20, 2025 6:00 pm

Overall Stats

Total Recipients: 316

Successful Deliveries: 314

Bounces: 2

Times Forwarded:/ Forwarded Opens: 0

Recipients Who Opened: 179 (57.0%)

Total Opens: 325

<https://oambi.org/wp-content/uploads/2025/12/MBI-Newsletter-December-2025.pdf>

<https://oambi.org/wp-content/uploads/2025/12/Highlights-December-2025-1.pdf>

Respectfully,
 Jeanne K., Webmaster

*****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.

MASS BAY MEETINGS DATES.

January 10, 2026

February 14, 2026

March 14, 2026

April 18, 2026

May 9, 2026

June 13, 2026

July 11, 2026

August 8, 2026

September 12, 2026

October 10, 2026

November 14, 2026

December 12, 2026

10:30-NOON, MBI meeting (ZOOM)

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.

News from OA World service

The Find a Meeting online was updated on September 15 & 1.6 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.

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

OA's Social Media Channels

OA's social media channels are maintained by the World Service Office. Through social media, we provide informative and inspiring content consistent with OA's [Public Communications Policy](#), and registered OA service bodies are welcome to like, comment on, and share OA's social media content.

OA members are advised that liking, following, and interacting with OA's social media content from a personal social media account may compromise personal anonymity. Our social media URLs:

<https://facebook.com/overeatersanonymousofficial>

https://www.instagram.com/overeatersanonymous_official

<https://youtube.com/@overeatersanonymousofficial> <https://vimeo.com/overeatersanonymous>

Many more workshops and information is available in the bulletin.



**NEW!!Tough Questions in OA
Recovery Workshop
Contents**

- Preparation to-do lists for the workshop, including necessary resources to find, print, and/or download
- Tools for the chat monitor
- Lead moderator workshop script, including suggested timing for the workshop
- Moderator Tough Questions
- Additional Tough Questions
-
- Here is the link:

<https://oa.org/documents/tough-questions-in-oa-recovery-workshop/>

Events and Information
(CORRESPONDING SECRETARY'S REPORT)

Please make flyers available for your meetings

REGION 6 NEWS AND EVENTS

February OAMBI Board Meeting
February 14, 2026 @ 10:30 am – 12:00 pm

Look for information on Coming Back to OA this year!

Visit OAMBI.ORG for Meetings and other info about OAMBI.

OA90 Virtual Intergroup:

Your OA 90 Virtual Intergroup Presents
a Workshop on:

"We're All Just Bozos on this Bus!"

A tour of humility - What is it?
What does it look like?
Why is it important?

When? Saturday February 7th
10 am to Noon Pacific, 1 to 3 pm Eastern

Where? ZOOM ID 837 1100 7258
Passcode 202690

No more than and
no less than anyone
else.

12 Step Tree of Spiritual Principles

1. Honesty 2. Hope 3. Faith 4. Courage 5. Integrity 6. Willingness 7. Humility 8. Love 9. Discipline 10. Perseverance 11. Spirituality 12. Service

EVERYONE
is welcome here

See OA90.org for more info

Metrowest Intergroup: Meditation Meetings: Join us as we work on Step 11 together. This 60-minute meeting includes 20 minutes for meditation, 10 minutes for writing and/or reflecting, and time afterward to share. When: Mondays and Thursdays, 7:30 AM EST. Meeting ID: 705 658 2424 please text 617-216-3540 for passcode

Southwestern CT Intergroup: swctoa.org You are invited to the 18th Annual Overeaters Anonymous Retreat Sponsored by the Southwestern CT Intergroup swctoa.org. Join us for a weekend of renewed hope and recovery at the beautiful Incarnation Conference Center in Ivoryton-Deep River, Connecticut. If you have a desire to stop eating compulsively and would like a deeper spiritual connection you are welcome to join us for this special weekend. This year's theme is "Living in Balance" Through Steps 10, 11 and 12. We will have a scholarship raffle to raise money for financial assistance. Anyone can make a gift basket for our raffle or join your group to make a themed basket! Bring it with you to the Retreat or give it to someone attending.

REGIONAL EVENTS

Bermuda, Central Ontario, Connecticut, Eastern Ontario, Labrador, Maine, Massachusetts, New Brunswick, New Foundland, New Hampshire, New York, Nova Scotia, Prince Edward Island, Quebec, Rhode Island, Vermont
<https://oaregion6.org/>

OA RECOVERY HOTLINE 24/7 OUTREACH

CALL OR TEXT: 1-818-794-0880

Region 6 of Overeaters Anonymous.
Recovery recordings –

from Region 6 conventions going back to 2018 are available for **free** download. With the recent addition of sessions from the 2024 convention in Nashua, NH, US, more than 150 keynote speeches and workshops are available, organized by recovery topics. Check them out!

*******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, Medford, 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 7:15am, F2F NWH, Marianne
Sat 8am, N Andover, Heather H.
Friday 12:15 pm Boston, Richard G.
Sat 7:15am, NWW, F2F Marcy
Sat 7:15 am, NWW, Phone, Juliet P.
Sat 8:30 am Boxford F2F only, Deb B.
Sat 8:30 am OPEN
Sat 9:00, Medford, Kelly C.
Sat 9am, Carney hospital, Mary 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 MEMBERS

• **MBI CHAIR**

Paulina S., Lexington

VICE-CHAIR OPEN

• **CORRESPONDING SECRETARY**

Brenda C., Waltham

RECORDING SECRETARY

Barbara Ann F.

TREASURER

• Kelly C., Lowell

COMMITTEE CHAIRS

• **OFFICE** –Marina, MBI Office Worker

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• **PROFESSIONAL OUTREACH OPEN**

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PUBLIC INFORMATION–Brenda C.

• **Newsletter** - : Jeanne K. (Chelmsford)

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• **Webmaster:** Jeanne K. (Chelmsford)

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• **12 STEPS WITHIN-** Kelly C. (Lowell)

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• **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**