



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

February 2026

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Over the past few months, I have been praying to God to guide me with my compulsive overeating when I eat supper. I also have gotten stressed out these past few months by taking larger portions every supper. I could make it to supper and then I resorted to old habits and used the food to calm my anxiety, rather than for fuel for my body. I knew if I kept up on this trajectory I may never come out of this relapse. I kept praying to God, but I wasn't willing to take any action. I just wanted God to do all of the work while I kept on overeating every night. I held my ground, fighting with God that I needed to be magically cured.

Every moment of the day my HP was within me, wanting for me, but I would not surrender and lovingly cooperate with my HP.

I don't know what shifted me to have the willingness to accept help. Maybe it was being sick and tired of being sick and tired! Maybe it was the Acceptance Prayer on page 417 of AABB that I read often. Maybe it was the people at meetings sharing their experience, strength, and hope. I don't have to know the answer. I'm grateful I was open and willing to accept help.

I am not alone. I have my HP and many members in the OA fellowship willing to be of service. I have a sponsor and the tools of the program. Today I'm willing to ask for help and I have a desire to stop eating compulsively.

The AABB on page 28 reads: "We, in our turn, sought the same escape with all the desperation of drowning men. What seemed at first a flimsy reed, has proved to be the loving and powerful hand of God. A new life has been given us or, if you prefer 'a design for living' that really works." I'm grateful compulsive overeater and grateful that there is a solution. My mighty HP is giving me life this day and I'm willing to be honest with myself and others, and to be open to suggestions from HP and

others in recovery. I am willing to do what it takes!

I only need to do this one day at a time and I'm grateful for these past 3 weeks that I'm using Good Orderly Direction. Life may still have its stressors, but it's amazing how much lighter life feels when I put my hand in yours.

Love and blessings, Sue,  
Recovering Compulsive Overeater

**Step 2:** Came to believe that a power greater than ourselves could restore us to sanity.

### Spiritual Principle

HOPE

**Tradition 2:** For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants, they do not govern

### Spiritual Principle

TRUST

### CHAIR'S REPORT

I am grateful for OA, both the meetings and the members. We support one another as volunteers. In MBI, we are struggling to keep the service positions filled fewer people. We need to consider what our main purpose is. There is a 90 Day Intergroup providing meetings specifically for the OA90 community. That is theirs. What is our purpose? We are supporting a number of meetings, maintaining records now in a storage facility "office," we send representatives to Region 6 Assemblies and World Service. We are currently working the "**Coming Back to OA**" special meetings to reach out to newcomers, returning members and old-timers. We welcome anyone who is interested in helping in this work to join us for a business meeting of MBI. **Our next meeting is March 14, 10:30-Noon.**

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**MBI COMMITTEE REPORTS**

**February 2026 Treasurer's Report**

Jan/Feb Treasurer Report		
Date	Contributor	Amount
02/04/26	Wed. 6pm Reading #31055	\$10.00
02/04/26	Sat. 7:15am Phone #55746	\$20.00
02/03/26	7:30pm Dedham #800334	\$3.00
01/31/26	Sat. 7:15am Newt/Well(90)#34970	\$151.20
01/29/26	INDIVIDUAL	\$10.00
01/20/26	7:30pm Dedham #800334	\$3.00
01/17/26	INDIVIDUAL	\$67.00
01/15/26	Wed. 7pm Milton #50143	\$250.00
01/10/26	Sat. 6:15am ZOOM #800658	\$5.00
Date	Description	Debits
2/3/2026	Saintly Solutions	\$115.00
2/2/2026	Office Administrator	\$325.00
2/2/2026	GOOGLE*SVCSOAM N E 8794	\$13.90
1/30/2026	ZOOM.COM 888-7 SAN JOSE CA	\$18.05
1/28/2026	YEARLI.COM GRAND RAPIDS MI	\$13.58
1/16/2026	ZOOM.COM 888-7 SAN JOSE CA	\$18.05
1/16/2026	ZOOM.COM 888-7 SAN JOSE CA	\$18.05
1/14/2026	Webmaster	\$100.00
	<b>Checking Account Balance</b>	<b>\$5055.45</b>
	<b>Savings Account Balance</b>	<b>\$5,000.61</b>

Respectfully, Kelly C.

**MBI Office Activity - February 26**

Phone Calls / texts received	12
Emails received	47
Emails sent	16
Checks & Cash Received	6
Newsletters sent	4
Meeting lists sent	none
Professional packets sent	1
Yours in fellowship, Marina, OAMBI Office worker Mail address: P.O. Box 74, Arlington, MA 02476 Office Phone: (781) 205-9606	

**OAMBI Webmaster February Report (January data)**

The OAMBI website was updated with the January newsletter, highlights, MBI meeting list, 90 day meeting list, WSO Bulletin, and calendar. However after February 15 I could do no work on OAMBI.org because my login had been removed without my knowledge. It was late on Thursday and I could not get a hold of Saintly Solutions right away because they are only available until 4 PM and less on Friday. I finally heard from Aaron from Saintly Solutions and he spent a long time with me going through all the new steps.  
Respectfully, Jeanne K., Webmaster

**Email Campaign Report**

Title: January 2026 Newsletter  
Subject Line: January 2026 Newsletter  
Delivery Date/Time: Tue, Jan 20, 2026 4:46 pm

**Overall Stats**

Total Recipients: 314,  
Successful Deliveries: 313  
Times Forwarded: 0  
Recipients Who Opened: 121  
Total Opens: 201  
Last Open Date: 2/14/26  
Recipients Who Clicked: Total Clicks: 25  
Total Unsubs: 2  
Respectfully, Jeanne K., Webmaster

**\*\*\*GROUP SECRETARIES:\*\*\*\***  
When you update your meeting info at [oa.org](http://oa.org); please update meeting information at [info@oambi.org](mailto:info@oambi.org).

The **EVENT CALENDAR** at [oa.org](http://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.

**Thought For Today from Anne Morrow Lindberg**

When one is a stranger to oneself then one is estranged from others too!

**MASS BAY MEETINGS DATES.**

- 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.

**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.



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

A dynamic new resource, [Tough Questions in OA Recovery Workshop](#), is now available for our OA members to view and download from [oa.org](http://oa.org)! Tough Questions in OA Recovery is intended to spark meaningful discussions about inclusion, the definition of outside issues, and what it means to be truly welcoming today in OA. The workshop, which can be held virtually or face-to-

face, contains thorough preparation to-do lists, a workshop leader script, and an extensive list of recommended tough questions for your group to tackle during your workshop. Dive into Tough Questions with your fellow OA members today.

**Creation of a New Daily Reader**

<https://oa.org/news/secular-daily-reader-second-call-for-stories-deadline-june-1/> The purpose of the secular daily reader is to help OA members establish and maintain recovery, regardless of their beliefs or nonbeliefs. Together we can create a piece of OA literature to support members and newcomers like you! Please help OA create this literature. Submissions to <https://form.jotform.com/220035565825050>

**OA UNITY DAY CELEBRATION!**  
**WHEN: FEBRUARY 28, 2026,**  
**FROM 10AM-12PM**  
**WHERE: SHIPLEY AUDITORIUM IN THE**  
**BOWLES CONFERENCE CENTER**  
**AT THE NEWTON-WELLESLEY HOSPITAL**

Event Will Feature:

- Speakers
- Writing & Reflections
- A Clothing Swap
- **Registration begins at 9:30AM.**  
**No pre-registration required.**

Bring or buy your lunch in the cafeteria for fellowship afterwards. Parking vouchers will also be given to all attendees.

**\*Beverages are NOT allowed in the auditorium!**

**Want directions? Click [here](#).**

HOSTED BY THE METROWEST OA INTERGROUP, ALONG WITH THE MASS BAY AND NORTH SHORE INTERGROUPS.

THIS DAY RECOGNIZES THE STRENGTH OF THE FELLOWSHIP WORLDWIDE. OVEREATERS ANONYMOUS HAS APPROXIMATELY 6,500 MEETINGS IN OVER 75 COUNTRIES.

**Quote from For Today in Voices of Recovery:  
 “Those who cannot remember the past are condemned to repeat it”**



**\*\*\*\*\*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. <b>OPEN</b> <b>We miss you!</b>
Mon 6:30-7:30 pm BBSS Helen K.
Tues 9:30 am, Reading, <b>OPEN</b>
Wed 9:30am, Stoneham, Paulina S
Wed 7pm, Waltham, Brenda C.
Wed 7pm, Milton <b>OPEN</b>
Sat 7:15am, F2F NWH, Marianne
Sat 8am, N Andover, Heather H.
Friday 12:15 pm Boston, Richard G. <b>We miss you!</b> <b>OPEN</b>
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 <b>OPEN</b>
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
- **PROFESSIONAL OUTREACH** **OPEN**
- **PUBLIC INFORMATION**–Brenda C.
- **Newsletter** - : Jeanne K. (Chelmsford)
- **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](mailto: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](mailto:info@oambi.org)  
**Office** phone: 781-205-9606