OVEREATERS ANONYMOUS®
www.oambi.org
MASS BAY INTERGROUP

We are looking for an office worker to takeover when Marina retires!

OA MBI Office worker basic job description:) 1. Must have a computer. The office computer is obsolete and useless (Windows 10, which reached its end of support on October 14, 2025).

2. Print and send the monthly newsletter to the four snail mail recipients. Must have a printer, or use the MBI printer (now in storage).

3. Get mail from POBOX.

4. Copy the checks, and send them to the treasurer.

5. Keep the keys of the storage unit and be familiar with its contents.

6. Send literature (pamphlets, books) on demand. The literature is in the storage unit.

7. Monitor the info@oambi.org email and a. forward info to the board, b. respond to questions /issues.
8. Get familiar with the Google voice operation – phone and text. 9. Monitor the Google voice voicemails and texts (arriving as emails) and forward to a board member, or respond appropriately.

10. Write the monthly office report.

11. Be the point of contact with the storage unit, to extend the rent as needed.

12. Have a Citizens bank debit card, to use for replenishing supplies (printer ink, paper, envelopes, stamps).

13. Attend the monthly MBI business meetings.

14. Store the monthly business meeting agendas and minutes, and the treasurer's reports on the Google drive.

15. Keep the list of board members and meetings representatives up to date on the Googledrive.--Marina

Step 4 Made a searching and fearless mora linventory of ourselves.

Spiritual Principle
COURAGE

Tradition4Each group should be autonomous except in matters affecting other groups or OA as whole.

Spiritual Principle
AUTOMONY

CHAIR'S REPORT

I amgratefulthat I am abstinent and sober by the grace of God and the fellowship of the program!Unity daywasco-hostedMBI, people attended! There were 2 speakers, and a clothing swap. Iam so very grateful for OA!!

MBI COMMITTEE REPORTS

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MBI COMMITTEE REPORTS

April Treasurer Report(March *info)*

I have been in touch with the Accountants; they have formally applied for an extension as per our usual standard operations. They will be in touch with me in May

Savings account balance = $5,000.69

Date	Description	Amount
3/31/2026	Staples Inc (return)	$89.24
3/30/2026	STAPLES 0178 BURLINGTON MA 8794	-$112.61
3/30/2026	ZOOM.COM 888-7 SAN JOSE CA 8230	-$18.05
3/16/2026	ZOOM.COM 888-7 SAN JOSE CA 8230	-$18.05
3/16/2026	ZOOM.COM 888-7 SAN JOSE CA 8230	-$18.05
3/16/2026	295 MAIN STREET TE TEWKSBURY MA 1548	$512.00
3/4/2026	OA WSO donation	-$340.93
3/4/2026	Saintly Solutions	-$590.00
3/3/2026	Region 6 Donation	-$480.00
3/2/2026	GOOGLE*SVCSOAM WILMINGTON DE 794	-$13.90
3/2/2026	ZOOM.COM 888-7 SAN JOSE CA 8230	-$18.05
	Total Expenses	**-$1,008.40**

Date	Contributor	Donation
03/30/26	INDIVIDUAL	$3.00
03/25/26	Wed. 7pm Waltham #54559	$5.00
03/25/26	Wed. 6pm Reading #31055	$10.00
03/18/26	Wed. 7pm Waltham #54559	$5.00
03/16/26	INDIVIDUAL	$3.00
03/16/26	Tues. 9:30AM Reading (BBSS) #51015	$65.00
03/13/26	Sat. 7:15am NewtonWellesy(90) ID 34970	$88.20
03/13/26	Tues. 9:30AM BBSS Phone #55714	$134.00
03/13/26	Sat. 2PM Chelmsford #02225	$25.00
03/13/26	Tues. 9:30AM BBSS Phone #55714	$25.00
03/13/26	Group 51015	$12.00
03/09/26	Tues. 9:30AM BBSS Phone #55714	$75.00
03/07/26	Sat. 7:15am Phone #55746	$75.00
03/07/26	Sat. 6:15am ZOOM #800658	$5.00
03/06/26	Tues. 9:30AM BBSS Phone #55714	$65.00
03/03/26	INDIVIDUAL	$3.00
03/02/26	Wed. 7pm Waltham #54559	$20.00
03/02/26	Mon. 6:30pmReag/Stone.(BBSS) #53025	$20.00
3/9/2026	Donation	$218.75
	Total Donations	**$856.95**

MBI Office Reports

Phone Calls / texts received	10
Emails sent	37
Emails/texts	16
Meeting lists sent	4
Professional packets sent	none
Checks/cash/ to treasurer	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/

NOTE: We are looking for someone to takeovrtoffice duties – info will be posted onlinearoambi,org

OAMBI Webmaster April Report

Respectfully, Jeanne K., Webmaster

This month I have been dealing with dead computers and the hacking of our Mailchimp account. I was unable access anything since the beginning of March. Hopefully every will be back this month!

Newsletter Statistics

The Newsletter was**NOT** sent out this month as I was unable to log into our Mailchimp account. The newsletter and highlights will be posted on OAMBI.ORG as soon as possible.Also our mail chimp account was hacked and and was unable to fix it quickly. I have been in contact with Mailchimp and hope to resolve this soon**.**

Hopefully in May we will be back to regular schedule

Respectfully Submitted

Jeanne K

Webmaster

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.

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.
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.ORGOA's Social Media ChannelsOA'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 WorkshopContents

A dynamic new resource, Tough Questions in OA Recovery Workshop, is now available for our OA members to view and download from 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 Readerhttps://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

Events and Information
(CORRESPONDING SECRETARY'S REPORT)
Please make flyers available for your meetings

REGION 6 NEWS AND EVENTS
May OAMBI Board Meeting
May 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:

UNITY DAY WORKSHOP by VIRTUAL REGION WORKSHOP COMMITTEE "TOUGH QUESTIONS IN OA RECOVERY"

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 pIasscode 2026 Region 6 Convention Early Bird Email.PNG

Quote from in Voices of Recovery August 29: "When I first came into OA I could not fully fathom feeling truly loved by another. I felt unlovable……Listening to them sharing their difficulties made me realize that I was not so different and unacceptable….The miracle was happening. ….Through being loved I was able to, I am now able to love."

Note: Abbreviated- see Voices for full text.

Southwestern CT Intergroup:
swctoa.orgYou are invited to the 18th Annual Overeaters Anonymous Retreat Sponsored by the Southwestern CT Intergroup swctoa.org. Join ususfor 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.



OA RECOVERY HOTLINE 24/7

OUTREACH CALL OR TEXT:1-818-794-0880

I am sorry if I missed anything this month and being late. My computer died , my email was hacked and I am in the middle of cataract surgery' Iwould like to find a newwebmaster. Jeanne K

******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, MedfordOPEN
Sun 5 pm, Andover BBSS, Bobbie M.
Sun 5 pm, Newtonville, Hilde
Mon 9:30 am Wellesley, Jeanne K.
Mon 12:15 pm, Boston OPEN We miss you!
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 BostonOPEN
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
- **PROFESSIONAL OUTREACHOPEN**
- **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
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: POBox 74, Arlington, MA 02476
Email: info@oambi.org
Office phone: 781-205-9606