



# OVEREATERS ANONYMOUS®

www.oambi.org

MASS BAY INTERGROUP

MBI Newsletter

May 2026

Page 1

## We are looking to Hire an office worker 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 The office computer is obsolete and useless (Windows 10, which reached its end of support on October 14, 2025).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 Google drive.—Marina

**Step 5** Admitted to GOD, to ourselves, and to another human being the exact nature of our wrongs **Spiritual Principle** Integrity

**Tradition 5** Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.

**Spiritual Principle** Purpose

### **Chair’s report Paulina**

**1.** Many thanks to Laura J. and Marianne for the wonderful job they did for the “Coming Back to OA” workshop in April. They did an excellent job of advertising, 38 people attended.

**2.** MWI is planning another picnic date with MBI on a Saturday in August, date not yet determined. Location is same park in Newtonville where previous picnics have been held.

**3.** She spoke about the need for more meeting representation, recalling her first entry into MBI meetings. She has been coming for 12 years, working through the service positions, discovering friendships and recovery.

**4.** Merging or Disbanding MBI. I did check the by-laws and they just say we would contact the Chair and Treasurer of Region 6 and World Service. Nothing about specific steps to take, Will likely not take action until the end of the year, if needed

## **INDEX**

Committee Reports	Page 2-3
Update from World Service	Page 3-4
Upcoming Events (Please announce)	Page 4
MBI Board and Meeting Rep Info.	Page 5

**MBI COMMITTEE REPORTS**

**OAMBI Monthly Reports**

**May Treasurer Report(April ( info)**

<b>EXPENSES VS. DONATIONS</b>		
<u>Date</u>	<u>Description</u>	<u>Amt</u>
4/30/2026	ZOOM.COM 888-7 SAN JOSE CA 8230	\$18.05
4/16/2026	ZOOM.COM 888-7 SAN JOSE CA 8230	-\$18.05
4/16/2026	ZOOM.COM 888-7 SAN JOSE CA 8230	-\$18.05
4/13/2026	Office Administrator	-\$175.00
4/3/2026	GOOGLE*SVCSOAM DE 8794	-\$13.90
4/2/2026	Saintly Solutions	-\$273.75
		<b>-\$516.80</b>
<u>Date</u>	<u>Donation from</u>	<u>Amt</u>
4/30/2026	#51015	\$12.00
04/29/26	Thurs. 10:00am Reading #58302	\$200.00
04/20/26	INDIVIDUAL	\$3.00
4/17/2026	Wed. 7pm Â Waltham #54559	\$25.00
4/16/2026	#51015	\$12.00
04/15/26	Wed. 7pm Â Waltham #54559	\$5.00
04/15/26	Sat. 7:15am Newton/Wellesley(90# 34970	\$101.25
04/14/26	Wed. 9:30am Reading #80080#38115)	\$50.00
04/12/26	Sun. 5PM Newton #800698#57566)	\$91.80
04/11/26	Wed. 6pm Reading #31055	\$127.00
04/08/26	Wed. 7pm Waltham #54559	5.00
04/06/26	Wed. 7pm Waltham #54559	\$20.00
04/06/26	Mon 6:30pm Read/Stone(BBSS)#53025	\$20.00
04/05/26	Sat. 8:30am Boxford #57966	\$400.00
04/04/26	Sat. 7:15am Phone #55746	\$20.00
04/01/26	Wed. 7pm Waltham #54559	\$5.00
4/1/2026	Group 51015	\$12.00
3/23/2026	INDIVIDUAL	\$50.00
		<b>\$1,159.05</b>
	<b>Checking Account Balance =</b>	<b>6,256.26</b>
	<b>Savings Account Balance =</b>	<b>\$5,000.73</b>

**MBI Office Activity - April 2026**

Phone Calls / texts received	1
Emails received	37
Emails sent	11
Checks & Cash Received	2
Newsletters sent	none
Meeting lists sent	none
Professional packets sent	none
Books & pamphlets	none

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

**OAMBI Webmaster May Report** Everything is almost back to normal, but health issues for both me & my husband have slowed everything down.

**Newsletter Statistics** The Newsletter was sent out this month as I was finally able to log into our Mailchimp account. The newsletter and highlights will be posted on OAMBI.ORG as soon as possible. April Newsletter sent out April 29, 2026 at 1.41 PM.

Times Forwarded/Forward opens 0  
 Recipients Who Opened 84  
 Total Opens 157  
 Last Open Date 5/7/2026  
 Recipients Who Clicked/ 22  
 Last Click Date 5/7  
 Total Unsubs 2  
 Total Abuse Complaints0

<https://oambi.org/wp-content/uploads/2026/04/MBI-Newsletter-April-2026.pdf>

<https://oambi.org/wp-content/uploads/2026/04/Highlights-April-2026.pdf>

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

**Delivery Date:** Time: Wed, April 29, 2026 at 1:41 PM  
 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 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.

**News from OA World service**

**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://www.instagram.com/overeatersanonymous_official)

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

<https://vimeo.com/overeatersanonymous>

**MASS BAY MEETINGS DATES.**

**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)**

Your OA90 Virtual Intergroup  
Presents a Workshop on

**Staying True to My Program  
Through Life's Transitions**

**WHEN?** Sunday June 28th  
10 am to Noon Pacific / 1 pm to 3 pm Eastern

**WHERE?** ZOOM No registration required  
Zoom ID 837 1100 7258 Passcode 202690

12 Step Tree of Spiritual Principles

**EVERYONE**  
is welcome here

How do transitions like these and more affect my program?

Graduated College! Great New Job! He Proposed Today! Moving Day Retired at Long Last! We're Pregnant! I Have 90 Days to be Today! Free to be ME! I'm Head of the Family Now!

**REGION 6 NEWS AND EVENTS**

**Metro west 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. Mondays and Thursdays, 7:30 am EST. While both meetings are listed under the “Specific Topic” menu as Meditation, Thursdays’ meeting is specifically focused to refrain from patriarchal and religious language in order to welcome atheists, agnostics, spiritual, religious and questioning. please text 617-216-3540 for passcode <http://zoom.us/j/7056582424> Meeting ID: 705 658 2424,

Watch for info on August Picnic in Park.

**North Shore Intergroup: NSI One-Day Retreat**  
 June 20, 2026 9:00 am - 3:00 pm Notre Dame Spirituality Center, 30 Jeffrey's Neck Rd, Ipswich, MA 01938 Join NSI at our 14th Annual One-Day OA Retreat, Notre Dame Spirituality Center, 30 Jeffery’s Neck Road, Ipswich, MA Find driving directions at their website [www.notredamesc.org](http://www.notredamesc.org) The goal of this workshop is for participants to experience better consciousness of our bodies, and consider ways we can use the recovery process to experience healing and wholeness. See the flyer

**Thoughts from Step 5 Twelve & Twelve**

**“It is only through the process of discussing our shortcomings with an understanding person that we can finally begin to know an accept ourselves.”**

**Western Mass Intergroup: 48th Annual Retreat** Friday July 24 - Sunday, July 26, 2026

Genesis Spiritual Life Center 53 Mill Street, Westfield MA 01085 Details: See the flyer below. Click here to download a printable PDF. Contact: Call or text Linda G [retreat@oawmass.org](mailto:retreat@oawmass.org), 845-625-9016



Acceptance from BB:

“Acceptance is the answer to **all** problems today.. ... I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be.”

For news, events, announcements & info, see the websites:

[www.oambi.org](http://www.oambi.org); [www.oaregion6.org](http://www.oaregion6.org); [www.oa.org](http://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, Medford	<b>OPEN</b>
Sun 5 pm, Andover BBSS, Bobbie M.	
Sun 5 pm, Newtonville, Hilde	
Mon 9:30 am Wellesley, Jeanne K.	
Mon 12:15 pm, Boston	<b>OPEN</b>
Mon 6:30-7:30 pm BBSS Helen K.	
Tues 9:30 am, Reading,	<b>OPEN</b>
Wed 9:30am, Stoneham, Carol J.	
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	<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