

MASS BAY INTERGROUP JULY 2026

[HTTPS://WWW.OAMBI.ORG](https://www.oambi.org)

NEWSLETTER



Experience,
Strength, and Hope

Step 7:
Humbly asked Him to
remove our shortcomings.

Spiritual Principle:
Humility

Tradition 7:
Every OA group ought to
be fully self-supporting,
declining outside
contributions.

I used to approach everything from the perspective of "how will this affect me." I thought I knew best. I tried to control situations to put myself in the safest, most comfortable position without much regard for anything around me. When things didn't work out the way I wanted, I got mad and tried harder.

In Steps Four and Five, I saw how I tried to protect myself from being uncomfortable by either telling myself stories and isolating or acting out and causing harm. The result? Being restless, irritable and discontented. This is how I operated without a God in my life. This is where I got on self-reliance. It was humbling.

I took Step Seven at a point in time with my sponsor, by saying the Seventh Step Prayer while we knelt and held hands.

I asked God to have all of me, good and bad. I asked to have the defects of character removed that stand in the way of my usefulness. I saw in my writing that I'm not the best judge of good and bad. It's not my job to decide what to be rid of and try to remove it- then I'm back trying to run the show. It's my job to be useful to others. If I spend my

time focusing on getting rid of my character defects, how useful am I going to be?

I asked God to grant me strength as I go out to do God's bidding. In letting go of all of me, I won't be left empty; I will get the strength I need. And what is God's bidding, God's will? At the time I took Step Seven, it was as simple as continuing on to Step Eight. Now it is more a desired attitude of kindness, generosity of spirit, on equal footing with my fellow humans. My understanding continues to grow.

Step Seven is where I go all-in with God. It's where I turn from past to present, from self-reliance and knee-jerk reaction to "Okay God, may I be ready to handle what the day may bring." Waiting when I don't know what to do, pausing and praying. Knowing I am just like other people. Being okay with mistakes. Less "try" and more "let go." Being willing to be uncomfortable and trusting I will be okay. And knowing that the promise isn't that life will be easy; but that I will be able to deal with life on life's terms.

Rose, Recovering Compulsive Overeater

Chair Report

In July, I review tradition 7. "Every OA group ought to be fully self-supporting, declining outside contributions". While no fees or dues are required for membership, OA members have a responsibility to keep our rooms open, provide opportunities for fellowship, and spread our message of recovery.

I recommit myself to this, especially, "to keep our rooms open, provide opportunities for fellowship, and spread our message of recovery". We are part of an ever-giving program that helps millions. On the 4th of July, I received a text that said, "I'm grateful that it took only 158 years to birth AA and the 12 steps. The most impactful and successful startup in the history of U.S. startups."

We are moving through July, and we have gotten 3 responses to our outreach for people to do service at the intergroup level. We now have 6 of the 9 positions filled. We welcome Cathryn C as our office worker and can already see her good work. Our new chair, writer and editor for the newsletter is Laura J. She is also our Zoom coordinator. I feel their support as we begin the second half of the year. There are 3 more committees that we have not had for 1 ½ years. In January, we will need 4 more to fill the positions left by retirees.

I am so grateful to all whom I have met on this 12 Step journey. I continue to learn and grow. It is my resource and refuge. Here is where I have experienced trust, service, and compassion. I am with you on this "road of happy destiny". Thank you.

Respectfully,
Paulina S, OAMBI Intergroup Chair

Office Worker Monthly Report

Phone calls/text received	9
Emails received	113
Emails sent	53
Checks and cash received	6
Newsletters mailed	0
Meetings list mailed	0
Professional packets mailed	0
Books & Pamphlets mailed	75

Warmly, together we recover,
Cathryn - OAMBI Office Worker

P.O. Box 74, Arlington, MA 02476
email: info@oambi.org
Office Phone: 781-205-9606

Treasurer's Report**DONATIONS:**

Date	Contributor	Amount
06/28/26	Saturday 7:15am Newton-Wellesley(90) ID 34970	\$314.55
06/26/26	Sat. 2PM Chelmsford #02225	\$36.00
06/26/26	Mon. 12:15PM Boston(90) #48991	\$5.00
06/26/26	Anonymous	\$50.00
06/25/26	INDIVIDUAL	\$5.00
06/22/26	Anonymous	\$50.00
06/17/26	Sat. 9am Dorchester(90) #36235	\$30.00
06/17/26	Individual	\$50.00
06/15/26	7:30pm Dedham #800334	\$3.00
06/13/26	Saturday 6:15am ZOOM #800658	\$5.00
06/13/26	Saturday 6:15am ZOOM #800658	\$20.00
06/11/26	Donation	\$454.00
06/10/26	Medford High School Library-Hybrid meeting	\$100.00
06/10/26	Tuesday 4PM For Today mtg	\$40.00
06/10/26	Wednesday 9:30 AM mtg	\$40.00
06/10/26	Saturday 8:30 AM	\$40.00
06/10/26	Anonymous	\$50.00
06/10/26	Anonymous	\$12.00
06/08/26	Wednesday 7pm Milton #50143	\$20.00
06/08/26	Monday 6:30pm Reading/Stone.(BBSS) #53025	\$20.00
06/07/26	Tuesday 9:30AM BBSS Phone #55714	\$75.00
06/07/26	Sunday 5PM Andover(BBSS) #45148	\$75.00
06/06/26	Tuesday 9:30AM Reading (BBSS) #51015	\$134.00
06/04/26	Literature sale	\$172.15
06/03/26	INDIVIDUAL	\$60.00
06/03/26	Sat. 8:30am Lynn #800654 (ID 47116)	\$35.00
06/01/26	INDIVIDUAL	\$3.00
Contributions Total		\$1,898.70

Treasurer's Report continued**EXPENSES:**

Date	Description	Amount
6/30/26	ZOOM.COM 888-7 SAN JOSE CA	-\$18.05
6/18/26	USPS KIOSK 240 ARLINGTON MA	-\$3.00
6/16/26	ZOOM.COM 888-7 SAN JOSE CA	-\$18.05
6/16/26	ZOOM.COM 888-7 SAN JOSE CA	-\$18.05
6/16/26	USPS PO BOX Renewal	-\$242.00
6/12/26	EXTRA SPACE 78 BURLINGTON MA	-\$410.40
6/10/26	Office Worker	-\$431.25
6/04/26	Stamps	-\$15.60
6/02/26	GOOGLE*SVC SOAM WILMINGTON DE	-\$13.81
6/02/26	IN *SAINTLY SO ALBUQUERQUE NM	-\$197.08
6/01/26	ZOOM.COM 888-7 SAN JOSE CA	-\$18.05

Expenses Total	-\$1,385.34
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Checking Account balance: \$4,639.53

Savings Account balance: \$5,000.81

Thank you,
Kelly, Treasurer

Webmaster's Report**The Webmaster service position is now open.**

I connected with two potential webmaster candidates who seem capable, and I'm requesting written information from each to present to the Board.

During the June OAMBI business meeting, members were unable to access the Zoom meeting. The issue has since been corrected.

This month, my tasks include updating the calendar, posting the newsletter when available, and exploring the option of submitting the state income tax form online, which could save us \$200-\$300 based on past experience.

Respectfully,
Jeanne K., Webmaster

Newsletter Statistics

The newsletter was emailed out June 20, 2026 at 10:35am

Email Deliveries: 308
Total Opens: 230
Last Opened: 7/12/26
Forwarded: 0
Unsubscribe: 1
Bounce: 1

Yours in service,
Laura J, Newsletter Chair

News from around the fellowship

OAMBI Intergroup Board Meeting Dates

All are welcome and encouraged to participate! All meetings begin at 10:30am and end at 12pm Eastern.

August 8, 2026

September 12, 2026

October 10, 2026

November 14, 2026

December 12, 2026

[https://us02web.zoom.us/j/82837333139?](https://us02web.zoom.us/j/82837333139?pwd=W72XfEPRmtOMqpgwOcbKx3upSBGaRI.1)

[pwd=W72XfEPRmtOMqpgwOcbKx3upSBGaRI.1](https://us02web.zoom.us/j/82837333139?pwd=W72XfEPRmtOMqpgwOcbKx3upSBGaRI.1)

Meeting ID: 828 3733 3139 Passcode: 648073

One tap mobile

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+13092053325,,82837333139#,,,,*648073# US

Hybrid Meeting

Are you looking for a meeting on Sunday mornings?

We welcome you with open arms! Sundays 8:30am-9:30am EDT.

By phone: 425-436-6310, PIN: 853478#

In person: Medford High School Library,
489 Winthrop St, Medford, MA

Hosted by OA Mass Bay Intergroup

OA 90 Intergroup

Workshop: *Willingness - the Door to Recovery*

Aug 22nd, 2026 1-3pm EDT

Meeting ID: 837 1100 7258

Passcode: 202690

Hosted by OA90 Virtual Intergroup



OA World Service

Workshop: *Family Share*

Share experience, strength and hope through the lens of art, music, writing, and other activities.

Aug 13, 2026 6pm-7pm EDT.

Zoom Meeting ID: 817 388 5598

Passcode: 1212

Dial-in: (312) 626-6799

Hosted by OA Footsteps Intergroup

OA Metrowest Intergroup

Join OA MetroWest Intergroup and OAMBI for a relaxed picnic at Auburndale Cove! Bring your own lunch and enjoy an afternoon of community, friendship, and connection with fellow OA members. Water will be available. Aug 1st 2026, 11:30am-1:30pm. [Download directions](#)



North Shore Intergroup

Join our Sunday morning meetings at 8:30am EDT.

Zoom Meeting ID: 828 3052 1805

Passcode: 999643

Phone: 1-929-205-6099

Hosted by North Shore Intergroup

Western MA Intergroup

48th Annual Retreat Friday July 24 - Sunday July 26, 2026

In person at the Genesis Spiritual Life Center
53 Mill Street, Westfield, MA, 01085

Call or text Linda G. for more information: 845-625-9016

Hosted by Western Mass Intergroup

OA Virtual Region

Workshop: *A Design for Living - Big Book Step Series. Step 8 Self Discipline*

August 9, 2026 3:30PM-5PM EDT

Meeting ID: 200 540 624

Passcode: (no password)

Hosted by Central Ontario Intergroup

Region 6

Convention 2026: *Beyond our Wildest Dreams!*

Oct 16-18 in Stamford CT.

Registration is now open!

Hosted by Region 6 Overeaters Anonymous

In Service Together

Meeting Representatives

Every OAMBI meeting has a voice and a vote at the Intergroup level through an Intergroup Representative. Reps attend the monthly virtual board meetings and share important updates and happenings with their home meetings.

At your next business meeting, please ask: Does our meeting have an Intergroup Rep? If not, please consider nominating one. We would love to welcome new representatives into service.

Sun 8:30am, Medford **OPEN**

Sun 5pm, Andover BBSS, Bobbie M.

Sun 5pm, Newtonville, Hilde

Mon 9:30am, Wellesley, Jeanne K.

Mon 12:15pm, Boston **OPEN**

Mon 6:30pm, BBSS, Helen K.

Mon 7:30pm, For Today, **OPEN**

Tues 9:30am, Reading, **OPEN**

Wed 9:30am, Stoneham, Carol J.

Wed 7pm, Waltham, Brenda C.

Wed 7pm, Milton BBSS, Laura J.

Fri 12:15pm, Boston **OPEN**

Sat 7:15am, F2F NWH, Marianne

Sat 7:15am, NWW, F2F, Marcy

Sat 7:15am, NWW, Phone, Juliet P.

Sat 8am, N. Andover, Heather H.

Sat 8:30am, Boxford, F2F only, Deb B.

Sat 8:30am, **OPEN**

Sat 9am, Medford, Kelly C.

Sat 9am, Carney Hospital, Mary P.

Sat 2pm, Chelmsford, Barbara Ann F.

OAMBI Intergroup Board Members

Chair: Paulina S./Mary P. **(leaving in Dec)**

Vice Chair: **OPEN**

Corresponding Secretary: **OPEN**

Recording Secretary: Barbara Ann F.

Treasurer: Kelly C. **(leaving in Dec)**

Committee Chairs

Bylaws: **OPEN**

Office: **OPEN**

Professional Outreach: **OPEN**

Newsletter: Laura J.

Zoom Coordinator: Laura J.

Webmaster: Jeanne K. **(leaving ASAP)**

12 Steps Within: **OPEN**

Other

Office Worker: Cathryn C

To reach any of these members, please contact the OAMBI office.

Massachusetts Bay Intergroup
of Overeaters Anonymous
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