Step 10:
Continued to take personal inventory and when we were wrong, promptly admitted it.

Spiritual Principle:
Perseverance

Tradition 10:
Overeaters Anonymous has no opinion on outside issues; hence, the OA name ought never be drawn into public controversy.

MASS BAY INTERGROUP OCT 2026
HTTPS://WWW.OAMBI.ORG

NEWSLETTER



Experience, Strength, and Hope

Step 10 has become one of the most grounding parts of my recovery. When I first came to OA, I thought the steps were something I worked through once and then "graduated" from. Step 10 showed me how wrong I was. This step isn't a finish line; it's a daily spiritual practice that keeps me connected, honest, and awake to my life.

Before recovery, I moved through the world reacting to everything. I carried resentments like armor, snapped at people I cared about, and justified my behavior because I felt overwhelmed or afraid. Food was my escape from the discomfort of seeing myself clearly. Step 10 asks me to do something different: pause, look inward, and tell the truth about what's happening inside me.

Today, Step 10 is how I interrupt the old patterns before they take over. When I feel myself getting irritable, defensive, or controlling, I try to stop and ask: What's really going on? Most of the time, I find fear underneath — fear of not being enough, fear of losing something, fear of being judged. Naming it helps me step out of the spiral.

The beauty of Step 10 is that it gives me a simple path back to sanity. I admit my mistake quickly, whether it's a sharp tone, a judgmental thought, or an assumption I made without checking facts. I make amends when needed, even if it's just a gentle correction or a sincere apology. These small repairs keep my spirit clear. They prevent the buildup of resentment and shame that used to send me straight to compulsive eating. What surprises me most is how freeing this step feels. Step 10 doesn't demand perfection; it invites willingness. It keeps me teachable. It reminds me that I'm a human being in recovery, not a problem to be solved.

Because of Step 10, I end most days with a sense of clarity instead of confusion. I can look at my actions without collapsing into shame or puffing up with pride. I simply notice, learn, and hand it over to my Higher Power. This step helps me stay right-sized, connected, and free — one honest day at a time.

Kelly, Recovering Compulsive Overeater

Newsletter Statistics

The newsletter was emailed out September 17, 2026 at 9:32am.

Email Deliveries: 310
Total Opens: 192
Last Opened: 10/4/26
Forwarded: 0
Unsubscribe: 0
Bounce: 1

Our intergroup is seeking fellows who feel called to support OA service in the coming year. Attendance at our monthly business meeting has been low for quite some time, and we're hoping to bring fresh energy, new voices, and steady representation from all meetings in our area.
We are currently looking for intergroup reps as well as trusted servants for 2027, including chair, vice chair, treasurer, and secretary. These roles help keep our fellowship connected, informed, and supported — and service is a powerful tool for recovery.
All fellows are welcome to attend the next intergroup meeting, listen in, participate, and nominate themselves or others for these positions. Your presence truly makes a difference.

Yours in service,
Laura J, Newsletter Chair

Office Worker Report

Phone calls/text received	8
Emails received	78
Emails sent	42
Checks and cash received	0
Newsletters mailed	0
Meetings list mailed	0
Professional packets mailed	0
Books & Pamphlets mailed	0

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	**Description**	**Amount**
9/26/26	Sat 6:15am ZOOM #800658	$15.00
9/26/26	Sat. 6:15am ZOOM #800658	$120.00
9/26/26	Sat. 6:15am ZOOM #800658	$10.00
9/25/26	Wed. 6pm Reading #31055	$50.00
9/17/26	Wed. 7pm Milton #50143	$100.00
9/16/26	Wed. 7pm Waltham #54559	$5.00
9/12/26	Sat. 6:15am ZOOM #800658	$50.00
9/10/26	Thurs. 10:00am Reading #58302	$150.00
9/7/26	Wed. 7pm Milton #50143	$20.00
9/7/26	Mon. 6:30pm Reading/Stone. (BBSS) #53025	$20.00
9/6/26	Sun. 8:30AM Stoneham(90 FF) #45497	$50.00

Donations continued		
Date	**Description**	**Amount**
9/5/26	Sat. 6:15am ZOOM #800658	$50.00
9/4/26	Sat. 8:30am Boxford #57966	$300.00
9/3/26	Monday Danvers 10am, #57860	$670.00
9/1/26	Sat. 2PM Chelmsford #02225	$36.00
	Total donations	$1,646.00

Treasurer's Report continued

Expenses		
Date	**Description**	**Amount**
9/30/26	Office Administrator	-$85.00
9/30/26	ZOOM.COM 888-7 SAN JOSE CA 8230	-$18.05
05/18/26	ZOOM.COM 888-7 SAN JOSE CA 8230	-$18.05
9/16/26	ZOOM.COM 888-7 SAN JOSE CA 8230	-$18.05
9/16/26	ZOOM.COM 888-7 SAN JOSE CA 8230	-$18.05
9/9/26	Saintly Solutions	-$273.75
9/2/26	Google	-$14.34
	Total Expenses	-$427.24

Checking Account balance: $4,777.24
Savings Account balance: $5,000.00

Thank you,
Kelly, Treasurer

News from around the fellowship

OAMBI Intergroup Business Meeting Dates

All are welcome and encouraged to participate! All meetings begin at 10:30am and end at 12pm Eastern.
November 14, 2026
December 12, 2026
January 9, 2027
February 13, 2027

Meeting ID: 828 3733 3139 Passcode: 648073

One tap mobile
+13052241968,,82837333139#,,,,*648073# US
+13092053325,,82837333139#,,,,*648073# US

Mass Bay Intergroup

Workshop: *Opening the Door: Discovering a Higher Power*
Explore how finding a personal Higher Power can help you break free from compulsive overeating and find lasting peace.
Thursday Nov 12th, 2026 7:30pm-9pm Eastern
Zoom meeting ID: 875 1098 5259
Password: 420149
Hosted by OA Mass Bay Intergroup

OA World Service

Looking for OA approved literature? You can buy it direct from the OA Bookstore! There you'll find digital downloads, audio records, and physical literature for purchase. Happy reading!
f you're new to Overeaters Anonymous—or wondering if it might help—you're not alone. Challenges with food and body image can take many forms. Read more here.

Region 6

Region 6 Forum: *The Joys of Service!*
Oct 25th, 2026 4pm-5pm Eastern.
https://zoom.us/j/88315927438?pwd=nZl442vel8bdo3GsBCT2pXCq|23ZwM.1
Meeting ID: 883 1592 7438, Passcode: 088613
Hosted by Region 6 Overeaters Anonymous

Cape Cod Intergroup

Workshop: *Sustaining Long-Term Recovery*
Are you in recovery and want to protect it for the long term? Do you find yourself sliding in and out of recovery? Are you seeking recovery but worried about how long it might last? This workshop is for you!
Sunday, Nov 15th 2026, 3pm-5pm Eastern.
Zoom Meeting ID: 818 2628 2860
Password: SUSTAIN
Hosted by Cape Cod Intergroup

Los Angeles Intergroup

We are letting everyone know we are throwing the 67th annual OA Birthday Party!
January 15-17, 2027 at the Hilton Los Angeles Airport. This year's theme, "It All Starts Here — Abstinence Is Just the Beginning", reminds us that recovery begins with each of us. It begins within—with willingness, honesty, surrender, and the choice to practice abstinence. But abstinence isn't the destination. It's the starting point of a new way of living. From there, our lives can move in directions we never imagined—toward deeper recovery, connection, service, freedom, and joy.
Celebrating here in Los Angeles feels especially meaningful, where Overeaters Anonymous began. From one beginning grew a worldwide fellowship carrying hope and recovery around the world. Join us for a weekend of recovery, connection, fellowship, laughter, and celebration.
Take advantage of exclusive discounted ticket pricing.
Hosted by Los Angeles Intergroup



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, Stoneham OPEN
Sun 10am, Medford OPEN
Sun 5pm, Andover BBSS, Bobbie M.
Sun 5pm, Newton OPEN
Sun 5pm, Newtonville, Hilde
Mon 9:30am, Wellesley, Jeanne K.
Mon 10am, Danvers, Lisa W
Mon 12:15pm, Boston OPEN
Mon 6pm, N. Andover OPEN
Mon 6:30pm, Stoneham BBSS, Helen K.
Mon 7:30pm, Dedham OPEN
Tues 9:30am, Reading, OPEN
Tues 7pm, Swampscott OPEN
Wed 9:30am, Reading, Carol J.
Wed 6pm, Reading, OPEN
Wed 7pm, Waltham, Brenda C.
Wed 7pm, Milton BBSS, OPEN
Thurs 3pm, Gloucester in person, Lisa G
Thurs 7pm, Men's group, OPEN
Fri 12:15pm, Boston OPEN
Sat 6:15am, Language of the Heart OPEN
Sat 7:15am, Face to face, Newton Wellesley Hosp, Marianne
Sat 8am, N. Andover, Heather H.
Sat 8:30am, Boxford, F2F only, Deb B.
Sat 8:30am, Lynn OPEN
Sat 9am, Medford, Kelly C.
Sat 9am, Carney Hospital, Mary P.
Sat 2pm, Chelmsford, Barbara Ann F.
Sat 7pm, F2F only, Belmont OPEN

OAMBI Intergroup Board Members

Chair: Paulina S.
Vice Chair: Mary P.
Corresponding Secretary: OPEN
Recording Secretary: Barbara Ann F.
Treasurer: Kelly C.

Committee Chairs

Office: OPEN
Professional Outreach: OPEN
Newsletter: Laura J.
Zoom Coordinator: Laura J.
Webmaster: Jennie
12 Steps Within: OPEN
Bylaws: OPEN

Other

Office Worker: Cathryn

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

Massachusetts Bay Intergroup
of Overeaters Anonymous
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781-205-9606
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