Step 11:
Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

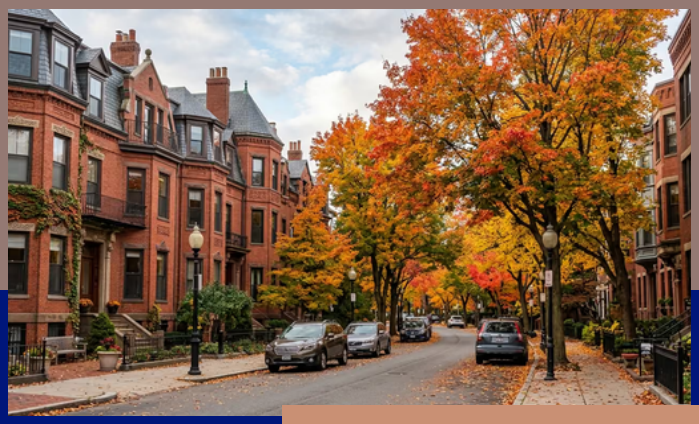
Spiritual Principle:
Spiritual Awareness

Tradition 11:
Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.

OVEREATERS ANONYMOUS®

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

NEWSLETTER



Experience, Strength, and Hope

For Today - page 20:
"When a man's willing and eager, God joins in." Aeschylus

When a job or situation or personal problem seemed too hard, I used to say, "I can't do it." In OA I have tapped a source of power greater than myself. All I need to start the action is willingness. Sometimes willingness comes easily, sometimes it is locked head-on with defiance. Then I feel heavy with the load.
What is the willingness formula? Prayer. When the miracle happens, I watch a defect evaporate, a task easily done, a problem solved. God does for me what I cannot do myself.

For today: I pray for willingness to get on with the twelve steps of recovery. That is the only way I know to replace my fears and insecurities with confidence and courage. When I am willing, there is no void and all things are possible.

For Today - page 202:
"Nature is no spendthrift, but takes the shortest way to her ends." Ralph Waldo Emerson

Growth is a phenomenon of nature. I cannot push it, shape it, make it happen. I can only do the footwork, endure the pain and know that the results are not up to me. There is struggle in the growth process; pride, ego and misused will stand in the way and must be overcome gradually, with understanding and compassion. Pain is always the teacher, but with each period of growth it becomes less acute. Growth is the opposite of control. Another term for it is learning to let go and let God. And that is a subject I can only expect to get better at, not master.

For today: Do I really need to be in control - which is wasted motion, really - or can I trust in my Higher Power? I will let today be a wonderful surprise.

Treasurer's Report

Donations		
Date	**Description**	**Amount**
10/31/2026	Sat 6:15am	$5.00
10/31/26	Sat 7:15am Newton Wellsley(90) ID 34970	$363.60
10/29/2026	Sat 2pm Chelmsford 02225	$30.00
10/29/2026	Tues 9:30am BBSS Phone 55714	$30.00
10/29/2026	Sun 5pm Andover BBSS 45148	$20.00
10/29/2026	Sat 2pm Chelmsford 02225	$32.00
10/28/2026	Sat 6:15am ZOOM 800658	$5.00
10/28/2026	Individual - anonymouse	$5.00
10/28/2026	Sat 2pm Chelmsford 02225	$50.00
10/26/2026	Tues 9:30am Reading BBSS 51015	$50.00
10/24/2026	Sat 6:15am ZOOM 800658	$25.00

Donations continued		
Date	**Description**	**Amount**
10/22/2026	Sat 8:30am Lynn 800654 (ID 47116)	$35.00
10/20/2026	Mon 10am Danvers 57860	$300.00
10/19/2026	Individual - anonymouse	$3.00
10/19/2026	Sat 6:15am ZOOM 800658	$5.00
10/16/2026	Sat 8:30am Boxford #57966	$454.94
10/12/2026	Individual - anonymouse	$5.00
10/12/2026	Wed 7pm Milton 50143	$20.00
10/12/2026	Mon 6:30pm Reading/Stone BBSS 53025	$20.00
10/11/2026	Sat 6:15am ZOOM meeting 800658	$5.00
10/6/2026	Tues 9:30am Reading BBSS 51015	$67.00
10/3/2026	Sat 6:15am ZOOM Meeting 800658	$120.00

Treasurer's Report continued

Donations continued		
10/3/2026	Sat 6:15am ZOOM Meeting 800658	$5.00
	October Total:	$1,675.54

Expenses		
Date	**Description**	**Amount**
10/30/2026	ZOOM	-$18.05
10/20/2026	Office Administrator	-$85.00
10/20/2026	Office Administrator	-$130.00
10/16/2026	ZOOM	-$18.05
10/16/2026	ZOOM	-$18.05
10/16/2026	Saintly Solutions	-$133.25
	October Total:	-$416.31

Checking Account balance $6,096.69
Savings Account Balance $5,000.00

Thank you,
Kelly, Treasurer

Newsletter Statistics

The newsletter was emailed out Fri, Oct 23, 2026 7:21 am.

Email Deliveries: 311
Total Opens: 227
Last Opened: 11/12/26
Forwarded: 0
Unsubscribe: 1
Bounce: 2

If you notice any incorrect information in the newsletter, please contact Laura J at 603-205-2695.

Yours in service,
Laura J, Newsletter Chair

Office Worker Report

Phone calls/text received	2
Emails received	52
Emails sent	29
Checks and cash received	0
Newsletters mailed	3
Meetings list mailed	0
Professional packets mailed	0
Books & Pamphlets mailed	0

Warmly, together we recover,
Cathryn - OAMBI Office Worker

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.
December 12, 2026
January 9, 2027
February 13, 2027
March 13, 2027

Meeting ID: 828 3733 3139, Passcode: 648073
https://us02web.zoom.us/j/82837333139?pwd=W72XfEPRmtOMqpqwOcbKx3upSBGaRI.1

Annual Readville Gratitude Meeting

A great way to take a break, join in fellowship and get centered before the holiday!
Wednesday, Nov 25th 2026, 7pm-8:15pm Eastern.
Meeting ID: 873 8875 1201
Password: 978084
To join by phone, call: +1 646 931 3860



Western MA Intergroup

OA Share-a-thon! In person at the Bethany Assembly of God.
Inspiring stories of recovery and hope from keynote speakers and workshop sharers. Exciting raffle opportunities to win OA literature, prizes, and gift cards.
January 23, 2027, 10am-2:30pm.
580 Main St., Agawam, MA.
Hosted by Western MA Intergroup

Ocean and Bay Intergroup

Weekend Recovery Speaker Call!
Join us for a free weekend recovery call featuring 2 longtime OA members sharing their experience, strength, and hope.
The speakers will share what life was like before Overeaters Anonymous, what changed through working the Twelve Steps with a sponsor, and what recovery looks like for them today. Participants may ask questions or share on suggested recovery topics following the speaker presentations.
Saturday, November 28 & 29, 2026 12pm-1pm.
Dial in: 1-712-432-5200
Pin: 4285115#
Hosted by Ocean and Bay Intergroup

Metrowest Intergroup

Workshop: *Aging in OA*
Aging presents its own gifts and challenges in recovery: new lessons in powerlessness and acceptance!
Sunday Dec 6 2026, 1:30pm-2:30pm Eastern.
Zoom meeting ID: Go to our website and message us through the red chat button (bottom right).
Hosted by Metrowest Intergroup

OA90 Virtual Intergroup

My Gratitude Knows No Bounds!
Discuss the joys of having OA in our lives.
Thanksgiving morning 3 - 1 hour meetings from 10:30am-1:30pm Eastern.
November 26, 2026. Zoom information is available on the website.
Hosted by OA90 Virtual Intergroup

Virtual Intergroup

Friday December 4, 2026 marathon!
Topic: *Giving up what no longer serves us.*
Dial in: 712-432-5200
Conference ID: 4285115#
Meetings every hour from 8am to 6pm Eastern around regularly scheduled meetings.
Hosted by Virtual 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, Medford, Charlee
Sun 5pm, Andover BBSS, Bobbie M.
Sun 5pm, Newtonville, Hilde
Mon 9:30am, Wellesley, Jeanne K.
Mon 10am, Danvers, Lisa W
Mon 12:15pm, Boston OPEN
Mon 6:30pm, Stoneham BBSS, Helen K.
Mon 7:30pm, For Today, OPEN
Tues 9:30am, Reading, OPEN
Tues 7pm, Swampscott OPEN
Wed 9:30am, Reading, Carol J.
Wed 6pm, Reading, OPEN
Wed 7pm, Waltham, Stacey
Wed 7pm, Milton BBSS, OPEN
Thurs 10am, Reading, OPEN
Thurs 3pm, Gloucester in person, Lisa G
Thurs 7pm, Men's meeting, OPEN
Thurs 7pm, Winthrop, Literature, OPEN
Fri 12:15pm, Boston OPEN
Sat 6:15am, Language of the Heart, Jane S.
Sat 7:15am, Face to face, Newton Wellesley Hosp, Marianne
Sat 7:15am, phone, Juliet
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.
Recording Secretary: Barbara Ann F.
Treasurer: Kelly C.

Committee Chairs

Office: OPEN
Professional Outreach: Juliet/Bobbie
Newsletter: Laura J.
Zoom Coordinator: Laura J.
Webmaster: Jennie
12 Steps Within: Marianne/Juliet
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
info@oambi.org
https://www.oambi.org