Are *you* represented?
Each Mass Bay Intergroup (MBI) meeting is encouraged to elect and send a Delegate and Alternate to MBI to vote on matters affecting OA within in our Intergroup and to bring information, flyers and newsletters back to the groups. To be of the greatest service, Intergroup Delegates and Alternates are needed from all meetings. Please be sure that every group you attend is represented. If your group is not represented, why not volunteer?

Is your meeting information up to date?
OA World Service and Intergroups such as MBI depend on updated meeting information for their online and printed meeting lists. It is crucial that we are available for newcomers and visitors looking for us. Please take a moment to review and if necessary update your group's current meeting time, location, contact person and other important information. Thank you for your service!

Groups can review and update their meeting registration on the OA website, as well as register new meetings or remove meetings from World Service's roster through the following steps:

1. Visit **www.oa.org** and click on "All About Meetings". Browse for your meeting and review its registration information in the **Find a Meeting** area.
2. If necessary, in the **Registration / Change Forms** area choose "U.S. Group Registration Change".
3. Fill out the online form then press the "continue" button. After checking over the information press the "confirm" button. Alternatively, you could print out the PDF version and mail the completed form to OA World Service at the address indicated. Note that changes take up to three weeks to be included in OA World Service meeting lists.
4. Contact the Mass Bay Intergroup office at (781) 641-2303 or **meetings@oambi.org** to let us know about the change and we will update our meeting list immediately as a courtesy.

If you need any help updating a meeting registration, adding or removing a meeting please contact OA World Service at (505) 891-2664 or the MBI Office at (781) 641-2303.

Seventh Tradition
We are self-supporting through our own contributions, neither soliciting nor accepting outside donations. This tradition encourages groups to donate all excess funds beyond a prudent reserve to their local intergroup, OA Region Six and to OA World Service. Please contact OA World Service at (505) 891-2664 or the MBI Office at (781) 641-2303 for information on how a group can make a donation.

Mass Bay Intergroup Monthly Meeting – Day and Time

The entire MBI body meets one Saturday a month at the Lawrence Memorial Hospital, 170 Governors Ave in Medford, Massachusetts, at 10:30 AM. Visitors welcome! Those wishing to do service will find many ways to get involved at the intergroup level! The dates are in our MBI Newsletter.

Phone Meetings

An up-to-date list of phone meetings can be found on the MBI website: **http://www.oambi.org**

The Twelve Steps of Overeaters Anonymous

1. *We admitted we were powerless over food — that our lives had become unmanageable.*
2. *Came to believe that a Power greater than ourselves could restore us to sanity.*
3. *Made a decision to turn our will and our lives over to the care of God as we understood Him.*
4. *Made a searching and fearless moral inventory of ourselves.*
5. *Admitted to God, to ourselves and to another human being the exact nature of our wrongs.*
6. *Were entirely ready to have God remove all these defects of character.*
7. *Humbly asked Him to remove our shortcomings.*
8. *Made a list of all persons we had harmed and became willing to make amends to them all.*
9. *Made direct amends to such people wherever possible, except when to do so would injure them or others.*
10. *Continued to take personal inventory and when we were wrong, promptly admitted it.*
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.*
12. *Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.*

OVEREATERS ANONYMOUS®
MASS BAY INTERGROUP

July-August 2018
Mass Bay Intergroup Meeting Directory

Other Massachusetts Intergroups		
Cape Cod	(508) 428-9848	www.ccigoa.org
Central MA	(508) 754-7712	www.centmassint.org
Mass Bay	**(781) 641-2303**	**www.oambi.org**
Metro West	(508) 875-0001	www.metrowestoa.org
North Shore	(978) 387-8188	www.oanorthshoreintergroup.org
Ocean & Bay	(401) 438-1301	www.oceanandbay.org
So Coastal MA	(781) 925-1903	www.scmioa.org
Western MA	(413) 783-4198	www.oawmass.org
Find more info at the Region 6 website:		www.oaregion6.org
OA WORLD SERVICE OFFICE PO Box 440202 Rio Rancho, NM 87174-4020 (505) 891-2664 / Fax: (505) 891-4320		www.oa.org Directory includes all national, international and phone OA meetings.

Designations

(A/B) Anorexia/Bulimia
(B) Babysitting Avail.
(BB) Big Book Focus
(BBSS) Big Bk. St. Study
(Bg) Beginners Focus
(FT) For Today
(HC) Handicap Access
(HOW) HOW Meeting
(L) Literature Study Focus
(M) Men's Focus
(R&R) Relapse & Recovery
(ST) Step Meeting
(T) "T" Accessible
(VOR) Voices of Recovery
(YP) Young People
(90) Sharing of those w/90 days of abstinence
(FF) Fragrance Free

Designations indicate group conscience preferences and are suggestions only. They are not used to limit attendance or participation at meetings.
For a complete list of all OA and online meetings please visit: www.oa.org.

OVEREATERS ANONYMOUS®

MASS BAY INTERGROUP

July-August 2018
Mass Bay Intergroup Meeting Directory

Scan for OAMBI.org

P.O. Box 74, Arlington, MA 02476
(781) 641-2303 info@oambi.org www.oambi.org

Weekly Meetings listed Alphabetically by City or Town

Andover Ballard Vale United Church, 23 Clark Rd. (Sunday 7:00PM) **(BBSS**)

Boston St. Anthony Shrine, 100 Arch Street, Conference Room near the Auditorium (Mon and Fri at 12:15PM) **(T)(90)**

Cambridge Spaulding Hosp., 1575 Cambridge St, Conference Rm. 2 (Saturday 9:30AM) **(HOW)**

Chelmsford Unitarian Universalist Church, Int. of Rte. 110 & Westford St. (Sat 2:00PM) **(90)**

Chelsea Salvation Army Bldg., 258 Chestnut St. (Behind Town Hall) (Sat. 8:00AM) **(M)**

Dedham Allin Congregational Church, 683 High St. (Monday 7:30PM) **(FT)**

Dorchester Carney Hospital, Board Rm. (Sat.9AM) **(90)**

Lowell First United Baptist Church, 99 Church St. (Mon.7:00PM) **(90)**

Lynn Bethany Congregational Church, 410 Eastern Ave. (Thurs. 7:30AM)

NSMC Union Hosp., 500 Lynnfield St., South Conference Room A (Saturday 8:30AM)

Malden First Church of the Nazarene, 529 Eastern Ave. (Thurs. 7:00PM) **(M) (Can call-in: 605-475-4850, pin 197132#)**

Medford Lawrence Memorial Hospital's Johnson Conference Room 170 Governors Ave. (Fri. 7PM; Sat. 9AM and Sun. 8AM) **(90, HC)**, and **(**Sun. 10:00AM) **(R&R)**

Milton Beth Israel Deaconess Hospital, 199 Reedsdale Rd, Conf. Rm A.(Wed. 7PM) **(OABBSS)**

Natick Temple Israel, 145 Hartford St., (Thursday 12:00 PM) (Big Book) (90)

Newton Newton-Wellesley Hospital, 2014 Washington St., Room B2 (Sat. 7:15AM) **(90)**

Newtonville St. John's Episcopal Church, 297 Lowell Avenue, corner of Otis & Lowell Sts. (Sunday 5:00PM) (90)

No. Andover North Andover Senior Center, 120 R Main St. (Mon. 6:00PM, Sat. 8:00AM **(FF)**

Reading Church of the Good Shepherd **(HC)**, 95 Woburn St. (Wed. 6:00PM) **(90)**, (Wed.9:30AM) **(90, B, FF)**,

(Tues. 9:30AM) (**BBSS)**

First Congregational Church, 25 Woburn St. (Sat. 7:30-8:30AM) **(90)**

Readville/Hyde Park Sunset Bocci Club, 65 Danny Rd. (Wed. 7:30PM)

Stoneham Senior Ctr., 136 Elm Street **(Sun. 8:30-9:30AM) (90 FF)** (Mon. 6:30PM) **(BBSS)**

Sudbury St. John's Lutheran Church, 16 Great Rd Rte 117 (Thurs. 7:30 PM) (Bg)

Swampscott Unitarian Universalist Church, 101 Forest St (Wed. 7PM) **(90)** (Sat. 8:30AM) **(90).** (Basement of church).

Waltham St. Mary's CCD Building, 30 Pond St (Wed. 7:00PM) **(90)**

Wellesley Christ Method. Church, int. of Rtes. 16/135 (Mon. 9:30AM) **(90)**

St. John's Evangel. Church, 9 Ledyard St., **Note:** Function Hall in the Church Basement **.** (Wednesdays 12PM) **(90)**

Weymouth Church of Nazarene, 385 Ralph Talbot St. (Thurs. 10:00AM)

Winthrop REW Home Health Care, 215 Lincoln St**.** (Tuesdays 7:00PM) (**90) (Can call-in: 605-475-4850, pin 197132#)**

*****St. John's Episcopal Hall, 222 Bowdoin St. (Thursday 7:00PM) (L)

Winchester St. Eulalia, 50 Ridge St (Tues. 7pm) **(90)**

***Indicates a change in time of the meeting.**

Meetings Listed by Day of the Week

Sunday	Andover, Medford, Newtonville, Stoneham
Monday	Boston, Dedham, Lowell, North Andover, Stoneham, Wellesley
Tuesday	Reading, Winthrop, Winchester
Wednesday	Milton, Reading, Readville/Hyde Park, Swampscott, Waltham, Wellesley
Thursday	Lynn, Malden, Natick, Sudbury, Weymouth, Winthrop
Friday	Boston, Medford
Saturday	Cambridge, Chelmsford, Chelsea, Dorchester, Lynn, Medford, Newton, North Andover, Reading, Swampscott

Preamble

Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength & hope are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain frotm compulsive eating and compulsive food behaviors and to carry this message of recovery through the Twelve Steps of OA to those who still suffer.