

Are you represented?

Each group meeting affiliated with Mass Bay Intergroup (MBI), is encouraged to elect and send a Representative "Rep" and Alternate Rep to MBI to vote on matters affecting OA in our Intergroup. The Rep and/or Alternate Reps bring Information, Flyers and Newsletters back to the group meetings. For maximum service, Intergroup Reps and Alternates are needed from each meeting! Please be sure that every meeting you attend is represented. If not, please consider the MBI Rep service position!

Is your Meeting Information up to date?

OA World Service and Intergroups such as MBI depend on accurate meeting information for online and printed Meeting lists. Our primary purpose is to be available to Newcomers and visitors looking for us. Please take a moment to review and update if necessary: 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, and may register new meetings or remove meetings from World Service's roster by the following steps:

1. Visit www.oa.org, click on "All About Meetings". Browse for your meeting and review its registration info 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 "Continue". After checking the information press "Confirm". OR 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(3) 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 OA World Service. Please contact OA World Service at (505) 891-2664 or the MBI Office at (781) 641-2303 for information on how to make a Group donation.

Mass Bay Intergroup Monthly Meeting – Day and Time

MBI trusted servants and visitors meet 1 Saturday each month at Lawrence Memorial Hospital, 170 Governors Ave in Medford, MA, at 10:30 AM. Visitors welcome! Those wishing to do service will find many ways to get involved at the Intergroup level! Find meeting dates in the 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.*



**December 2019-
January 2020**
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 <u>suggestions</u> only. They are <u>not</u> used to limit attendance or participation at meetings. For a complete list of all OA and online meetings please visit: www.oa.org .		



**December 2019-
January 2020**
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 5:00PM – starts 12/15) **(BBSS)**
- *Boston** St. Anthony Shrine, 100 Arch Street, 2nd floor
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)
*First Church of Christ, 678 Lynnfied Street
(Saturday 8:30-9:30AM)
- 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, Johnson room
(Sunday 8am) **(90)** - New meeting location to
be announced for the 12/22/2019 meeting.

- *Medford** Lawrence Memorial Hospital, 170 Governors
Ave., Gallagher Conference Room (pass the
Johnson meeting room and turn left, door on
right is for the Gallagher room) (Fri. 7PM; Sat.
9AM), and (Sun. 10:00AM) **(R&R)**
- Milton** Beth Israel Deaconess Hospital, 199
Reedsdale Rd, Conf. Rm A.(Wed. 7PM)
(OABBSS)
- Newton** Newton-Wellesley Hospital, 2014 Washing-
ton St., Room B2 (Sat. 7:15AM) **(90)**
- Newtonville** St. John's Episcopal Church, 297 Lowell
Avenue, corner of Otis & Lowell streets
(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 *(Tues. 7PM) **(FT)**, (Sat. 8:30AM)
(90) Note: Basement of church
- Waltham** St. Mary's CCD Building, 30 Pond St (Wed.
7:00PM) **(90)**
- Wellesley** Christ Methodist Church, int. of routes
16/135 (Mon. 9:30AM) **(90)**,
St. John's Evangelist Church, 9 Ledyard St.,
Note: Function Hall in 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.**

Meetings Listed by Day of the Week

- Sunday** Andover, Medford, Newtonville,
Stoneham
- Monday** Boston, Dedham, Lowell, North Andover,
Stoneham, Wellesley
- Tuesday** Reading, Swampscott Winthrop,
Winchester
- Wednesday** Milton, Reading, Readville/Hyde Park,
Waltham, Wellesley
- Thursday** Lynn, Malden, 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 from compulsive eating and compulsive food behaviors and to carry this message of recovery through the Twelve Steps of OA to those who still suffer.