



Mass Bay Intergroup

Is food a problem for you?

Have you been worried about the way you eat?

- ✓ Do you resolve to go on a diet tomorrow, only to fail again and again?
- ✓ Is your weight affecting the way you live your life?

You are not alone.

Overeaters Anonymous can help.

No dues, No fees, No weigh-ins.

What is OA?

OA is not a diet club, but a fellowship of individuals recovering from compulsive overeating and compulsive food behaviors such as from anorexia, bulimia, food addiction, and other food-related problems. If you are struggling with one of these issues, you are not alone any more.

Who joins OA?

OA members are men and women of all ages, from the United States and abroad. Some of us have been obese; others have been anorexic, bulimic, or so obsessed with food or weight that we could not freely live our lives.

Does the program really work?

Typically, OA members have tried any number of solutions to their problems with food, including (for many of us) years of diets or exercise. In OA, we have finally found an answer that is long-term. Some OA members have maintained normal weights and found freedom from obsession for more than twenty years. As more and more newcomers enter the program, the number of people with five or ten years of recovery continues to grow.

Many Symptoms, One Solution

The membership of OA is varied, both in its makeup and in the eating behaviors and experiences that brought each individual to OA.

In OA, you'll find members who are:

- ✓ Extremely overweight, even morbidly obese
- ✓ Only moderately overweight
- ✓ Average weight
- ✓ Underweight
- ✓ Still maintaining periodic control of their eating behavior
- ✓ Totally unable to control their compulsive eating

There are many different patterns of food behaviors experienced by OA members. These "symptoms" are as varied as our membership. Among them are:

- ✓ Obsession with body weight, size, and shape
- ✓ Eating binges
- ✓ Grazing
- ✓ Preoccupation with reducing diets
- ✓ Starving
- ✓ Inducing vomiting after eating
- ✓ Constant preoccupation with food
- ✓ Inability to stop eating certain foods after taking the first bite

Our symptoms may vary, but we share a common bond: We are powerless over food and our lives are unmanageable. If you feel you are one of us, we welcome you with open arms.

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15 Questions:

This series of questions may help you determine if you are a compulsive eater. Many members of OA have found that they have answered yes to many of these.

1. Do I eat when I'm not hungry, or not eat when my body needs nourishment?
2. Do I go on eating binges for no apparent reason, sometimes eating until I'm stuffed or even feel sick?
3. Do I have feelings of guilt, shame, or embarrassment about my weight or the way I eat?
4. Do I eat sensibly in front of others and then make up for it when I am alone?
5. Is my eating affecting my health or the way I live my life?
6. When my emotions are intense—whether positive or negative—do I find myself reaching for food?
7. Do my eating behaviors make me or others unhappy?
8. Have I ever used laxatives, vomiting, diuretics, excessive exercise, diet pills, shots or other medical interventions (including surgery) to try to control my weight?
9. Do I fast or severely restrict my food intake to control my weight?
10. Do I fantasize about how much better life would be if I were a different size or weight?
11. Do I need to chew or have something in my mouth all the time: food, gum, mints, candies or beverages?
12. Have I ever eaten food that is burned, frozen or spoiled; from containers in the grocery store; or out of the garbage?
13. Are there certain foods I can't stop eating after having the first bite?
14. Have I lost weight with a diet or "period of control" only to be followed by bouts of uncontrolled eating and/or weight gain?
15. Do I spend too much time thinking about food, arguing with myself about whether or what to eat, planning the next diet or exercise cure, or counting calories?

If you have answered yes to any of these, questions, then you may be a compulsive eater.

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INTERESTED? CURIOUS? You're invited to any of these meetings as a guest. You do not need to participate or say anything. Visit our website, email or call us.
Phone: (781) 641-2303 e-mail: info@oambi.org

ZOOM Meetings: (Go to Zoom.us, join meeting and enter meeting ID and password)

Sunday

8:30-9:30am, 90 day (Stoneham) Call: 425-36-6310. PIN: 853478#.

10-11am, 90 day (Medford)

ZOOM: <https://us02web.zoom.us/j/678611404?pwd=YUZKaXI2cVdyTWp2MUJUVV2pZNFcvOT09>

Meeting ID: 678 611 404 Password: 213703

5-6pm, OA BBSS, (Andover) Call: 605-313-5556. PIN: 839941#.

5-6pm, (Newtonville) Call: (605) 313-5140, PIN 173475#

Monday

9:30 am (Wellesley) ZOOM:

<https://zoom.us/j/169398975>

Phone: 929 436 2866; **Meeting ID: 169 398 975**

Password 830554

6:30pm, BBSS (Stoneham) Zoom meeting:

<https://us02web.zoom.us/j/71491935523?pwd=V3I3bW5kcTYzOUpvNm96TFZmNUh1Zz09>

Phone 1(646)558-8656 **Meeting ID: 714 9193 5523**

Password: 1HdZpL

7:30 pm, For Today (Dedham)

ZOOM: <https://zoom.us/j/87356079226> Phone: 929 205

6099; **Meeting ID: 873 5607 9226 Password**

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Wednesday

NOON (Wellesley) ZOOM:

<https://us02web.zoom.us/j/312842513?pwd=UzIkeWhyN1k4cGtrWmVEbDRmL0c0Zz09>

Phone: 929 436 2866; Meeting ID: 312 842 2513

Password 750452

6-7pm (Reading) ZOOM: OA discussion meeting, **Meeting ID 816557732 and Password: smile**

7pm Waltham) ZOOM:

<https://us02web.zoom.us/j/221108387?pwd=ZkYJZkI2TFI1dG1kZ1RCSFFNT1poUT09> Or phone: 1 929 205 6099 US

Meeting ID: 221 108 387 Password: 476789

7pm-8:30 pm, (Milton) BBSS.

ZOOM: <https://zoom.us/j/542691863>

Or by phone: +1 929 436 2866 US (New York)

Meeting ID: 542 691 863 Password 649653

Saturday

8-9am (North Andover)

ZOOM: <https://zoom.us/j/708604467?pwd=ekd3dEpFbUFTUDNmO2RnbkdIOWZVOT09>

Or Call 929 436 2866 **Meeting ID: 708 604 467**

Password: 502545

8:30-9:30 am (Lynn) 90-day meeting

ZOOM: <https://us02web.zoom.us/j/89374109422?pwd=NmNKRCtLWW01YUdtK1VHRVJ3STgvdz09> Or call: 646 558

8656 **Meeting ID: 893 7410 9422 Passcode:**

342407

9:00-10am (Dorchester) Call: 425-436-6329. PIN: 373790#.

9:00-10am, 90 day (Medford) Call: 425-436-6310. PIN: 853478#.

9:30am HOW (Cambridge) ZOOM

<https://zoom.us/j/278249214> **Meeting ID: 278 249 214**

If you want to attend, please

email nancyglazerpearl@gmail.com for invite

2:00-3:30pm, (Chelmsford) Week 1 Step 12&12, 2&4 Discussion or Speaker, 3rd Tradition ZOOM

<https://zoom.us/j/784925239> Call 929-436-2866

Meeting ID: 784 925 239 Password 229521

You can find out about other meetings locally and across the United States here:

<https://oa.org/find-a-meeting/>

Read what our members have to say about

OA:

"I joined OA in 1998 and have not eaten compulsively since then. Working the OA program has relieved my pain from the past. What surprises me most is that my attitude about life has changed while my circumstances are nearly the same. This is miraculous..."

"I joined OA because I was emotionally unhappy. Sure I was fat, and couldn't stop eating, but I didn't recognize that my unhappiness was a byproduct of my eating..."

"After many years of struggling with anorexia, bulimia, and bingeing, I found OA. Food went from being the center of my life, to not. I experienced freedom for the first time in my life..."

"Two years ago, I weighed 360 pounds and was unemployed and suicidal. I didn't care if I lived or died, I just wanted to be thin. Today my physical weight loss is 123 pounds and my mental weight loss is immeasurable..."

Massachusetts Bay Intergroup

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Updated 12/8/2020 & subject to change