



# OVEREATERS ANONYMOUS®

MASS BAY INTERGROUP

MBI Newsletter

April 2013

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## MBI Chair's Report

April 2013

Hello all,

This is a busy time for Massachusetts Bay Intergroup representatives and delegates. April 14 we held our regular monthly meeting. The 2014 region six convention is in the early planning stages. April 20 is the region six spring assembly. April 29 through May 5 is the world service business conference. There are plenty of activities to keep us busy.

Massachusetts Bay Intergroup would like to designate one person to be responsible all year long to identify the date and location of various health fairs that may be scheduled in our area. They would be responsible for getting the name of the contact person for the health fair and getting the word out to the fellowship. We have found that identifying these activities is somewhat elusive for us. If you or somebody you know would be interested in serving in that capacity please contact us at [info@oaMBI.org](mailto:info@oaMBI.org).

We have been discussing possible actions to take to increase the people attending our meetings so that we might do better at keeping pace with the increasing numbers of overweight people. There have been a number of suggestions that have been made that might prove helpful in the future and each will be thoroughly investigated. **If you have some ideas we would certainly appreciate your input at [info@oaMBI.org](mailto:info@oaMBI.org).**  
Ron(Medford)

## Vice Chair's Report

April 2013

**The Region 6 Spring Assembly** will be held on Saturday, April 20th, 2013. [Hilton Garden Inn Albany Medical Center](#)

62 New Scotland Avenue  
Albany, New York, USA 12208  
Phone: 518-396-3500

**Assembly Registration:** All representatives are encouraged to **Register Online**. You must register for THIS assembly, even if you were a registered representative/alternate for previous R6 Assemblies. Online registration closes **Monday, April 15th**.

**Please ensure you print the packet and bring it with you.** In an effort to reduce paper usage/waste printed copies will not be available. You can download the Assembly Packet on the Region 6 website.

## What's New from World Service

**[Now Online: Second-Quarter Issue of A Step Ahead](#)**

The second-quarter 2013 issue of [A Step Ahead](#) is now available

This issue contains a lot of news, including information on:

Delegates to Vote on 10 New Business Proposals

Convention 2013 Lodging and Registration Are Open

Audit Shows Sound Financial Management  
**[New OA Book! Abstinence, Second Edition](#)**

One of OA's most popular books, expanded and updated with 50% new stories! These member-written stories from *Lifeline*, OA's international magazine of recovery, offer

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encouragement and guidance to help you achieve and maintain abstinence.  
[#994/US\\$10.00](#) plus shipping\* Also available in popular e-reader formats; go to your e-reader store and search for the book title.  
 \*US Shipping: \$5 for orders up to \$24.99, 20% of orders \$25 to \$59.99, 17% of orders \$60 to \$99.99, 12% of orders \$100 and up. Expedited orders can only be placed by phone. Email [info@oa.org](mailto:info@oa.org) for shipping charges outside the U.S.

**South Coastal Mass Intergroup presents: Serenity by the Sea.** April 26, 2013 4:00 pm – April 28, 2013 2:00 pm. Registration costs:  
 DOUBLE OCCUPANCY \$225 pp / SINGLE OCCUPANCY \$275 pp  
 Fee covers two nights lodging and six meals  
 Registration deadlines MAIL-IN DEADLINE April 8, 2013  
 Mirimar Retreat House 121 Parks Street Duxbury, MA 02332 US. Contact: [retreat2013@scmioa.org](mailto:retreat2013@scmioa.org)

**The World Service Business Conference** will be held April 29<sup>th</sup> to May 4<sup>th</sup> at the Embassy Suites Albuquerque Hotel and Spa 1000 Woodward Place NE, Albuquerque, NM 87102

**The World Service Convention will be held in Cleveland, Ohio August 28<sup>th</sup> through September 1<sup>st</sup>, 2013.** Convention lodging is now open at the Cleveland Marriott Downtown at Key Center! To download the lodging flyer, access the [Convention page](#) (on OA's World Service website) for all the details.

**Western Mass Intergroup Presents: A Guided Journey through the 12 Steps of OA, May 31 to June 2, 2013**  
 Cost: \$200 before April 15th - \$215 after April 15th.  
 Includes: accommodations, five healthy meals (Fri. dinner to Sun. breakfast. Rooms are assigned based upon date registration is received so register early!  
 To register please send: [Registration Form](#) & payment in full to:  
 WMI Retreat, PO Box 2911, Springfield, MA 01101-2911  
 Refunds and Cancellations Policy: No refunds after April 15, 2013. However, you are welcome to find a substitute. SCHOLARSHIPS ARE AVAILABLE. Held at the Genesis Spiritual

Life Center 53 Mill Street Westfield, MA 01085 US  
 See the Region 6 website [www.oaregion6.org](http://www.oaregion6.org) or the World Service [www.oa.org](http://www.oa.org) for more information.  
 Sincerely,  
 Lisa (Andover)

**TREASURER'S REPORT – April 2013**

Income \$1553.00  
 Expenses \$1743.13  
 Checking account balance (3/31/13) \$6557.61 - Savings balance \$5003.09  
 Income from groups was \$1538.00; we also collected \$15 at the MBI meeting. Thank you to groups who donated, see list below.

Expenses: office rent was already paid, paid \$60 for MBI meeting rent. Phone bill \$133.84, office work \$152, petty cash refill \$100, office supplies \$17, web site \$95.17, literature \$166.32 WSBC travel \$1018.80.

Group donations:

123.00	Newton Wellesley Sat. AM
40.00	JP Wed. PM
79.80	Cambridge Youville Sat. AM
86.00	Reading Wed. AM, special collection
100.00	Reading Tues AM BBSS
48.00	Arlington Sun. AM
57.00	Arlington Tues. PM
181.20	Newton Wellesley Sat AM
90.00	Newton Wellesley Sat. AM
300.00	Wellesley Wed. noon
33.00	Norwood, Thurs. PM
200.00	Carney Hospital Sat. AM

**Note: When sending donations to MBI, please put on the check or money order the city, day of the week and time of the meeting for identification.**

Respectfully submitted,  
 Jean B., MBI Treasurer

**12<sup>th</sup> STEP REPORT –April 2013**  
 No Report this month.

**PUBLIC INFORMATION REPORT**

**April 2013**

The Public Information Committee would like to present a **Public Information Event – 9/28/2013 from 1 PM to 3 PM** and are looking for volunteers to help organize the event. Volunteers are needed to design flyers, to distribute flyers, to get speakers & a location for the event and to do various volunteer work like helping to decorate the venue and be greeters.

Anyone interested in supporting the Public information Committee for this event should contact Beany @ 781-491-0245-it's okay to leave a message on the voicemail.

Respectfully Submitted,  
Beany K.-Public Information Committee  
Chair

**BYLAWS REPORT -**

**April 2013**

The following bylaw motions will be voted on at the next MBI meeting in May 2013.

**Motion:** to have guidelines for Massachusetts Bay Intergroup representatives and alternates included in Massachusetts Bay Intergroup Bylaws.

**Motion:** World Service Business Conference delegates and alternates and region six delegates be included in the Massachusetts Bay Intergroup newsletter each month.

Patc Bylaws Committee Chair

**PROFESSIONAL OUTREACH/YOUNG PEOPLE'S COMMITTEE**

**April 2013**

Committee members are contacting two organizations of health professionals for young people, the Massachusetts School Nurses Association, and the New England College Health Association; and listing high schools where MBI has meetings; and reviewing World Service guidelines on Young People's meetings.

Again this year, the committee will visit each MBI meeting to show **MBI's Professional Outreach packets**. We encourage members to get packets to the professionals in their lives, either by taking them a packet, or by

mailing an anonymous request for the OA office to send them a packet. Salmon-colored request forms will be distributed for members to mail to the office, or you may call the office at (781) 646-0323, to request that they send a packet.

**REMEMBER, WITH OA's HELP, and BY HELPING OA, we change "middle-age spread" to "middle-age-(and all ages)-spread-the-word-about-OA!"**

Respectfully submitted,  
Alice

**April 2013 - Office Activity**

Phone calls	20
Emails	20
CDs Made	18
Prof. Pkts. Sent	7
Newcomer Pkts. Sent	21
Newsletter Copied & Mailed	For FEB/MARCH

## [OA's Best-Selling Books: Now for e-Readers](#)

Five of OA's best-selling books are now available in popular e-reader and mobile-device formats. To find these books, go to your e-reader store and search by title. They are not available through OA's online bookstore.

### **The Twelve Steps and Twelve Traditions of Overeaters Anonymous**

Provides a detailed, moving exploration of how OA's Steps and Traditions help members recover and how the Fellowship functions as a whole. **e-reader price: \$6.50**

### **For Today**

Offers inspiring and thought-provoking affirmations and readings for each day of the year, written especially for OA members.

**e-reader price: \$6.50**

### **Voices of Recovery**

This daily reader contains inspirational quotations from OA literature along with experience, strength and hope written by OA members for OA members.

**e-reader price: \$6.50**

### **Overeaters Anonymous, Second Edition**

Includes personal stories of OA members, the complete text of "Our Invitation to You," the founder's story, and views of the program by non-OA professionals. **e-reader price: \$6.50**

### **Abstinence: Members of Overeaters Anonymous Share**

#### **Their Experience, Strength and Hope**

Member-written essays from *Lifeline* magazine offer help, encouragement and direction as you strive for and maintain abstinence.

**e-reader price: \$5.75**

## [New OA Book! Abstinence, Second Edition](#)

One of OA's most popular books, expanded and updated with 50% new stories! These member-written stories from *Lifeline*, OA's international magazine of recovery, offer encouragement and guidance to help you achieve and maintain abstinence.

[#994](#)/US\$10.00 plus shipping\* Also available in popular e-reader formats; go to your e-reader store and search for the book title.

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[Next MBI Meeting-9:15am  
Sunday May 19<sup>th</sup>](#)

**Stoneham Senior Center**

**Come join us for Service  
and Fellowship!**

## Upcoming Events and Information

(CORRESPONDING SECRETARY'S REPORT)

Please make flyers available to your meeting

### Genesis Retreat 2013

May 31 – June 2, 2013 **A Guided Journey Through the 12 Steps of OA**  
 Genesis Spiritual Life Center, Westfield, MA 01085, Cost: \$200 before April 15, 2013; \$215 after April 15, 2013. Scholarships are available. Please go to Retreat 2013 Page for more information. [click here for registration flyer](#) Click here to go to [Retreat 2013 Page](#)

**The World Service Business Conference** will be held April 29<sup>th</sup> to May 4<sup>th</sup> at the Embassy Suites Albuquerque Hotel and Spa 1000 Woodward Place NE, Albuquerque, NM 87102

**OA Spring Retreat** will be held on May 31<sup>st</sup> to June 2<sup>nd</sup> 2013 at the **Genesis Spiritual Life Center, 53 Mill St. Westfield, MA 01085**  
 For more info: [wmiretreat@oawmass.org](mailto:wmiretreat@oawmass.org) or leave a message at 413.783.4198.

**The World Service Convention** will be held in Cleveland, Ohio September 28<sup>th</sup> through September 1<sup>st</sup>, 2013.

### News from WSO

Sign up for WSO email news updates  
[www.oa.org/services-for-members/service-body.php](http://www.oa.org/services-for-members/service-body.php)

Latest issue of **STEP AHEAD ONLINE** is posted at: [www.oa.org/services-for-members/newsletter.php](http://www.oa.org/services-for-members/newsletter.php)

### The Fine Print

The MBI Newsletter is a monthly publication of the OA Mass Bay Intergroup and the opinions expressed are those of the writer, not those of MBI or OA as a whole.

Please send submissions to: MBI, Sally S., Newsletter Chair, and P.O. Box 74, Arlington, MA 02476.

Material cannot be returned nor payment made. We reserve the right to edit. Other anonymous groups may reprint without permission

**For more events, see the website:**

[www.oaregion6.org](http://www.oaregion6.org)

### **OA Tradition Eleven**

*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.*

### **2013 MBI Meeting Dates – Mark your calendars!**

May 19

June 23

July 21

August 18

September 15

October 20

November 17

December 15

Sunday mornings, 9:15AM, Stoneham Senior Center