

## MBI Chair's Report – 8/19/2012

I don't really have too much to report this month, in September we'll have a full delegation attending Region 6. It was a joy to see former MBI Treasurer Jean from Somerville back doing service. I'm really grateful for each and every group representative and volunteer that sacrifice their time and energy to freely give back some of what they received to Overeaters Anonymous by doing service at higher levels.

It was reported by our Webmaster Brandon that 18 people had responded to our MBI Poll regarding meeting places, day and times. Jean from Somerville made the observation that Arlington wasn't one of the options for a location.

So far, of the 18 respondents to the MBI poll the majority have chosen Sunday, same time, same location. There is still time to participate in the poll. The next MBI meeting is September 16<sup>th</sup>, 2012.

Also, MBI Treasurer Kelly from Arlington signed the contract with a vendor to start updating the MBI website. It is now an official work in progress.

I hope you all had a wonder filled abstinent Summer,

Yours in Service and Gratitude,  
Beany – Woburn  
Chair – Mass Bay Intergroup  
Overeaters Anonymous

## VICE-CHAIR REPORT – August 2012

-The Region 6 Convention: Recovery A Capital Idea will be held at 101 Lyon Street Ottawa, Ontario K1R 5T9 from October 26<sup>th</sup>, 2012 to October 28<sup>th</sup>, 2012.

- Register at [www.oaregion6.org/2012](http://www.oaregion6.org/2012)

- Metro West will be hosting a Bus to Ottawa. The bus costs \$95. Contact [ottwawabus.ticketleap.com/bus](http://ottwawabus.ticketleap.com/bus) to reserve a seat. If you have questions about the bus, e-mail Metro west at [bus@metrowestoa.org](mailto:bus@metrowestoa.org). If you don't have access to a computer or e-mail, you can call Beth at 978-257-3306.

- The WSBC Conference Literature Committee is soliciting stories of recovery from OA members for the proposed revision of Overeaters Anonymous, Second Edition. The committee is looking for stories that emphasize members' experience, strength and hope achieved through working and using the Twelve Steps, Twelve Traditions, Twelve Concepts of Service and nine tools of the Overeaters Anonymous program.

- The Region 6 Fall Assembly will be held on Saturday, September 29<sup>th</sup>, 2012 at the Hilton Garden Inn Albany Medical Center in Albany NY from 9:00 a.m. to 6:00 p.m.

- Assembly packets emailed and available online by August 15th. Delivery via USPS to requesting Intergroup.

- If you are a Region 6 Representative, go to [www.oaregion6.org](http://www.oaregion6.org) to print Region 6 Assembly information.

- Region 6 Representatives can register at [www.oaregion6.org](http://www.oaregion6.org). If you have any questions, please ask Lisa.

- Deadline for the group rate at the hotel is Friday, September 7th, 2012. Call 518-396-3500.

- There will be a Region 6 board meeting Friday September 28<sup>th</sup>, 2012 at the Hilton Garden Inn.

- The WSBC Delegate Application postmark deadline is October 15th, 2012.

## INDEX

Committee Reports	Page 1-3
Upcoming Events (Please announce)	Page 4
Telephone and MBI Info.	Page 5

- New literature continues to be available—To the Newcomer, Before you Take That First Compulsive Bite, Remember... and the Voices of Recovery e-Workbook. Go to [bookstoreoa.org](http://bookstoreoa.org), phone 1-505-891-2664, or fax 1-505-891-4320.

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

- 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 - August 2012**

**Checking**      \$14,776.85  
**Savings**        \$5,002.63  
**Total**            \$19,779.48

Donations remain steady. Thank you for your generosity. We've begun paying for the revised website and have paid 20% of the total charge at this time (\$360) along with web hosting which was \$52 for the year. Thank you for your continued generosity! Kelly (Arlington)

**August Donations:**

Monday Night Lowell	\$ 151.98
Group #45148	\$ 75.00
Sunday Arlington 8 AM	\$ 62.00
Group #51358	\$ 20.38
Saturday 9 AM Medford	\$ 100.00
Peabody Friday Noon Meeting	\$ 100.00
Newton Wellesley Hosp. Sat. 7:15 AM	\$ 108.00
Group #00166	\$ 130.50
Farnsworth Wednesday 4:30 PM	\$ 30.00
Lynn Union Hospital Saturday Morning	\$ 100.00
Tuesday 7 PM Arlington	\$ 106.00
Tuesday 7 PM Arlington	\$ 113.00
Sunday 5 PM Newtonville	\$ 277.93
Hyde Park/Readville Wed. 7:30pm	\$ 200.00
Group #38115	\$ 60.00

**12<sup>th</sup> STEP REPORT -July 2012**

No report this month.

**PUBLIC INFORMATION REPORT August 2012**

This month some of the newspaper public-service announcements were updated and some investigation was undertaken in an attempt to find health fairs that will take place this fall. We plan for the next month to finish this updating, to order some additional CDs for distribution to radio stations and to continue looking for health fairs.

A meeting attendee reported to a committee member having observed a public service announcement in the afternoon on a major television network.

**BYLAWS REPORT - August 2012-**

The bylaw committee is continuing to work on updating the MBI bylaws.

**PROFESSIONAL OUTREACH REPORT - August 2012**

No report this month.

**OFFICE ACTIVITY REPORT— August 2012**

Phone calls	20
Emails	0
Newcomer Pkts. Sent	10
Prof Pkts. Sent	5
CDs Made	5
Newsletter Sent	Copied and Mailed

## 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! Updated Suggested Meeting Format Includes Abridged Tools

At the November 2011 Board of Trustees meeting, the board members approved updates and revisions for the Suggested Meeting Format: [www.oa.org/pdfs/suggested\\_meeting\\_format.pdf](http://www.oa.org/pdfs/suggested_meeting_format.pdf). The revisions include more inclusive language, an emphasis on abstinent sponsors, added focus on *Lifeline* magazine and updated guidelines for collecting Seventh-Tradition contributions.

In addition, the new meeting format includes the *Abridged Tools of Recovery*. This is a board-approved abridgement that provides two or three-sentence descriptions of each tool, taken directly from *The Tools of Recovery* pamphlet. OA groups can use this abridgement to save time during meetings. The *Abridged Tools of Recovery* is also available as a stand-alone document: [www.oa.org/pdfs/Abridged\\_Tools\\_2011\\_final.pdf](http://www.oa.org/pdfs/Abridged_Tools_2011_final.pdf)

**Next MBI Meeting-**  
**9:15am**  
***Sunday September 16<sup>th</sup>***  
***Stoneham Senior Center***  
***Come join us for***  
***fellowship and Service***

## Upcoming Events and Information

(CORRESPONDING SECRETARY'S REPORT)

Please make flyers available to your meeting

**The Region 6 Fall Assembly** will be held on Saturday, September 29<sup>th</sup>, 2012 at the Hilton Garden Inn Albany Medical Center in Albany NY from 9:00 a.m. to 6:00 p.m.

**The Region 6 Convention: Recovery A Capital Idea**, will be held at 101 Lyon Street Ottawa, Ontario K1R 5T9 from October 26<sup>th</sup>, 2012 to October 28<sup>th</sup>, 2012.

Register at [www.oaregion6.org/2012](http://www.oaregion6.org/2012)

**Metro West will be hosting a Bus to Ottawa.**

More information will be available in early July. Questions about the bus contact MWI by e-mail at [bus@metrowestoa.org](mailto:bus@metrowestoa.org)

**Whack-A-Mole Workshop – Saturday – October 13, 2012- 1pm- 4pm; Arlington Senior Center. (5\$ donation suggested)**

Workshop is on dealing with multiple or serial addictions, what some people call whack-a-mole because you knock one thing down (like food) and something else (gambling, shopping, sex, etc.) pops up to take its place. There will be speakers and sharing. Water will be available.

### 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, at 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.*

### 2012 MBI Meeting Dates – Mark your calendars!

September 16  
October 21  
November 18  
December 16

Sunday mornings, 9:15AM, Stoneham Senior Center