



OVEREATERS ANONYMOUS®

MASS BAY INTERGROUP

MBI Newsletter

August 2013

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MBI Chair's Report - August 2013

This fall's region six convention in September will be preceded for a couple of days by a training for people involved with intergroups. This training has been given on numerous occasions around the East Coast and is supposed to be quite beneficial to intergroups. MBI plans to have as many people there as we can to learn as much as possible. Depending upon how fruitful that is we may then individually or in partnership with other intergroup(s) hire the trainer to come and do a weekend for as many people in MBI as possible. I'm sure it will prove to be interesting at least.

There has been some interest in the possibility of the republication in one iteration or another of "They Kept Coming Back: Ten Recollections".
Ron (Medford)

Vice Chair's Report - August 2013 Guidance for Treasurers

The Finance Committee at World Service has put together an FAQ for Service Body Treasurers.

The FAQs provide guidance to such questions as:

Does my group need a bank account?

How do we get a tax ID?

How do we distribute excess funds to Intergroup, Region, and World Service?

How do we handle liability insurance for our group?

See oaregion6.org for more information

New! For Today Workbook

Gain new insights by using the tool of writing to guide your reflections on the daily readings

in *For Today*. This accompanying workbook provides thought-provoking questions for every day in the book; includes space on each page for writing answers. Softcover; 208 pages. #974/**US \$11 plus shipping*** Also available as a downloadable PDF. **US \$7.50**

Go to bookstore.oa.org and click on "Digital Products."

*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 for shipping charges outside the US.

Convention 2013

Join OA members for fun and fellowship at OA's 2013 Convention to be held at the Cleveland Convention Center in Cleveland, Ohio USA, August 29-September 1. Its theme, "Recovery to Work Our World," celebrates the experience, strength and hope OA members have shared over the years. As a reminder, lodging and registration are open, so be sure to make your hotel reservations for the Convention as soon as possible. Space is limited! For more information:

<http://www.oa.org/world-service-events/world-service-convention/>

Region 6 Fall Assembly

The next scheduled Region 6 Assembly will be held Saturday, September 28, 2013 at the Hilton Garden Inn, Albany Medical Center, Albany NY

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Assembly Information

ASSEMBLY REGISTRATION: We encourage all representatives to **Register Online**. You must register for THIS assembly, even if you were a registered representative/alternate for previous R6 Assemblies. Online registration opens **Friday, June 30th** and closes **Monday, September 23rd**. Substitutions for Representatives may also be made online through **September 23rd**. Paper Registrations may be made in person the day of the assembly, however, all in-person registrations, substitution or otherwise, require a letter signed by your intergroup’s chair stating that the bearer named in the letter is the bona fide Representative, Alternate or substitute Representative from that intergroup.

ASSEMBLY LUNCH: Lunch is included for duly elected/appointed Representatives, Alternates and Working Guests. R6 Assembly cannot guarantee availability of the catered lunch for those who register at the door the day of the Assembly.

HOTEL RESERVATIONS: Room reservations for the Hilton Garden Inn are available. Additional information below.

PLEASE ENSURE YOU PRINT THE PACKET AND BRING IT WITH YOU, in an effort to reduce paper usage/waste we will not be bringing printed copies. You can download the Assembly Packet on Assembly Documents Page.

Hotel Information

HILTON GARDEN INN ALBANY MEDICAL CENTER

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

September 7, 2013 – Last day to make room reservations at the group rate of \$89 per night with the Hilton Garden Inn Albany Medical Center.

You may make hotel room reservations online for the dates checking in September 27 through September 29, 2013. You will be able to select either Queen Beds for two beds in a room or King Bed for one bed.

If you need a room either before or after the designated room block period, please telephone the Hilton Garden Inn Albany Medical Center directly. Make sure that you reach the hotel’s front desk and not the Hilton general reservations system.

Be sure to mention the code “REG6” in order to receive the correct, discounted rate.

A cooked-to-order breakfast is available for \$7.95, discounted from \$10.95 for hotel guests. Upon check-in, a coupon will be given to you at the front desk to present at breakfast.

If you are having any issues getting the reservation you prefer or have any special needs, please telephone 518-396-3500 and ask for Region 6 Group Code: REG6

Sincerely,
Lisa F. (Andover)

TREASURER’S REPORT – August 2013

Income	2477.26
Expenses	998.66
	1478.60 Income exceeds expenses

We had a good July for income, including several large donations, group donations totaled 2377.76. A list of groups donating follows this report. In addition, we received 44.50 for newcomer packets, 35.00 from the sexuality workshop and 20.00 from the MBI meeting 7th tradition collection. Thank you all for your generosity.

We will have to refund one donation for 50.00 sent to us in error, the meeting that sent it is actually in MetroWest IG and not MBI. I spoke to the rep for that meeting and she confirmed it, I told her I’d send the check to MWI with a note explaining the mix up.

On the expense side of the ledger, we had mostly routine costs for office rent, phone, and Pat our office worker. We also bought more literature for 141.12, I purchased more checks for 56.21, and the bylaws committee had printing expense for 83.88. I will be sending donations to Region 6 and World Service in August and our accountants are working on our non-profit organization returns for IRS and the state so we will probably get that bill in August or September. In September we will have expenses for Region 6 Assembly and the workshop preceding it but we are in good financial shape for the rest of the year.

Respectfully submitted,
Jean B., MBI Treasurer

Donations – July 2013

75.00	Andover Sun. PM
100.00	Peabody Fri. noon
10.00	Randolph Mon. AM
400.00	Wellesley Weds. Noon
50.00**	Westwood Sat. 10AM
(MetroWest meeting, to be paid to MWI)	
105.00	Arlington Tues. PM
200.00	Reading Tues. AM BBSS
100.00	Carney Hosp. Sat. AM
446.76	Newton Wellesley Sat. AM
86.00	Chelsea Men’s Sat AM
500.00	Reading Weds. PM
70.00	Chelmsford Sat. PM
100.00	Medford Sun. AM
100.00	Medford Sat. AM
35.00	Randolph Weds. PM

12th STEP REPORT –August 2013

No Report this month.

BYLAWS REPORT - August 2013

No Report this month

PROFESSIONAL OUTREACH/YOUTH IN OA COMMITTEE/Public Information- August 2013

Would you like to tell suffering food addicts about OA, but feel you have no time?

BY TAKING ONLY A FEW MINUTES, you can make a vast difference in health care and other professionals’ understanding of OA.

Please address an envelope, to be supplied at your meetings, with your professionals’ information (address several - one for each professional in your life). The envelopes will be collected and brought to the OA office where the secretary will mail them out, first enclosing four “New Prospect” cards (like OA business cards) and the results of World Service’s 2010 Survey which show the average weight loss to be 45 pounds, with members from as many as 17 countries keeping weight off for up to more than 21 years.

You may be the means through which the solution is given to another sufferer from our disease, since many professionals know nothing about OA, and nothing about how to help patients lose weight and keep it off. TAKE

TEN MINUTES, find the addresses, address the envelopes; and how many lives may be changed? “Take the action and leave the results to God.”

(You can also call the OA office, (781) 913-4709, and leave the address on the voice mail, or request that this packet be sent to you for you to give it to the professional.)

Thank you,
Alice (Somerville)

Report to MBI on 2014 R6 convention

The hotel contract is signed and we are making plans to announce the convention at the R6 Fall Assembly. We are still looking for volunteers; there is plenty of work to do!

October 24-26 2014 at the Marriott in Burlington, save the date... there will be speakers, meetings, entertainment; a full weekend of program events to enjoy. Registration materials will be available soon - we are working out the details. We will also be selling merchandise to support the convention, more details on that to follow. If you want to volunteer talk to Jean or Sally, we are the MBI members of the host committee, I’m one of the chairs and Sally is our service coordinator signing up volunteers.

This is a 3-intergroup project between MBI, North Shore, and Metro West and we are working well together.

Thank you for your support!
Jean B., chair 2014 R6 convention, almost Boston

Office Activity - August 2013

Phone calls	19
Emails	15
Prof Packets Made	5
Newcomer Packets Made	30
CDs Made	8
Newsletter Copied & Sent	yes

Next MBI Meeting-9:15am

Sunday September 15th
***Arlington Senior Center**
Come join us for Service and Fellowship!

***New Location**
47 Maple Street, Arlington, MA

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.

*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 for shipping charges outside the U.S.

NEW! OA Internet radio show airs on VoiceAmerica.com- "Sound Bites from Overeaters Anonymous (OA)" is a new Internet radio show dedicated to educating you about recovery from compulsive eating using OA's 12-step program, so you recognize the symptoms and find the support you need and a program that works to help you achieve and maintain a healthy weight. **Visit our OA Podcast Page for additional details.**
(In keeping with Tradition 6, OA does not endorse Voice America.)

Upcoming Events and Information
(CORRESPONDING SECRETARY'S REPORT)
 Please make flyers available to your meeting

September 20, 2013 6:00 pm – September 22, 2013 1:00 pm

Cape Cod Intergroup Presents: OA by the Sea
 Registration with full payment must be received by 9/6/13 at: CCI Retreat, P.O. Box 273, Centerville, MA 02632

[Download Flyer](#) for additional information

October 25, 2013 6:00 pm – October 27, 2013 1:00 pm -Central Mass Intergroup

Presents:

Retreat - The Big Book Comes Alive

"The Big Book Comes Alive" -A retreat with a strong leader who will take us through the steps using the Big Book. There are limited overnights, but a commuter option is available which includes all meals. There are nearby hotel options as well. Cost is \$209 or \$129.

[Download the Flyer](#) for additional information

[-View Map](#)

Edwards House1 Badger Road Framingham, MA 01701 This event is accessible to people with disabilities. **Jacki R. or Heidi**

C.eventscmi@gmail.com

News from Region 6

The Messenger Spring 2013- The Spring version of the Messenger is now available to download. Please visit "[The Messenger](#)" page to download the English and French edition.

News from WSO

Sign up for WSO email news updates

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

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, 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

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!

September 15

October 20

November 17

December 15

Sunday mornings, 9:15AM, Arlington Senior Center* New Location