

CHAIRS REPORT – February 26, 2012

It was great to have 2 visitors and 1 new Delegate this month at our MBI meeting. We had discussed further the possibility of outsourcing the MBI website and the cost of doing so. Brandon one of the visitors agreed to be in touch with our Webmaster Ann with the goal of taking over the website for Ann so that Ann after 10 years or so of being Webmaster can step down.

Also a motion was voted on and passed that Delegates to the World Service Business Conference have a minimum of 2 years of abstinence instead of 5 so that more MBI Delegates will be qualified sooner. There is still a 1 year minimum requirement for Region 6 Delegate and of course all the other qualifications must be met too.

For the Spring Assembly of Region 6 we have the following delegates:

Beany –Woburn (elected)
Pat C. – Westford (elected)
Lisa F. – Andover (appointed)
Cathy B. – Lowell (appointed)
Ron – Medford (appointed)

Unfortunately the bylaw change doesn't change anything as far as number of delegates going to World Service Business Conference 2012 because even though there are now delegates that qualify for the abstinence requirement they don't meet the service requirement of having attended at least 2 Region 6 meetings.

Ann from Cambridge has also made it clear that by the end of 2012 she will be stepping down as Webmaster. Our hopes are that Brandon will be able to take it over for Ann.

After the meeting was adjourned myself and 4 other MBI delegates reviewed and answered

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the World Service Business Conference 2012 Agenda Questionnaire.

Respectfully Submitted
Beany K. – Chair
Mass Bay Intergroup
Overeaters Anonymous

VICE-CHAIR REPORT – February 2012

- Next scheduled Region 6 Assembly will be held Saturday, April 21st at the Hilton Garden Inn, Albany Medical Center, Albany NY
- The World Service Business Conference will be held at the Embassy Suites Albuquerque Hotel and Spa, 1000 Woodward Place NE, Albuquerque, NM 87102
- The Region 6 Convention 2012 will be held at 101 Lyon Street Ottawa, Ontario K1R 5T9
- Visit the Region 6 website www.oaregion6.org for more information about events happening within Region 6

Lisa (Andover)

TREASURER'S REPORT - February 2012**Donations**

Anonymous	\$ 50.00
Charlestown Thursday AM	\$ 73.00
Arlington Sunday 8 AM	\$ 64.00
Saturday Reading 7:30 AM	\$100.00
Lowell Monday night	\$141.60
Lowell Monday night	\$128.40
Saturday 8 AM Chelsea Mens	\$ 79.00
JP Wednesday 4:30 PM	\$ 52.00
Newton-Wellesley SaturdayAM	\$262.36
Anonymous	\$125.00
Sunday Newton 5 PM	\$246.60
Cambridge Saturday 10 AM	\$ 50.00

INDEX

Committee Reports	Page 1-3
Update from World Service	Page 4
Upcoming Events (Please announce)	Page 5
Telephone and MBI Info.	Page 6

Tuesday Reading 9:30 AM BBSS	\$400.00
Lynn Saturday 8:30 AM	\$150.00
Medford Saturday 9 AM	\$100.00
Total	\$2021.97

BYLAWS REPORT - February 2012-

No report this month.

Citizens Bank Balance

Checking	\$15,665.00
Savings	\$ 5,001.00

PROFESSIONAL OUTREACH REPORT - February 2012

No report this month.

Kelly - Arlington

12th STEP REPORT - February 2012

The 12th Step Committee focused its time on planning for the April 14 workshop on Sexuality and OA Recovery. Since the last MBI meeting, a venue for the workshop has been secured: the Stoneham Senior Center (upstairs). Registration will begin at 8:30 AM and the workshop will start at 9AM, ending at noon. Marie, a new delegate from the Wednesday 9:30AM meeting in Reading (Hi, Marie!) will contact several possible speakers and Helen will make a flyer and get it to Sally for the MBI newsletter and to Anne, MBI's webmaster, for the MBI website. The committee members also brainstormed about possible topics for the speakers to address and practical props for the workshop, like a microphone and stopwatch.

**PUBLIC INFORMATION REPORT
February 2012 – Ron**

The public service announcements for television were delivered to channels four, five and seven as well as Fox 25. Channel 2 does not post public service announcements. These announcements should start running in a couple of weeks, according to the stations rotation. I'm guessing we need not look for them during prime time. Each DVD came with a description/history from overeaters anonymous World Service and I sent along a facsimile of the attached letter. The link below can be used for people to see for themselves the video of the PSA.
[Click here: PSA – Public Service Announcements - Overeaters Anonymous .](#)

Ron

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An Open Letter from the Chair

Dear MBI Group Members,
I want to start out my letter this month by saying I'm grateful to all the people that were at the last Mass Bay Intergroup Meeting. It was good to have 2 visitors and a new delegate along with all the other delegates that have attended and continue to attend the Mass Bay Intergroup meetings on a regular basis. It is always a welcome sight to see the regular delegates that faithfully show up each month who to spend time in their committees trying to develop new innovative ways of getting the word out to those who are still sick and suffering. It really is encouraging when new people show up willing to do the same. I know it isn't always easy to show up for the Intergroup Meetings because unlike a regular meeting there are no funny qualifications or stories to laugh at, there are no sad stories to empathize with or identify with. There is only a small group of delegates who sometimes with the help of visitors, try to do their best to envision a mission, focus on ways to complete that mission and enjoy knowing that for this one meeting they are banded together in their committee to do their best to get the word of recovery and hope out to those that need to hear it. However, not that there isn't a fair share of laughing because there is, not that there isn't a fair share of arguing, debate and sometimes hurt feelings because that's there too, but through it all we remain abstinent and united in trying to put forward the best ideas for helping people who need to find their way to Overeaters Anonymous.

Creating Workshops with a variety of topics, creating packets and distributing them to professionals, doing mailings to

newspapers, sending CDs to radio stations and DVDs to Television/Cable Television Stations and trying to improve our Intergroup Website are just some of projects our committees have been working on.

One of the most common reasons I hear from members of local groups for not attending Mass Bay Intergroup is because it's on Sunday, that if the Intergroup Meeting was on a different day of the week they would be willing to attend. I find this very difficult to believe as so many of the week day evening meetings have moved to earlier meeting times or have gone from being 1 ½ hours long to an hour because members don't want to be out so late. If group members aren't willing to stay in a 90 day meeting for an hour and a half; members with 90 days or longer and in some cases much longer abstinence, then how am I to believe they would be willing to show up and commit to coming to Mass Bay Intergroup meetings for 2 hours after a long work day and having to fight through traffic even if it is only one night a month to get to it. ? I would add that other Intergroups have changed their days, times and locations of meetings and this hasn't increased their attendance at all.

There are 57 groups in MBI and of the 57 groups there were only 8 of them that had delegates in attendance in February. If any member groups of MBI would really like to see the day/time/location of the Intergroup meeting changed they could do it in a few simple steps.

1. Elect a delegate to Mass Bay Intergroup to represent your group.
2. Have the delegate propose a motion to change the day, time and if desired the location of the Intergroup Meeting (if they don't know how to do this we'd assist them with the proposal during the intergroup meeting.)
3. Submit a copy of the motion to the Mass Bay Intergroup news letter to meet the prior notice requirement.
4. Be prepared to speak on your motion.
5. Vote for your motion.

There are 49 groups not sending delegates, if these each had a delegate who would give up 2 Sundays the 1st to propose the motion and the 2nd to come back and vote on it so that the time and or location could be changed it wouldn't be a problem to change; truth be told it doesn't have to even be 49 delegates to be a majority vote. If a majority of the 8

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delegates who regularly attend showed up and voted on a different time and or place it would change. You do however have to be a delegate of a group and have a minimum of 90 days of abstinence to vote. For those of you who might be thinking that just because I have a personal preference to meet on Sundays a motion such as this won't pass; I'd like to say, that I'm at Intergroup to serve as Chair, I don't campaign one way or the other for a motion. As Chair, I can speak pro or con on a motion but I don't get to vote on a motion unless there is a tie vote. In closing I want to say thank you to everyone who stayed and gave their feedback on the World Service Business Conference-Delegates Questionnaire. Also a special thanks to Ron, Kathy, Pat, Lisa and Bobbie for expressing their willingness to be Region 6 Delegates. This will be the first year in a long time that if everybody is able to go, we'll have a full delegation attending Region 6. It ought to be a fun ride out to Albany and I really am grateful for all of you and your willingness to go above and beyond for service and recovery.

The next Mass Bay Intergroup Meeting is: Sunday March 18th, 2012, I hope to see more of you there,

Yours in service and gratitude,
 Beany K.
 Chair – Mass Bay Intergroup
 Overeaters Anonymous

Next MBI Meeting-
9:15am
Sunday March 18th
Stoneham Senior Center
Come join us for
fellowship and Service!

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. 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

Upcoming Events and Information

(CORRESPONDING SECRETARY'S REPORT)

Please make flyers available to your meeting

April 27 -29, 2012 Duxbury MA
Seaside Serenity Retreat(Miramar Retreat Center)
 Time 4:00 Friday
 Address: 121 Parks St. Duxbury, MA
 Cost: \$215 – Double Occupancy

June 1-3, 2012 Westfield, MA
A Guided Journey through the 12 steps of OA
 Time: 4:00 Friday
 Address: 53 Mill Street, Westfield, MA
 Cost: \$195

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, 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

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!

- March 18
- April 15
- May 20
- June 24
- July 15
- August 19
- September 16
- October 21
- November 18
- December 16

Sunday mornings, 9:15AM, Stoneham Senior Center