



OVEREATERS ANONYMOUS®

MASS BAY INTERGROUP

MBI Newsletter

February-March 2013

MBI Chair's Report February/March 2013

Hello all

There are a number of things going on lately that MBI is dealing with. First and perhaps most exciting is the fact that there are MBTA buses riding around the area with 8 foot long colorful MBI posters on their sides asking if food is a problem and identifying our website and phone number. Although it is early to tell yet as to what if any return we received, results are mixed.

We just completed a review and updating of our bylaws and the meetings in our area. We held discussions on the matter of listing phone meetings on our list of meeting and decided not to list them on the paper list but rather to refer to the list on our website.

We are also getting the 2014 region six convention going. That convention will be jointly operated by MBI, North shore and Metro west intergroups.

We are discussing the possibility of exhibiting at the 6th annual Exposition of NBC 7 event in April.

We will soon be discussing the issues to be raised at the 2013 World Service Business Conference.

And of course we are still talking about the prospect of maybe moving our meetings. Lots to do.
Ron(Medford)

Vice Chair's Report February/March 2013

The World Service Convention will be held in Cleveland, Ohio August 28th through September 1st, 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.

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**.

-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 Reservation: Room reservations for the Hilton Garden Inn are available. **March 29, 2013** is the last day to make room reservations at the group rate of \$89 per night with the Hilton Garden Inn Albany Medical Center.

-Please ensure you print the packet and bring it with you. In an effort to

INDEX

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

reduce paper usage/waste printed copies will not be available. You can download the Assembly Packet on the Region 6 website.

-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

-The World Service Business Conference

will be held April 29th to May 4th at the Embassy Suites Albuquerque Hotel and Spa 1000 Woodward Place NE, Albuquerque, NM 87102

-Western Mass Intergroup Presents:

A Guided Journey through the 12 Steps of OA

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 or the World Service www.oa.org for more information.

Sincerely, Lisa (Andover)

TREASURER'S REPORT –

January & February 2013

Income for January 1767.98

Expenses January 6181.88

Income February 1517.25

Expenses February 2004.19

Bank checking account balance for 1/31 \$12878.11

Bank checking account balance for 2/28 \$7993.54

Income was primarily group donations (see list below), with sales of newcomer packets in January \$30 and \$48 in February.

A request please: when you send in a group donation, please write the city/town name the group meets in and day of the week (example Medford, Sat. AM). I don't need the WSO group number and I can't search by it, though I was able to print a list of MBI meetings from the World Service website with the group numbers.

Expenses: In addition to regular expenses like rent, phone, and office work we also had some higher expenses that occur once a year. In January we had \$703 for insurance for the office (standard business policy), \$144.63 for printing new copies of the bylaws, \$4150 for outreach advertising on MBTA buses (I saw some buses with the ads on them, they looked good), and \$396 for WSBC registrations. In February there was \$348.59 for airline ticket to WSBC, more will follow in the coming months.

I am moving to Peabody in early April and my internet and home phone will be disconnected on March 30th. I should be up and running on April 5th. My cell phone will be working (617-767-9134), but please be patient! I paid the office rent for both March and April at the end of February because I'm going to be busy packing in the next few weeks.

Respectfully submitted,
Jean B., MBI Treasurer

Group Donations in January

153.00	Medford Sun. AM
50.00	Cambridge Sat. 10AM
226.58	Newtonville Sun. PM
75.00	Medford Sat. AM
86.00	Chelsea Men's Sat. AM
401.40	Newton Wellesley Sat. AM
100.00	Group 15404
200.00	Readville Wed. PM
147.00	Cambridge Youville Sat. AM
200.00	Stoneham Sun. AM
39.00	Arlington Tues. PM
60.00	JP Weds. PM
Total 1737.98	

Group Donations February

98.00	Arlington Sun. AM
50.00	?
100.00	Reading Tues. AM BBSS
600.00	Stoneham Sun. AM
22.00	Arlington Tues. PM
379.25	Lynn Sat. AM
60.00	Reading Weds. AM
50.00	Dorchester Thurs. PM
50.00	Lynn Thurs. AM
60.00	Peabody Fri. noon
Total	1469.25

regarding reaching Young People, specifically how to contact health care personnel at high schools and college health care centers. In April, we'll review the list of MBI OA meetings, determining who will bring Professional Outreach packets to each meeting. With the help of Pat at the office and Ron who'll deliver them, we will have some completed packets for parceling out in April. We need your help. Would you be willing to be the Professional Outreach/Young People's contact for your meeting? Please let us know.

12th STEP REPORT –February/March 2013

The next workshop will be held April 13th from 2-4 at the Church of the Good Shepherd on 95 Woburn St. in Reading.

Respectfully submitted,

Alice

The Workshop is titled: **'Slogans for Life!' ' A Rallying Cry for a Fulfilled Life!'**

The workshop will focus around the slogans we use to help us in attaining and keeping abstinence. The workshop format will be an initial panel discussion, then multiple breakout sessions, followed by group sharing on the breakout sessions.

February 2013 - Office Activity

Phone calls	16
Emails	23
CDs Made	10
Prof. Pkts. Sent	9
Newcomer Pkts. Sent	30
Newsletter Copied & Mailed	yes

A flyer will be created and sent to Helen for review and then will be posted on the OAMBI website. Phyllis B. For Helen

PUBLIC INFORMATION REPORT

February/March 2013

No Report this month.

March 2013 - Office Activity

Phone calls	41
Emails	30
CDs Made	32
Prof. Pkts. Sent	52
Newcomer Pkts. Sent	19
Newsletter Copied & Mailed	yes

BYLAWS REPORT - February/March 2013

The bylaw committee needs to see that every MBI meeting has a copy of the updated bylaws. Please be sure your meeting rep comes to the next MBI meeting to obtain a copy. We will also be reviewing parliamentary Procedure at our next meeting. See you there. Patc Bylaws Committee Chair

PROFESSIONAL OUTREACH/YOUNG PEOPLE'S COMMITTEE February/March 2013

Four present. Welcome to two new working visitors, Jing and Howard, who each took tasks

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

**Next MBI Meeting-9:15am
Sunday April 14th**

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

The Region 6 Spring Assembly will be held on Saturday, April 20th, 2013.

April 26, 2013 4:00 pm – April 28, 2013

2:00 pm

South Coastal Mass Intergroup presents:

Serenity by the Sea Mirimar Retreat

House 121 Parks Street, Duxbury, MA 02332 US

Contact: retreat2013@scmioa.org

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 29th to May 4th at the Embassy Suites Albuquerque Hotel and Spa 1000 Woodward Place NE, Albuquerque, NM 87102

OA Spring Retreat will be held on May 31st to June 2nd 2013 at the **Genesis Spiritual Life Center, 53 Mill St. Westfield, MA 01085**

For more info: wmiretreat@oawmass.org or leave a message at 413.783.4198.

The World Service Convention will be held in Cleveland, Ohio September 28th through September 1st, 2013.

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.

2013 MBI Meeting Dates – Mark your calendars!

April 14

May 19

June 23

July 21

August 18

September 15

October 20

November 17

December 15

Sunday mornings, 9:15AM, Stoneham Senior Center