

## **CHAIRS REPORT – January 22, 2012**

It had been brought to my attention that there are many opportunities for improving the Mass Bay Intergroup website. Various restructures of sentences and phraseology as well as ensuring that all links provided on the website are functional.

We had conversation amongst the board and delegates about ways to address such updates and the possibility of outsourcing the website. The discussion will be continued at next month's intergroup meeting.

Also Vice Chair Lisa F. received an e-mail with a flyer for Unity Day – Saturday February 25<sup>th</sup> 2012. It will be held at the Good Samaritan Medical Center, 235 North Pearl St., Brockton MA (Moakley Conf. Center)

From 1pm – 4pm. There is a \$5 suggested donation for attendance. For more information go to [info@scmioa.org](mailto:info@scmioa.org) or call 781-925-1903

I also informed the body that arrangements have been made to send 2 delegates to World Service Business Conference 2012. When asked why we are only sending 2 delegates instead of the 6 allotted delegates, I explained that nobody else attending MBI; that meets the requirements, is able to attend World Service Business Conference for various reasons and that although I'm able to appoint or ask for volunteers to attend the conference, I won't appoint someone to go to World Service to represent Mass Bay Intergroup if they aren't willing to attend Mass Bay Intergroup meetings on a regular bases.

Also I invited delegates and board members alike to bring their lunches so that after next month's intergroup meeting we can go through the delegate's questionnaire that needs to be sent to World Service. This

I want to express my deepest gratitude for all those delegates and board members who continue to show up on a regular basis to do service on their committees and for Overeaters Anonymous as a whole. It isn't always pretty and it isn't always kind it isn't always gentle and sometimes pretty rough but together we can what we couldn't do alone the service you do is always greatly appreciated and I thank you.

Respectfully Submitted,  
Beany – Woburn  
Chair – Mass Bay Intergroup  
Overeaters Anonymous.

## **VICE-CHAIR REPORT – January 2012**

World Service Delegates are registered and have their flight and hotel arrangements set for the World Service Convention in New Mexico, April 30<sup>th</sup> to May 5<sup>th</sup>, 2012

Region 6 Convention in Ottawa, Canada  
October 26<sup>th</sup>-28<sup>th</sup>, 2012

The next Region 6 assembly will be held in Albany, NY in April.

Unity Day is the last Saturday in February (25<sup>th</sup>) at the Good Samaritan Hospital in Brockton, MA. Everyone is welcome to attend.

Lisa

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**TREASURER'S REPORT - January 2012**

Our current balance is \$20,588 and this includes a prudent reserve of \$5K. Our expenses thus far for January have been \$1,800 -- this includes an annual insurance payment of \$674 which is for our renters and office insurance.

Donations for this month ...so far ...are \$1500.

A motion was passed to increase our annual donation to both WSO and Region 6 to \$1000. Treasurer proposed it and encouraged it.  
Kelly - Treasurer

**BYLAWS REPORT - January 2012-**

**Motion:** I make a motion to change the abstinence requirements for becoming a Region 6 delegate from one year to six continuous months of abstinence and for a World Service delegate from five years to 1 year of continuous abstinence prior to date of submitting qualifications. Maker- Pat C. Westford

**PROFESSIONAL OUTREACH REPORT - January 2012**

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

The 12<sup>th</sup> Step Committee is planning a workshop in April on sexuality in recovery. More details will follow.

The committee would also like to encourage members to reach out to OA friends who have left the program or who are struggling.

An idea: use the 12th of each month to remind yourself to reach out beyond your regular circle of program friends and "extend the hand and heart of OA" to a fellow sufferer.

Helen

**PUBLIC INFORMATION REPORT  
January 2012 – Ron**

No report this month.

Young People and Professional Outreach committee continues to carry the message of recovery from compulsive eating, compulsive overeating

\* Packets available at no charge to OA members to hand to, send to, or have mailed directly to the following professionals: Clergy, Therapeutic/Mental Health, Medical and Employee Assistance Professionals

\*Please feel free to ask your MBI rep for a Packet, to call Pat at the MBI office to have one or more mailed to a Professional or your meetings or yourself for a Professional

\*Young People's Outreach: the committee members plan to send a Packet to each University/College Health Center for their staff to be aware of in their contact with Young People with Compulsive Eating, Compulsive Overeating and Food Addict behavior.

\*We would enjoy sharing with you at the next MBI meeting on Sunday, February 19th at 9:15am (Committees) and 10:15 business meeting!

Cathy B

**January Office Activity**

Phone calls	36
Emails	32
CDs Made	10
Prof. Pkts. Sent	2
Newcomer Pkts. Sent	12
Newsletter Copied & Mailed	Yes

**Next MBI Meeting-9:15am  
Sunday February 26<sup>th</sup>**

**Stoneham Senior Center**

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

### Letter from the Chair

The January 22, 2012 Mass Bay Intergroup meeting really ignited me to think about my recovery and my purpose for being at Mass Bay Intergroup(MBI).

I started pondering whether or not my service makes a difference. If when there is conflict during the meeting might I lack the communication skills to properly express my views while allowing others to express their views as well, without them feeling judged or vulnerable to attack. I know I try to imagine ways to inspire people to want to do greater things for Overeaters Anonymous as a whole and to do service for the newcomers and try to encourage those with 90 days or longer to attend Mass Bay Intergroup, Region 6 and World Service Business Conferences.

I get discouraged when I look out over the intergroup meeting and see 10 delegates out of a possible 77 delegates doing work that could be made lighter if more delegates attended the meeting. On the other hand I become uplifted when every month these same delegates show up with few exceptions to do service that nobody else seems willing to do.

This past meeting there were some uncomfortable conversations that took place and right away I wanted to make them all about me. Well life happens and in all walks of life yes even at Mass Bay Intergroup, there will be difficult, uncomfortable and sometimes fiery disagreements, but like everything else in life these pass, and as much as the addict in me might like to use them as an excuse to leave Mass Bay Intergroup my recovery tells me life isn't all about me. I can "Live and Let Live" and move on and work on being the leader I feel I'm called to be at this time.

At times like these I'm reminded of the story in the book "Alcoholics Anonymous" it's about how we are like people in a lifeboat and if we work together and support one another we can survive the stormy seas of life. That's my goal and my desire as well; to get more people into the lifeboat of recovery to help them grow through service in groups, at intergroup and higher levels of service, I hope in this coming year you'll make this your goal too.

If your group is not sending an intergroup representative to the intergroup meetings, I hope you'll volunteer 2 ½ hours of your time for that group and come bring your ideas to the next Mass Bay Intergroup meeting (2/26/12). You might be surprised while working with others to help others to find you are really helping yourself.

Yours in recovery and gratitude,  
Beany – Woburn  
Chair – Mass Bay Intergroup  
Overeaters Anonymous.

## OA NEWS BULLETIN: JANUARY 2012

### 2012 World Service Business Conference Upcoming Deadlines

**January 2, 2012** Delegate Registration  
Forms due to WSO

**January 31, 2012** Trustee Nominee  
Applications due to WSO

**March 1, 2012** Agenda Questionnaire  
due to WSO (postmarked deadline)

### 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)

**Upcoming Events and Information**

**(CORRESPONDING SECRETARY'S REPORT)**

Please make flyers available to your meeting

February 25, 2012 Brockton, MA  
**Unity Day – South Coastal Mass IG**  
 Time: 1:00 – 4:00pm  
 Address: Good Samaritan Hospital  
 Cost: \$5 suggested donation

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](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.*

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

- February 26
- 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