



OVEREATERS ANONYMOUS®

MASS BAY INTERGROUP

MBI Newsletter

January 2013

MBI Chair's Report - January 2013

One might easily conclude based on the evidence of the ever-increasing epidemic of obesity in this country that organizations like ours that present one of the few effective means of battling obesity in the long-term, would be growing by leaps and bounds. The contrary however, is the fact. In April 2008 there were 1053 meetings in region six of OA. In January 2012 there were 1026 meetings! In April 2008 there were 45 intergroups in region six; January 2012 - 42 intergroups.

We need more help to fight this trend!

Most of us at MBI are quite pleased that we were able to contract with the MBTA for the display of 8 foot long posters on their buses traveling out of two garages North of Boston. We are hopeful that these will be productive for us in the sense of bringing in new people to our meetings.

What happens at Massachusetts Bay Intergroup is important to your health; physically, emotionally and spiritually. We need the helping hands and minds of as many people as possible. We meet for a couple of hours one Sunday a month - a minor investment in terms of the rewards gained with an active service body.

Ron T. Medford

VICE-CHAIR REPORT January 2013

- **NEW! Expanded Spanish Literature Offerings. The WSO has expanded its Spanish literature offerings by publishing the following items:**

- *Sólo Por Hoy (For Today)* #984S/US\$9.50
- *Guía Para El Inventario Del Cuatro Paso (Fourth-Step Inventory Guide)* #491S/US\$4.50
- *Los Miembros De OA Vienen En Todos Los Tamaños (OA Members Come in All Sizes)* #110S/US\$1.25
- *Apadrinando Con Los Doce Pasos (Sponsoring Through the Twelve Steps)* #220S/US\$.75
- *A La Familia Del Comedor Compulsivo (To the Family of the Compulsive Eater)* #240S/US\$.25
- *Al Adolescente (To the Teen)* #280S/US\$.60
- *Damos La Bienvenida Al Hombre Que Desea Dejar De Comer En Exceso Compulsivamente (To the Man Who Wants to Stop Compulsive Overeating, Welcome)* #290S/US\$.50

- **Now Online: First-Quarter Issue of A Step Ahead. The first-quarter 2013 issue of A Step Ahead is now available. This issue contains a lot of news, including information on:**

- The Year of Abstinence Awareness
- The exciting momentum of Lifeline subscriptions
- Important details about WSBC and Convention 2013
- An invitation to apply for membership on the 12&12 ad hoc review committee

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- **Calling all Book Reviewers! The OA Board of Trustees (BOT) has approved the creation of an ad hoc committee to review The Twelve Steps and Twelve Traditions of Overeaters Anonymous. The "Twelve and Twelve" is scheduled for possible updates in 2015, and the board is seeking broader input from the Fellowship to determine what changes, if any, need to be made.**

The committee will include:

- The sitting delegate and trustee co-chairs of the Conference Literature Committee;
 - The sitting Literature Review Committee chair;
 - Two sitting members of the Conference Literature Committee; and
 - Four long-time OA members who meet the qualifications for election to the OA Board of Trustees as defined in the OA Bylaws Subpart B.
 - The ad hoc committee may choose to create a draft that the BOT and the Conference Literature Committee will consider in order to follow the normal procedure of submission to the World Service Business Conference (WSBC) for Conference approval.
 - All long-time OA members who meet the qualifications for trustee may apply for membership on this committee. The World Service Office must receive applications by June 17.
- **In Memoriam: Mary Rose D. September 9, 1949 – December 27, 2012:** Region 6 and all of Overeaters Anonymous has lost our recent former Trustee and most wonderful friend, Mary Rose D. She passed peacefully at home, in the company of her friends and fellows. We are blessed to have known such an amazing, courageous woman and we are strengthened by her legacy. We will miss her. From the OA Tools of Recovery: [An] aspect of anonymity is that we are all equal in the Fellowship...; we have no stars or VIPs. We come together simply as compulsive overeaters. We are honoring Mary Rose's "... life of sane and happy usefulness" — something we are all promised as the result of working the Twelve Steps.

- **Our Incoming Region 6 Trustee:**
Dear fellows of Region 6. Please read the following letter from Teresa K, Region 4 Trustee/Chair, Board of Trustees. I am pleased to announce that Karin H. has been unanimously appointed to succeed Mary Rose D. as Region 6 Trustee. Barring any unforeseen circumstances, her term will start as of November 26, 2012, and run through the close of WSBC 2013. She will chair the Board Bylaws committee and serve on the Virtual Services and Board Reference Manual Review committees. Her mentor will be announced. Welcome, Karin – it's great to be serving with you again!

Yours in service,

Teresa K.

Region 4 Trustee/Chair,
Board of Trustees

- **January 19th is OA's birthday!!!**
- **Become a Sustaining Member with Automated Contributions!**
Help OA carry the message with your automated monthly Seventh Tradition contribution. You may now have a monthly contribution charged to your credit card automatically. Contact the World Service Office for more information or to set up this service. 505-891-2664.
- **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.
- **Unity Day will be held on February 23rd, 2013**—there will be a pause at 2:30 p.m. EST to reaffirm the strength inherent in OA's unity.
- **March 6, 2013 Region 6 Assembly packets** emailed and available online. Delivery via USPS to requesting Intergroups.. Tobi coordinator@oaregion6.org
- **The Region 6 Spring Assembly** will be held on Saturday, April 20th, 2013.
- **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

200.00 Carney Hosp. Sat AM
 73.00 Arlington Tues. PM
 150.00 Reading Tues AM.
 180.00 Lowell Mon. AM
 83.00 Woburn Mon.
 disbanded
 90.00 Danvers Mon. PM.
 400.00 Stoneham
 Thank you to all who gave!
 Jean B., Somerville

- **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
- See the Region 6 website www.oaregion6.org or the World Service www.oa.org for more information.

12th STEP REPORT –January 2013
 No Report this month.

Sincerely, Lisa (Andover)

PUBLIC INFORMATION REPORT
January 2013
 No Report this month.

TREASURER'S REPORT – January 2013
Treasurer's Interim Report December 2012 (transition phase)

BYLAWS REPORT -
January -2013

This report is incomplete because I don't have all of the records from Kelly yet and don't have the latest bank statement. I'm doing this one day at a time.

The revised Bylaws are now ready to be distributed to all Intergoup reps. for their meetings. All meetings should have the revised bylaws. We are asking all meetings to send a representative to the next MBI meeting bringing their previous bylaw manuals to exchange for an updated one.

Income
 \$1796.70 total income of which \$1762.20 was group donations (see list below), \$24.50 literature, and \$10 personal donation.

The MBI Board and Committee chairs have already received their updated versions.

Expenses- \$
 248.00 Pat – office work
 125.00 Pat – holiday bonus
 1036.00 Liability Insurance
 133.00 Phone
 136.72 phone
 6.00 Staples
 1503.00 website
 18.65 bylaws printing
 200.00 ½ of website maint. Contract
 375.00 office rent
 50.00 donation in lieu of rent for Oct. workshop in Arlington
 75.00 donation to hospital for Thankathon
 60.00 MBI meeting rent
 3856.37 total expenses

Meetings: please be prompt in getting your updated manuals.
 Thank you – Patc - Bylaw Committee

Dec. 2012 group donations-\$
 37.00 Sat. Chelsea men's
 72.00 Arlington Sun. AM
 300.00 Natick Weds. Noon
 35.00 Cambridge Tues AM (disbanded)
 30.00 Carney Hosp. Sun. PM

PROFESSIONAL OUTREACH REPORT -
January 2013
 No Report this Month

January 2013 - Office Activity

Phone calls	26
Emails	19
CDs Made	10
Prof. Pkts. Sent	9
Newcomer Pkts. Sent	45
Newsletter Copied & Mailed	yes

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 February 10th

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

Unity Day will be held on February 23rd, 2013— there will be a pause at 2:30 p.m. EST to reaffirm the strength inherent in OA's unity.

OA 12 Step Marathon will be held on Saturday, March 2, 2013, 9am to 1pm. Newton-Wellesley Hospital
2014 Washington St. Newton MA 02462

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

House121 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 Spa1000 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!

February 10

March 17

April 14

May 19

June 23

July 21

August 18

September 15

October 20

November 17

December 15