



OVEREATERS ANONYMOUS®

MASS BAY INTERGROUP

MBI Newsletter

June 2013

Page 1

MBI Chair's Report - June 2013

The June meeting of MBI was the first held in our new digs at the Arlington Senior Center. The space seemed mostly adequate, well lit and also has the advantage of following after a meeting that many members chose to attend. We voted to approve Lisa as a world service business conference delegate to serve along with Kelly; others will be appointed later. A slight revision of the bylaws was voted on and approved and the intergroup workshop in Albany was discussed and some volunteers identified.

We are now in the doldrums of summer in terms of meeting attendance and therefore contributions, but also the time for barbecues and outdoor parties. Many of us will need to exercise a little extra care in order to continue maintaining our abstinence.

Enjoy,
Ron

Vice Chair's Report - June 2013

Fall 2013 REGION 6 ASSEMBLY: Saturday October 5th, 2013 at the Hilton Garden Inn Albany Medical Center in Albany, NY from 9:00 a.m. to 6:00 p.m.

Assembly Registration: All representatives are encouraged to **Register Online**. Online registration opens **Friday, June 30th** and closes **Monday, 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: 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.

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

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 the **Assembly Documents Page**.

Region 6 Fall Assembly 2013 documents are scheduled to be available August 14th, 2013.

INDEX

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

WORLD SERVICE CONVENTION 2013

Convention Theme: Recovery to Rock Our World
 Dates: August 29 – September 1, 2013
 Venue: Cleveland, Ohio. Early Bird
 Registration ends July 2.

Hotel Reservations: OA has secured an overflow hotel. To reserve your room online, [click here](#). Under Guest Type, select "Attendee."

Hyatt Regency Cleveland at The Arcade 420 Superior Avenue Cleveland, OH 44114 USA 1-888-421-1442 (reservation line).

Sincerely,
 Lisa (Andover)

TREASURER'S REPORT – June 2013

Income \$1290.00
 Expenses \$6235.66

Checking acct. bal. \$3692.50 (6/22/13)
Savings acct. bal. \$5003.17
 Total \$8695.67

As you can see, our expenses were much higher than income in May, but this is typical because we have Region 6 and WSBC expenses to pay.

Our income in May was all from group donations, see list at the end of this report. Thank you to all who donated.

Expenses included the usual office rent, paying Pat the office worker, telephone, \$60.00 to the Stoneham Senior Center for MBI meeting rent, \$108.05 for office supplies, \$35.50 for work on the website, \$53.11 to renew our Norton security software, \$15 for literature, \$72.57 for the bylaws committee, \$5.27 for copying for another committee, \$506.21 for Region 6 travel expenses, and \$4693.65 for WSBC travel expenses.

The WSBC travel expenses were a bit higher than expected, we may want to establish tighter controls over non-hotel expenses (food purchases, for example) so that people know what they will be reimbursed for before they go to Albuquerque. I'm not suggesting anyone did anything wrong, just that we need better guidelines. People going to Albuquerque for WSBC as MBI's delegates are doing service and should not take a big financial hit for doing so. We can't change what the hotel charges for rooms, or the airlines for tickets, or the car rental agencies for vehicles, or cabs for trips to the airport, but what we can ask people to do is minimize their other expenses.

I remember some years ago it was suggested to reimburse people \$10/day for food on the theory that they would be buying food anyway if they were at home rather than away. Since the next WSBC isn't until next April, we have time to discuss this matter and formulate a policy. Respectfully submitted,
 Jean B., MBI Treasurer

May 2013 Group Donations

100.00	Medford Sat. AM
158.00	Stoneham Thurs. PM (closed)
49.00	Arlington Sun. AM
85.00	Chelsea Sat. AM Men's mtg.
110.00	Arlington Tues. PM
100.00	Medford Sun. AM
200.00	Medford Fri. PM
100.00	Lynn Sat. AM
50.00	N. Andover Tues. AM
100.00	Reading Tues. AM BBSS
10.00	Randolph Mon. AM
100.00	Weymouth Thurs. AM
128.00	Cambridge Sat. AM HOW
1290.00	Total – thank you!

12th STEP REPORT –June 2013

The 12th Step Committee did last-minute planning for the June 29th workshop. They plan on surveying attendees to get feedback on the workshop and to get ideas for future events.

A sponsorship workshop is tentatively planned for September. Helen(Woburn)

**PUBLIC INFORMATION REPORT
 June 2013**

No Report this month

**BYLAWS REPORT - June 2013
 The following bylaw motion was passed at the June Meeting.**

Motion:

- 1.To have guidelines for Mass Bay Intergroup Reps. and alternates included in the Mass Bay Bylaws.
 2. To have the WSBS Delegates and Alternates and Region six Reps. (names) included in the MBI newsletter every month and on the website.
- Motions made by Patc - Bylaws Committee Chair

PROFESSIONAL OUTREACH/YOUNG PEOPLE'S COMMITTEE - June 2013

We are moving forward in sending our letter to College Health Services reaching out to college students. Thanks to Pat from the office for her help. We are continuing to visit meetings and talk about our professional packets. Alice (Somerville)

Nominees to be world service business conference delegates: Lisa F(Andover) and Kelly (Arlington)

Office Activity - June 2013

Phone calls	22
Emails	16
Prof Packets Made	10
Newcomer Packets Made	30
CDs Made	10
Newsletter Copied & Sent	yes

WSBC Decision Changes Wording of Anonymity Statement

Delegates at the 2013 World Service Business Conference voted to approve the following changes to the Anonymity Statement originally adopted by the 1980 Conference. Please bring this new change to your group.

WSBC Policy 1980b (Amended 2013)

An anonymity statement was adopted: *Anonymity is the spiritual foundation of our program, always ensuring principles before personalities. This means that OA itself is not anonymous, but its members are. There are no exceptions. While OA may be publicized, we do not break our individual anonymity at the level of press, radio, films, ~~and~~ television, and all public media of communication, and the recognizable facial exposure of persons identifying as OA members at the level of press, films, ~~and~~ television, and all public media of communication is a violation of our tradition of anonymity, even though the first name only is given or the entire name is withheld.*

To download the new anonymity statement (.doc): [CLICK HERE](#)

Next MBI Meeting-9:15am
Sunday July 21st
****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

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

September 15, 2013 1:00 pm – 4:00 pm
A Workshop for Sponsors, Sponsors-to-be & Sponsees! Suggested contribution \$5.

Water will be available for purchase.

Download the Flyer for additional information
 Camp Allen56 Camp Allen Road Bedford, NH 03110 This event is accessible to people with disabilities. **Jill**

Moanhinfo@oanewhampshire.org

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

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.eventsctmi@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

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!

July 21

August 18

September 15

October 20

November 17

December 15

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