



OVEREATERS ANONYMOUS®

MASS BAY INTERGROUP

MBI Newsletter

June 2015

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MBI Chair's Report – June 2015

"The joy we receive as we try to carry the message is a positive force in our lives today, sustaining us through good time and hard times, transforming us and our companions in recovery" (Twelve Steps and Twelve Traditions of OA, 2008, p.102).

Greetings!

One of the roles of the intergroup is to provide services and information to the fellowship in MBI. Your intergroup has been engaged in several projects to reach out to those who are still suffering and to keep our fellowship informed. Our intergroup meetings are filled with thoughtful reflection, enlivening discussions and a commitment to take action. I remember when I first came into program, someone shared with me that one of the keys to abstinence was to be willing and to take action. That description reflects the MBI Intergroup – a fellowship of people willing to serve and take action.

Some of these projects include: The *Flyer Project*, *Professional Outreach Packets*, *PSAs* in local towns, and *Designated Downloaders* for each meeting to bring information to you from the Intergroup, Region 6 and World Service. You can read about and be updated about these developments in this newsletter.

World Service is publishing an excellent **OA News Bulletin** ([Ctrl + Click to follow the link](#)) which this month includes a new revised version of the OA Preamble, sample templates for suggested formats for various types of meetings, information on the Outreach Poster

Campaign and some new podcasts. You can sign up for this newsletter and receive it monthly.

The presenters for the July 11th event, **Coming Back to OA: A New Beginning-Part II – "I am abstinent, now what?"** have agreed to speak and are ready to share how the signs of relapse, OA tools and the Steps support them in their ongoing recovery. We are grateful for their service and willingness to participate in the event. All are welcome and we want to reach out especially to those in the fellowship who have not been around and invite them to come. You can find more details in this newsletter.

Other plans we are investigating are a workshop on designing and implementing a strategic plan for MBI, a day and/or weekend retreat, increasing the number of representatives we send to region 6 assembly and delegates to the World Service Business Conference, redesigning the website and exploring outreach activities to reach those still suffering.

Thank you for your generous donations to MBI which support us in getting the word out to you and to those who are still suffering. We are committed to be financially responsible with money in all our activities. In closing, I would like to extend to all an invitation to come to our Intergroup Meetings and see if you would be interested in doing service. All are Welcome!!

In Service, Sally (East Boston).

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Motion to be voted on at the July 19, 2015 meeting:

There is a motion that will be voted on at the July 19 MBI meeting proposed by Pat C (Westford): "Delegates to World Service must be abstinent for a minimum of one year continuously prior to date of submitting qualifications" (Currently, the abstinence requirement is three years) .

Opportunities for Service at the Intergroup Level – June 2015

1) **Be a representative for your meeting** – being a rep. for your meeting involves coming to the monthly meeting of the MBI Intergroup which is held usually on the 3rd Sunday each Month from 9:15am – 11:15am in the Gallagher room in the Lawrence Memorial Hospital in Medford.

2) **Be a "Designated Downloader"** for your meeting which consists of downloading the monthly newsletter and any communications from the chair of the intergroup to your meeting. You are asked to give a short update of what is happening at the intergroup and world service during an announcement time of your meeting.

3) **Volunteer to be a member of one of the service committees** at MBI: professional outreach, public information, 12 Step, bylaws, communication (newsletter).

If you are interested in doing service, come to the next MBI Intergroup meeting on Sunday July 19, 2015 at 9:15am at the Lawrence Memorial Hospital, Medford, MA or contact the MBI office at info@oambi.org.

Vice Chair's Report – June 2015

Region 6's Fall Assembly will be held on October 6 at the Holiday Inn on Wolf Road, Albany, NY. Helen has room in her car for at least one person who wants to go for the day and see what kind of OA service is done at the regional level.

The Region 6 Convention is being held in Hartford, CT October 23-25. Helen has raffle tickets to raise money for this (\$1 a ticket, 6 for \$5): first prize is convention registration and your hotel room. Winners will be announced at Fall Assembly.

Region 6 is also encouraging groups to donate themed baskets to be raffled at the convention. So many of you contributed generously and were so creative for the Burlington convention (thank you!!)- please consider doing it again!

Respectfully submitted, Helen K (Woburn)

MBI Treasurer's Report - May 2015

May income	917.20
May expenses	1968.53
Checking bal. 6/11	1038.20
Savings bal. 6/11	5004.17

Expenses exceeded income -\$1051.33

May was expensive, but it usually is with bills from Region 6 and World Service.

Our income was a bit lower than average and the expenses higher. We received \$892.20 in group donations, \$10 for MBI 7th tradition, and \$15 for sale of newcomer packets. A list of groups donating appears at the end of this report, thank you to our faithful donors who keep MBI able to serve our members and reach out to those still struggling.

Our routine monthly expenses for office rent, MBI meeting rent, Verizon for phone and Internet, and pay for Pat our wonderful office worker were the usual amounts. Additional expenses were 12.50 for website, 37.20 for OA literature, 15.55 for postage (paid by Jean for stamps and sending tax info to our accountants), and Helen's charges for Region 6 and World Service which were 914.53 for WSO (hotel, food, etc. not including airfare) and 185.73 for R6 for mileage and 12.25 for tolls.

We should not have any major expenses in June. In July we make our quarterly donations to R6 and WSO of 250 each. August is also usually pretty quiet. In the fall we have another round of quarterly donations, the Region 6 fall assembly, the bill from the accountants and closer to the end of the year we have our insurance renewals. This list does not include any events we have planned as an intergroup or participation in any outside events like health fairs or conventions. We have not had to tap into our prudent reserve and I would like us to try to keep it that way.

Respectfully submitted,
Jean B., MBI treasurer

Group Donations - May 2015

318.20	Newton Wellesley Sat. AM
179.00	Reading Tue. AM BBSS
50.00	Chelmsford Sat. PM
90.00	Chelsea Sat. AM Men's
180.00	Carney Hosp. Sat. AM
75.00	Medford Sun. 8AM
917.20	Total Thank you!

12th STEP REPORT – June 2015

Mass Bay Intergroup invites you to the workshop: Coming Back to OA, A New Beginning-Part II- "I'm abstinent, now what?" It will be Saturday, July 11, 2015, 10:30 A to Noon in the Johnson Room at Lawrence Memorial Hospital. Come and hear a panel of speakers share on how The Signs of Relapse, Tools of OA and the 12 Steps support them in ongoing abstinence. For questions, please contact: info@oambi.org or phone 1-781-641-2303.

Respectfully submitted, Dave (Arlington)

OFFICE ACTIVITY – June 2015

Phone Calls	12
Emails	26
Newcomer Packets Sent	10
Professional Packets	10
CDs Made	15
Checks Received, Posted	
Forwarded to Treasurer	9
Resolved tax exempt issue	
With Staples	yes
Letters Written	1
Ordered Literature from	
World Service	yes
Newsletter copied & sent	yes - May

Respectfully submitted by Pat from the Office

PROFESSIONAL OUTREACH COMMITTEE REPORT - June 2015

There are professional packets available from the MBI office, which provide introductory information about OA for MDs, therapists, clergy and EAPs. To obtain these packets, contact Pat at the MBI office (781) 641-2303 or ask an MBI Representative.

Respectfully submitted, Cathy (Lowell)

PUBLIC INFORMATION COMMITTEE REPORT – June 2015

No report this month.

OA Pamphlet Project– June 2015

MBI has started to distribute pamphlets in holders to spread the word about MBI.

So far, eight holders with MBI pamphlets have been put in libraries, hospitals and other places where people might pick up a pamphlet.

We are hoping to get many newcomers by doing this. Please ask any newcomers to your meeting if they came because they picked up one of these pamphlets.

Please let patcwestford@aol.com know if a newcomer did get one of these pamphlets so we can know if it is working.

Respectfully submitted, Pat C (Westford)

Dates – MBI Meetings – 2015

- July 19
- August 16
- September 20
- October 18
- November 15
- December 13

***Next MBI Meeting-9:15am
Sunday July 19***

***Lawrence Memorial
Hospital-Gallagher Room***

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

***170 Governors Ave,
Medford, MA***

OA's Best-Selling Books: Now for e-Readers

Overeaters Anonymous, Third Edition – The New Brown Book is Here!

Featuring forty never-before-published stories of recovery written by OA members from around the globe, the new Brown Book, *Overeaters Anonymous, Third Edition*, is now available in print from the OA bookstore and in e-book format from popular retailers. The third edition also features classic OA texts, including "Keep Coming Back: Rozanne's Story," "Our Invitation to You," and the appendices from previous additions. A new appendix, "The Role of a Plan of Eating in Recovery from Compulsive Eating," written by a dietitian specializing in addictive and compulsive eating disorders is also included as well as a new foreword by an eating-disorder treatment professional.

Overeaters Anonymous, Third Edition is available to order as a single copy, box of twenty-five, and, while supplies last, as a two-book bundle with *Overeaters Anonymous, Second Edition*.

For Today Workbook

Gain new insights by using the tool of writing to guide your reflections on the daily readings in *For Today*. This accompanying workbook provides thought-provoking questions for every day in the book; includes space on each page for writing answers. Softcover; 208 pages. #974/**US \$11 plus shipping*** Also available as a downloadable PDF. **US \$7.50**

Go to bookstore.oa.org and click on "Digital Products."

*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 US.

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**

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

MASS BAY INTERGROUP EVENT:

Coming Back to OA: A New Beginning – Part II.
 "I'm abstinent, now what?"
 Saturday, July 11, 2015. 10:30 AM to Noon.
 At Lawrence Memorial Hospital in the Johnson Room. Come and hear a panel of speakers share on how *The Signs of Relapse, Tools of OA and the 12 Steps* support them in ongoing abstinence. For questions, contact: info@oambi.org or call 1-781-641-2303.

Living in the Solution Workshops:

A workshop on Abstinence and Service with the Region Six Trustee. **1)** Saturday, July 18; Registration at 9:30 AM, Workshop 10 A – 1 PM. St Elizabeth's Hospital, 736 Cambridge St., Brighton, MA. 4th Floor Auditorium. More info: info@metrowestoa.org. **2)** Sunday, July 19, 1-4 PM at Osterville Village Library, 43 Wianno Ave, Osterville, MA. More info: www.ccigoa.org.

Region Six 12th Step Within Committee, invites us to mobilize as many OA members as possible in **12th Step Within Action.** Telephone those still suffering OA members you know on the 12th day of each month.

Central and Southern Maine Intergroup Retreat: Oct. 9, 4 PM to Oct. 11, 1 PM, 2015

Join us at Biddeford Pool on the beautiful coast of Maine for the 13th annual walk through the steps. Registration is \$205 (includes meals and lodging). Early bird registration before 8/1 is \$185. oaretreatatbiddefordpool@gmail.com (Susan M)

Conference Mailing #2 Available on OA

Website Conference e-Documents #2 available on OA Website for delegates and service bodies (includes proposed new business motions and bylaw amendments, agenda questionnaire). **Materials will not be mailed.**

2015 Region 6 CONVENTION
October 23-25, 2015

Reach Out for Recovery in Hartford, CT
 Go to OAREGION6.ORG/2015 to:
 Register for the convention (\$45 before 8/15),
 Print a convention registration flyer,
 Make a hotel reservation for Hilton Hartford,
 Print Keynote Speaker flyer/get the details.
 Deadline for Group Rate at Hotel: 10/1/15
 Deadline for online Convention Reg: 10/8/15

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, Mary P., Newsletter Chair, at 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 Six

An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

The Next MBI Meeting Date – Mark your calendars!

July 19, 2015

Sunday morning, 9:15AM, Lawrence Memorial Hospital* New Location

BOARD & COMMITTEE CHAIRS

CHAIR
Sally S. (E Boston)

■
VICE-CHAIR
Helen K (Woburn)

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CORRESPONDING SECRETARY
Paulina S. (Lexington)

■
RECORDING SECRETARY
Ron T. (Medford)

■
TREASURER
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■
YOUNG PEOPLE/PROFESSIONAL OUTREACH
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■
COMMUNICATIONS
Newsletter:
Mary P. (Quincy)

■
Webmaster:
Deb B. (Reading)
webmaster@oambi.org

■
12 STEP
Dave (Arlington)

■
BYLAWS
Pat C (Westford)

■
OFFICE COMMITTEE
Pat C (Westford)

Contact MBI Office by phone or email to reach any of the members in these service positions.

MASSACHUSETTS BAY INTERGROUP OF OVEREATERS ANONYMOUS

P.O. BOX 74
7 CENTRAL ST. SUITE 209
ARLINGTON, MA 02476
(781) 641-2303

WEBSITE: <http://www.oambi.org>
EMAIL: info@oambi.org

OFFICE HOURS:
MON., WED., FRI.: CALL FOR APPOINTMENT

MBI Telephone Meeting List

Locally Hosted Phone Meetings
All times are E.D.T.

- Sun 8-9AM Access Code 6320348# (BB, discussion)
Dial-In: (712) 432-5200
- Mon 10-11AM Access Code 79822# (90 day, For Today)
Dial-In: (860) 970-0300
- Mon 8-9PM Access Code 4134252# (BB, discussion)
Dial-In: (218) 844-1930
- Tues 8-9PM Access Code 803299# (90day, Spkr/Disc)
Dial-In: (712) 432-5200
- Wed 1-2PM Access Code 105047# (90day, Spkr/Disc)
Dial-In: (605) 475-6333
- Thurs 8-9PM Access Code 135103# (90 day, Spkr/Disc)
Dial-In: (713) 936-6996
- Fri 6-7PM Access Code 4673# (90day, Spkr/Disc)
Dial-In: (218) 548 2828
- Sat 8-9AM Access Code 6320348# (90day/For Today)
Dial-In: (712) 432-5200
- Sat 10-11AM Access Code 155901# (Spkr/BB/12+12)
Dial-In: (860) 970-0300

For a complete list of telephone meetings, as well as a list of online meetings please visit <http://www.oa.org>.

Dial meeting phone number and follow prompt to enter pin followed by the # sign. Keep your phone muted except to share (meeting leader will give instructions on how to do so). It is requested that those sharing have 90 days or more of continuous abstinence.