



# OVEREATERS ANONYMOUS®

MASSACHUSETTS BAY INTERGROUP

**MBI Newsletter**

**November 2012**

## **MBI Chair's Report- November 2012**

Our intergroup has decided to invest in a PI Blitz using advertisements with the MBTA as our source. At our December meeting there will be a motion made to post signs either on one of the "T" trains certain "T" bus lines, the amount to be spent for these advertisements will be determined as well.

Mass Bay Intergroup has been meeting at the Stoneham Senior Center for years, paying a donation, which we were under the impression, was agreed upon with the Senior Center. This was however not the case so Mass Bay Intergroup is looking at the possibility of still meeting at the same day and time but relocating to the Arlington Senior Center if it's available.

Also, I would like to thank Pat C. from Westford and Brandon from Woburn, for their dedication to updating the bylaws. It was a lot of work but thanks to their continued hard work, the bylaw updates were completed and we are now in compliance with World Service Office guidelines so that our delegates can be seated at the World Service Business Conference.

Next month we have a lot of work to do at Mass Bay Intergroup in December. We have the motion for the PI Blitz on the "T", discussion and motion on relocation of the MBI meeting, and further discussion regarding a motion to fund visitors Region 6 meetings, as well as choosing the dates for the MBI meetings in 2013. Also next month will be my last meeting as the Chair of MBI. I had hoped that in the last 2 years we'd see an increase of attendance at MBI and we've seen a couple of new faces for which I'm grateful, as always I

will remain grateful to those regular attendees of MBI that come month after month to help spread the lifesaving news of recovery.

I look forward to seeing you all again at our next Intergroup Meeting December 16, 2012

Yours in gratitude & recovery,  
Beany – Chair Mass Bay Intergroup  
Overeaters Anonymous

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

–World Service is looking for someone to take over the position of Region 6 Trustee. "Due to medical reasons, Mary Rose D. will be resigning her position as our R6 Trustee effective December 3, 2012."

–OA World Service is conducting a survey of all members of the Fellowship. The purpose of this survey is to determine what is working, and where we can improve OA and strengthen our Fellowship and our efforts to carry the message. The survey will be available from October 17th thru December 31st, 2012. It can be taken on the Region 6 Website or it can be downloaded and mailed.(see attached link)

-The World Service Convention will be held in Cleveland, Ohio August 28<sup>th</sup> through September 1<sup>st</sup>, 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.

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-December 8<sup>th</sup>, Western Mass IG will host the 6th Annual Promises Potluck: Holiday meeting and Celebration. Time: 5:00pm. -8:00 p.m. Address: 488 College Highway. Fun for the whole family! Crafts. Dinner. Fellowship. Singing. 7th tradition suggested \$5 donation per person. Kids Free! Southwick Congregational Church 488 College Highway (corner of College highway (route 10/202) and Depot St) Southwick, MA 01077.

-December 12<sup>th</sup>, 2012 is Twelfth Step Within Day.

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

-The Region 6 Spring Assembly will be held on Saturday, April 20<sup>th</sup>, 2013.

-The World Service Business Conference will be held April 29<sup>th</sup> to May 4<sup>th</sup> at the Embassy Suites Albuquerque Hotel and Spa1000 Woodward Place NE, Albuquerque, NM 87102

-See the Region 6 website [www.oaregion6.org](http://www.oaregion6.org) or the World Service [www.oa.org](http://www.oa.org) for more information.

Sincerely, Lisa (Andover)

**TREASURER'S REPORT - November 2012**

Taxes are done for 2011. Insurance has been renewed for the year and office is running well. The donations are:

**September-2012**

Saturday Chelsea Mens 8 AM	\$	72.00
Medford Saturday 9 AM	\$	100.00
Carney Hospital Sunday Night	\$	40.00
Thursday Night Meeting	\$	25.00
Natick Wednesday Noon	\$	150.00
Sunday Stoneham 7:30 AM	\$	400.00
Arlington Sunday 8 AM	\$	18.00
Saturday 10 AM Cambridge	\$	100.00
Saturday 8 AM Mens, Chelsea Meeting	\$	28.00

**October-12**

Sunday 8 AM Arlington	\$	75.00
Saturday 8 AM Mens, Chelsea Meeting	\$	30.00
Tuesday 7 PM Arlington	\$	126.00
Group #32247	\$	127.30

Newton Wellesley Hospital Saturday 7:15 AM	\$	214.80
Newton Wellesley Hospital Saturday 7:15 AM	\$	301.20
Anonymous	\$	94.00
Arlington Sunday 8 AM	\$	50.00
October 13th Workshop donations	\$	77.00
Tuesday 7 PM Arlington	\$	86.00
Friday Noon Peabody Meeting Dedham (Daggett Circle)	\$	100.00
Monday Evening Meeting	\$	100.00
Monday Night Lowell	\$	130.00
Medford Saturday 9 AM	\$	100.00
Thursday OA Meeting	\$	50.00
OA Group #0016	\$	20.00
Submitted, Kelly (Arlington)		

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

The 12th Step Committee of MBI met on November 18, 2012. In attendance were Phyllis, Jean and Helen. The main item on our agenda was the Thank-a-thon. We went over various tasks to prepare for the event, which took place on November 22. Many, many thanks to all the people who spoke, did service and attended the Thank-a-thon. Each hour had an average of 20 people in attendance. MBI T-shirts were given as door prizes, one every hour, and some were also sold for \$5 each. Our other agenda item was our committee's description in the MBI by-laws. We reviewed them, revised them one more time and turned them over to Brandon and Pat. Respectfully submitted, Helen K.

**PUBLIC INFORMATION REPORT November 2012**

No Report this Month.

**BYLAWS REPORT - November 2012-**

No report this month

**PROFESSIONAL OUTREACH REPORT - November 2012**

No Report this Month

**November 2012 - Office Activity**

Phone calls	20
Emails	25
CDs Made	16
Prof. Pkts. Sent	15
Newcomer Pkts. Sent	35
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**

**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)

**NEW:**

OA has posted an online survey at the address below. If you want to help OA improve, you can fill it out.

<http://www.oa.org/wsbcr-region-chairs-committee-4th-step-inventory-survey/>

**Next MBI Meeting-9:15am**  
**Sunday December 16<sup>th</sup>**  
**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

**December 8, 2012**

Time: 5:00pm. Address: **488 College Highway**, Southwick, MA 01077. **6th Annual Promises Potluck: Holiday meeting and Celebration.** Fun for the whole family! Crafts. Dinner. Fellowship. Singing. 5 pm to 8 pm. Contact: Deb 413-330-0312

**December 12<sup>th</sup>, 2012 is Twelfth Step Within Day.**

**January 12, 2012 – Feeding Hills, MA  
"Step Into Action" – Marathon 2013**

Time: 8:30am – 3:00 pm  
Address: 699 Springfield St., Feeding Hills, MA 01030. Suggested Fee - \$10  
Sponsored by Western Mass Intergroup  
Contact: Marlene J. (Chair) – 413-746-1164 or 413-275-6588. [Download Flyer](#)

**The World Service Convention** will be held in Cleveland, Ohio September 28<sup>th</sup> through September 1<sup>st</sup>, 2013.

**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!**

December 16

Sunday mornings, 9:15AM, Stoneham Senior Center