



# OVEREATERS ANONYMOUS®

MASSACHUSETTS BAY INTERGROUP

MBI Newsletter

October 2012

## MBI Chair's Report 10/21/2012

Mass Bay Intergroup (MBI) held elections for new officers and a new board was elected by vote of acclamation and the following officers were elected, their terms will be effective as of the end of the last MBI meeting of this year (12/16/12):

**Chair-Ron (Medford)**

**Vice-Chair – Lisa (Andover)**

**Treasurer – Jean (Somerville)**

**Recording Secretary – Cathy (Lowell)**

**Corresponding Secretary – Sally (Boston)**

Congratulations to you all and thank you all for your willingness to continue to do so much service.

Also there were two motions submitted at this meeting, one motion which I submitted was a change to a by law to remove a redundant line that defined a quorum which passed. The second motion was submitted by Pat from Westford that requested MBI pay for an overnight, tolls, & mileage for visitors to Region Six Assemblies. After a couple of friendly amendments and some discussion/debate it was moved to table the motion until the next business meeting.

There was also a motion from the floor made by Brandon (Woburn) that MBI should donate \$3,500 to World Service Office. This motioned was tabled until the next business meeting as well.

I also like to thank our newly welcomed Intergroup Rep. Phyllis and thank you Phyllis for your willingness to step up and do service at a higher level, thank you all for your continued service.

Respectfully submitted,  
Beany – Chair  
Mass Bay Intergroup

## VICE-CHAIR REPORT – October 2012

– The Region 6 Convention: Recovery A Capital Idea, will be held at 101 Lyon Street Ottawa, Ontario K1R 5T9 from October 26<sup>th</sup>, 2012 to October 28<sup>th</sup>, 2012.

– Register at [www.oaregion6.org/2012](http://www.oaregion6.org/2012)

–The bus going to Ottawa has been cancelled.

– Overeaters Anonymous (OA) is launching a 13-week Internet radio show to help listeners better understand compulsive eating and OA's recovery program. The show, titled "Sound Bites from Overeaters Anonymous—A 12-Step Solution to Compulsive Eating," is a weekly, one-hour program that Voice America will broadcast online Wednesdays at 1pm Pacific Time, beginning October 17 through January 9, 2013. Shows will be archived for later downloading and listening. A live call-in show will answer listeners' questions about Overeaters Anonymous. Listeners can find "Sound Bites from Overeaters Anonymous" on Voice America starting October 10 by visiting <http://www.us1.list-manage.com/track/click?u=73645822c06a4c7e0156a79cb&id=308ed02947&e=2a4a4eef30>.

– The Fourth-Quarter 2012 issue of A Step Ahead is now available: [www.oa.org/membersgroups/a-step-ahead-newsletter/](http://www.oa.org/membersgroups/a-step-ahead-newsletter/)

–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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– A professional reading of The Twelve Steps and Twelve Traditions of Overeaters Anonymous is now available as an MP3 file to download on your computer or mobile listening device. You can find it under "Digital Products" at bookstore.oa.org.

\$15.00

– November 17<sup>th</sup>, 2012 North Shore Intergroup will be hosting IDEA day (International Day Experiencing Abstinence) at the First Congregational Church on Sanborn Street in Reading, MA from 10-11:30 a.m.. For information contact Char at 978-273-2093.

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

– 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 - October 2012**

No report this month.

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

The 12-Step Committee met at 9:15AM on October 21, 2012. In attendance were Helen K., Mary Janet, Phyllis and Jean B. The bulk of time was spent discussing the Thanksgiving Day Thank-a-thon, which will be held on November 22, 2012 at Lawrence Memorial Hospital, 170 Governors Avenue, Medford, MA, from 8AM-1PM. This year different MBI meetings are being asked to host individual hour blocks. For instance, the Friday Night LMH meeting will be hosting the 10AM-11AM meeting, providing a leader and one or two speakers. The committee discussed the set-up of the Johnson Conference Room, where the Thank-a-thon will be held, and also the idea of MBI t-shirts being given as door prizes at the Thank-a-thon. Phyllis will contact Wicked Local.com/Medford to publicize the Thank-a-thon and a flyer will also be created (now available on [www.oambi.org](http://www.oambi.org)). Members also brainstormed about other events that the 12-Step committee could organize and sponsor. Brandon met with the group to encourage them to revise their by-laws so he and Pat can complete the MBI By-laws revision project.

**PUBLIC INFORMATION REPORT**

**October 2012**

The public information/media committee received a number of CDs for radio stations from world service. Attempts were made to call three stations and a message was left with one the other two never answered. I was able to get into the offices of Clear Channel Radio

and left a CD. Later I sent a link to the IRS.gov website showing that we are indeed a 501 C3 charity and they agreed to air the CD. Efforts will be made this month to deliver more CDs to radio stations and also to deliver a number of copies of the OA 12 and 12 to public libraries for circulation. Ron

**BYLAWS REPORT - October 2012-**

No report this month

**PROFESSIONAL OUTREACH REPORT - October 2012**

Professional Outreach has packets for professional in the fields of Health/Medical, Clergy, Therapeutic, and Employee Assistance are available at no cost from MBI PO Committee Reps, or by calling the MBI office for mailing to you or a Professional whose name and address you provide to Pat at the office.

Packets include OA pamphlets, an MBI business card, MBI meeting list, a copy of The Courier, a newsletter from OA for Professionals, and a Compact Disc with members and a professional speaking about the benefits of OA recovery for a patient.

We are looking for ways to carry the message to Youth and Young People friendly meetings. Please ask at your meetings for a Group Conscience about identifying the meeting as Youth Friendly and what that would mean to members.

In unity= Cathy

**October Activity**

Phone calls	26
Emails	30
CDs Made	30
Prof. Pkts Sent	7
Newcomer Pkts Sent	10
Newsletter Copied & Mailed	yes

**REGION 6 REPORTS**

I attended the Region 6 Fall assembly in Albany, NY as an Alternate Representative. The fellowship that is shared on the trip out and on the return trip sometimes alone makes it worthwhile.

I wasn't sure which committee I should sit in on because I wasn't planning on being a representative for Mass Bay Intergroup so I sat in in the Intergroup Out Reach (IGOR) committee. The Intergroup Outreach committee reaches out to those groups that aren't affiliated with any intergroups. They also do the Region Mailings when necessary.

I don't really have a lot to report because there were 10 representatives present and nobody wanted to be the chair of the committee. Don one of the representatives from NY did a short report on a project he did in another region on how to increase attendance at Intergroup and Region meetings. Unfortunately there wasn't too much enthusiasm for bringing this forward to the whole Region Assembly.

After the committee meetings I was informed by the Region 6 Chair that there wouldn't be a Region 6 Convention in 2013 because MBI didn't send a representative to the Convention Committee. So it was decided that because of the World Service Office convention in 2013 that if MBI wants to do the convention in 2014 they can send a representative to the Convention Committee at the Region 6 Spring Assembly 2013 and make a proposal.

It seems throughout OA there are fewer and fewer people at all levels that are willing to do service. Although I'm grateful to report that we had a full delegation of 5 Region Representatives and 1 Alternate from Mass Bay Intergroup.

I won't be attending the next Region Assembly as I'm no longer a Region Representative, but I'm grateful to have had the opportunity to meet and work with so many wonderful people over the years.

Yours in gratitude and recovery,  
**Beany – Region 6 Alternate Representative.**

I participated on the Finance Committee. We discussed the budget and final bills/payments for the R6 Convention. The bulk of the meeting was also taken up with moving the treasury over from Zazu to me who was elected R6 Treasurer. There were no other candidates for Treasurer and I was voted in.

It is a 2 year position and I am looking forward to serving.

**Submitted by: Kelly (Arlington) MBI Treasurer – Region 6 Representative**

It was a great gift to my recovery, and alot if fun, to be present at the Region 6 fall assembly in September in New York There are Region committees just like there are at our Mass Bay Intergroup meetings. I attended the Young People's committee meeting and it was thought provoking.

The question of how to carry the message to youth and young people raised alot of concerns about confidentiality/anonymity for children/minor age compulsive eaters, overeaters, food addicts, etcetera.

A New York Intergroup Young People outreach committee sent an introductory letter, customized magnet, meeting list and Professional Outreach packet to every area high school Guidance Counselor(s) and the school nurse or Infirmary. They highlighted meetings that agreed to identify as Youth Friendly. It was great to hear the message being carried to all those youth and the professionals.

I also got to vote in the full Assembly about sending \$20,00 from Region 6 treasury to World Service specifically So members who lack the funds can attend!

The fellowship in the car on the ride up and back was fun and filling! Please come along to Spring assembly and see your 7th tradition participation in service of recovery in Canada, New England and New York!

**Cathy- Region 6 Representative**

**REGION 6 REPORTS - continued**

One never knows what might happen when one suits up and shows up to do service. When I registered to attend the Fall Assembly, I was asked to pick a committee to serve on and I selected 12<sup>th</sup> Step Within as this is the committee most closely related to what I do at MBI meetings. However, we were informed that there were 14 members signed up to attend the 12<sup>th</sup> Step Within committee and only 4 to attend the Finance committee. We were asked to consider being willing to go to a different committee so that’s how I ended up being the recording secretary for meeting of the Finance Committee. We did a financial review, following several donations and checks through the paperwork as a spot-check of our Treasurer’s work.

Other important items on the agenda for the Finance Committee were the changing of Treasurers: Kelly C. was running unopposed for treasurer and Zazu, the outgoing treasurer had many things to tell her. As representatives from our intergroups, we were asked to encourage the use of Region 6 forms when making 7<sup>th</sup> Tradition donations. We discussed how the Region 6 budget is created and about the option of using PayPal for group donations. We learned more about the budget over-ride motion we would vote on in assembly and made short-term and long-term goals for the committee, both involving PayPal.

Highlights from the afternoon meeting:

- The budget over-ride was passed.
- A \$10,000 donation from Region 6 will be made to the World Service Delegate Support Fund.
- Region 6 will not be having a 2013 Convention because no one made a proposal to host it.
- A new Region 6 speakers’ list will be compiled and will be available via e-mail request.
- We elected a new vice-chair, treasurer and secretary.

- We chose two Reference Subcommittee members and an alternate for the next World Service Business Conference.

I’m grateful that I was able to be a representative for MBI. As always, it was great to spend time with my fellow delegates on the car ride to Albany and back.

**Respectfully, Helen K.  
Region 6 Representative**

## 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)

**Next MBI Meeting-**  
**9:15am**  
**Sunday November 18<sup>th</sup>**  
**Stoneham Senior Center**  
**Come join us for**  
**fellowship and Service!**

**Upcoming Events and Information**

**(CORRESPONDING SECRETARY'S REPORT)**

Please make flyers available to your meeting

November 17<sup>th</sup>, 2012 North Shore Intergroup will be hosting **IDEA day (International Day Experiencing Abstinence)** at the First Congregational Church on Sanborn Street in Reading, MA from 10-11:30 a.m. For information contact Char at 978-273-2093.

**Thanksgiving Day Thank-a-thon**, which will be held on November 22, 2012 at Lawrence Memorial Hospital, 170 Governors Avenue, Medford, MA, from 8AM-1PM.

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.**

**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!**

November 18  
December 16

Sunday mornings, 9:15AM, Stoneham Senior Center