

# MASSACHUSETTS BAY INTERGROUP NEWSLETTER



MBI Newsletter

September 2012

## MBI Chair's Report – 9/16/2012

Next month will be Mass Bay Intergroup's (MBI's) election of board members, we held nominations for all the Intergroup Board Positions the nominees are as follows:

Chair- Lisa – Andover, Ron – Medford.  
Vice Chair – Lisa – Andover, Ron – Medford,  
Beany – Woburn.  
Treasurer – Kelly – Arlington, Jean –  
Somerville.  
Recording Secretary – Cathy – Lowell.  
Corresponding Secretary – Sally – Boston,  
Alice-Somerville.

Per our webmaster Brandon, the MBI survey that was posted on the website so that people interested in doing service can elect the day, time and location they feel MBI should meet, will remain posted on the MBI website until 9/30/12 and all those who would like to do service at a higher level are encouraged to take the survey so that MBI can have a better perspective of what the best day, time and location to hold MBI meetings would be.

MBI will be sending a full contingency of representatives to Region 6 – September 29<sup>th</sup>, 2012. Representatives Kelly – Arlington, Sally – Boston, Cathy – Lowell, Ron – Medford, Helen – Woburn will represent Mass Bay Intergroup as well as Brandon – Woburn who will be an alternate representative for Lisa F – Andover who will be unable to attend this conference.

Thank you all for your willingness to travel to Albany, NY to do a higher level of service.

Yours in Gratitude & Service,  
Beany – Chair  
Mass Bay Intergroup

## VICE-CHAIR REPORT – September 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)

- Metro West will be hosting a Bus to Ottawa. The bus costs \$95. Contact [ottawabus.ticketleap.com/bus](http://ottawabus.ticketleap.com/bus) to reserve a seat. If you have questions about the bus, e-mail Metro west at [bus@metrowestoa.org](mailto:bus@metrowestoa.org). If you don't have access to a computer or e-mail, you can call Beth at 978-257-3306.

- The WSBC Conference Literature Committee is soliciting stories of recovery from OA members for the proposed revision of Overeaters Anonymous, Second Edition. The committee is looking for stories that emphasize members' experience, strength and hope achieved through working and using the Twelve Steps, Twelve Traditions, Twelve Concepts of Service and nine tools of the Overeaters Anonymous program.

- The Region 6 Fall Assembly will be held on Saturday, September 29<sup>th</sup>, 2012 at the Hilton Garden Inn Albany Medical Center in Albany NY from 9:00 a.m. to 6:00 p.m.

- Assembly packets emailed and available online by September 15<sup>th</sup>. Delivery via USPS to requesting Intergroup.

- If you are a Region 6 Representative, go to [www.oaregion6.org](http://www.oaregion6.org) to print Region 6 Assembly information.

- Region 6 Representatives can register at [www.oaregion6.org](http://www.oaregion6.org). If you have any questions, please ask Lisa.

- Deadline for the group rate at the hotel is Friday, September 7<sup>th</sup>, 2012. Call 518-396-3500.

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- There will be a Region 6 board meeting Friday September 28<sup>th</sup>, 2012 at the Hilton Garden Inn.
- The WSBC Delegate Application postmark deadline is October 15<sup>th</sup>, 2012.
- New literature continues to be available—To the Newcomer, Before you Take That First Compulsive Bite, Remember... and the Voices of Recovery e-Workbook. Go to [bookstoreoa.org](http://bookstoreoa.org), phone 1-505-891-2664, or fax 1-505-891-4320.
- The World Service Convention will be held in Cleveland, Ohio September 28<sup>th</sup> through September 1<sup>st</sup>, 2013.
- 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 - September 2012**  
No report this month.

**12<sup>th</sup> STEP REPORT - September 2012**  
The September 16, 2012 12<sup>th</sup> Step Committee meeting was attended by Jean B., Mary Janet, Phyllis and Helen K. The October 13 Whack-a-Mole workshop on the topic of serial addictions, sponsored by MBI, was the focus of discussion. A progress report was given: the venue of the Arlington Senior Center is secure and one speaker had committed to the workshop so far. Other possible speakers were considered and different committee members agreed to call specific people. Service opportunities leading up to the date and at the event were enumerated and the committee members divvied up the roles to be played and items to be gathered. Special thanks need to be given to Nadja and her daughter for creation of the Whack-a-Mole flyer. Nadja made many black and white copies but after committee members saw the original color artwork, they decided to have Jean scan it so that a full-color pdf would be available for members to download and print. It's available at the MBI website: [www.mbioa.org](http://www.mbioa.org) and the 12<sup>th</sup> Step Committee would like to ask members to embrace the service opportunity of spreading the word to their home groups.  
The Thank-a-thon will be held on Thanksgiving

Day, November 22. The 12<sup>th</sup> Step Committee would like to encourage different meetings to take responsibility for each hour- leading the meeting and finding speakers for that hour. Please contact Helen at 781-491-0245 to claim your meeting's time. More details will be announced soon.  
Respectfully Submitted,  
Helen K.

**PUBLIC INFORMATION REPORT  
September 2012**

The committee reviewed and analyzed reports from four other into groups that report to region six with respect to their activities both successful and not so successful. It immediately became apparent that feedback as to what works and what doesn't, is an issue throughout.

There were some new approaches that we saw and they include: affixing a postcard sized sticky pad note to local supermarket bulletin boards; tracking entries on an eating disorder database; inserting a flyer in a "value pak"; making sure libraries have copies of OA books; getting literature to prisons; literature to local psychiatric hospitals; getting an article in local newspapers with respect to the birthday of overeaters anonymous and perhaps the birthday of Mass Bay Intergroup.  
Ron

**BYLAWS REPORT - September 2012-**

**Motion for Region 6 Visitors:** I move the MBI visitors to Region Six Assembly be reimbursed for expenses for an overnight room for one night, tolls and one dinner. (Retroactive to September 15)  
Submitted by Pat C.

**PROFESSIONAL OUTREACH REPORT -  
September 2012**

No report this month.

**MOTION TO CHANGE THE BYLAWS-  
SUBMITTED BY BEANY – CHAIR MBI**

**Motion:** I move to change the MBI bylaws under the section “The Quorum of MBI” (bottom of page 4), to remove completely the second line regarding what constitutes a Quorum at an MBI meeting, it reads as follows: “A quorum shall consist of a number of voting members which is no less than twenty (20%) percent of the total member groups registered with World Service.”

**Rationale:** This line is redundant and the guidelines for a quorum are already in place as stated in the first line under “The Quorum of MBI” which says: “At an MBI meeting held upon proper notification, those IRs, and ARs present shall constitute a quorum, and a simple majority shall govern for voting purposes.”

**Cost:** The cost would be minimal. A copy of the page can be made simply covering that line with a piece of white paper while making copies then providing a new page with the change to all IRs & ARs and all future copies of the bylaws.

**OFFICE ACTIVITY REPORT–  
September 2012**

Phone calls	31
Emails	29
Newcomer Pkts. Sent	31
Prof Pkts. Sent	14
CDs Made	10
Newsletter Sent	Copied and Mailed

## 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 October 21<sup>st</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

**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)
- Metro West will be hosting a Bus to Ottawa. The bus costs \$95. Contact [ottwawabus.ticketleap.com/bus](http://ottwawabus.ticketleap.com/bus) to reserve a seat. If you have questions about the bus, e-mail Metro west at [bus@metrowestoa.org](mailto:bus@metrowestoa.org). If you don't have access to a computer or e-mail, you can call Beth at 978-257-3306.

**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, 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](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!**

- October 21
- November 18
- December 16

Sunday mornings, 9:15AM, Stoneham Senior Center