



# OVEREATERS ANONYMOUS®

MASS BAY INTERGROUP

MBI Newsletter

September 2013

## MBI Chair's Report - September 2013

In accordance with the MBI bylaws, nomination of officers was held at the September MBI meeting. Nominations were as follows:

Chair – Ron (Medford)

Lisa (North Andover)

Vice Chair – Brandon (Woburn)

Secretary - Sally (East Boston)

Corresponding Secretary –

Phyllis (Westford)

Lisa (North Andover)

The elections of these officers will take place at the meeting in October on the 20th.

**In order to be elected - one must be present at that meeting.**

Ron

## Vice Chair's Report September 2013 Region 6 Fall Assembly

The next scheduled Region 6 Assembly will be held Saturday, September 28, 2013 at the Hilton Garden Inn, Albany Medical Center, and Albany NY

### Assembly Information

**ASSEMBLY REGISTRATION:** We encourage all representatives to **Register Online**. You must register for THIS assembly, even if you were a registered representative/alternate for previous R6 Assemblies. Online registration opens **Friday, June 30th** and closes **Monday, September 23rd**. Substitutions for Representatives may also be made online through **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:** Room reservations for the Hilton Garden Inn are available. Additional information below.

**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 Assembly Documents Page.

Sincerely,  
Lisa F. (Andover)

## TREASURER'S REPORT – September 2013

Sorry this is being distributed late, my computer was not working last month. I now have a new computer and reports will be done in a more timely fashion.

Income \$ 2189.76  
Expenses -1560.36  
629.40 (positive cash flow)  
Checking account bal. 8/31/13 \$6193.21

Our August income consisted of \$2150.76 in group donations, \$30 in newcomer packets, and \$9 for the MBI 7<sup>th</sup> tradition

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collection. See list below for group donors, thank you to all groups who donated.

August expenses besides the usual, were \$56.53 for office supplies, \$50 to transfer a donation sent to us in error (should have gone to Metro West IG), \$252 for literature, and \$250 donations to Region 6 and to World Service.

Respectfully submitted,  
Jean B., MBI Treasurer

**Group Donations:**

145.00	Salem Weds. PM
265.80	Newton-Wellesley Sat. AM
47.00	Chelsea Sat. AM men's meeting
350.00	Stoneham Sun. AM
96.00	Arlington Tues. PM
131.00	Arlington Sun. AM
125.00	Lynn Sat. AM
100.00	Weymouth Thurs. AM
321.67	Newtonville Sun. PM
200.00	Reading Tues. AM BBSS
10.00	Randolph Mon. AM
225.00	Medford Fri. PM
134.29	Stoneham Mon. PM
2150.76	Total donations

**12<sup>th</sup> STEP REPORT –September 2013**

Thanksgiving Day, November 28, is also MBI's Thank-a-thon. A location will be announced VERY soon. The hours are 7AM-4PM, with a meeting every hour on the hour for a total of 9 meetings. There are service opportunities galore: the goal is to have each hour hosted by a different meeting. That means that a given meeting will provide the hour's leader and speakers. Please plan now to spend some time with your OA family, giving thanks for recovery! Please call Helen at 781-491-0245 or e-mail her at [soontobekingman@yahoo.com](mailto:soontobekingman@yahoo.com) to volunteer.

**BYLAWS REPORT - September 2013**

No Report this month

**PROFESSIONAL OUTREACH/YOUTH IN OA COMMITTEE/PUBLIC INFORMATION- September 2013**

World Services' 2010 Survey Report shows OA members in up to 18 countries lost an average of 45 pounds and kept it off for up to 21-plus years.

Help us put this Survey Report in the hands of 1,000 therapists, doctors, dentists, etc.

Gather the addresses of your health professionals, and write them on envelopes to-be-provided at your OA meeting (or on your own envelopes). Envelopes will be brought or mailed to the OA MBI office where the secretary will mail out a Survey Report and 4 OA business cards for doctors to give to their patients.

If you are interested in announcing this project at your meetings, please call the OA office and leave your name, phone number and indicate your interest. Phone Number is (781) 641-2303; email: [info@oambi.org](mailto:info@oambi.org)

**Office Activity - September 2013**

Phone calls	29
Emails	32
Prof Packets Made	6
Newcomer Packets Made	2
CDs Made	8
Newsletter Copied & Sent	yes

Labels, Envelopes  
Surveys assembled for Professional Outreach Committee.

**Next MBI Meeting-9:15am**  
**Sunday October 20<sup>th</sup>**  
***\*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

### **New! 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](http://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](mailto: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**

## 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](mailto:info@oa.org) for shipping charges outside the U.S.

**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

**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 overnights, but a commuter option is available which includes all meals. There are nearby hotel options as well. Cost is \$209 or \$129.

[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.eventscmi@gmail.com](mailto:C.eventscmi@gmail.com)

**Thanksgiving Thank-a-thon** will be held on Thursday, November 28, 2013, sponsored by **MBI** and the **12th Step Committee**. Details to follow.

**November 29, 2013 6:00 pm – 8:00 pm**

**Local Intergroup Event**

Western Massachusetts Intergroup presents:  
 Gratitude Gathering

[View Map](#)

Southwick Congregational Church10 Depot StreetSouthwick, MA 01077 This event is accessible to people with disabilities.

**Deb O** 413-330-0312

**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](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**

**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!**

**October 20**

**November 17**

**December 15**

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

**BOARD & COMMITTEE CHAIRS  
CHAIR**

Ron - (978) 852-9040  
[ronatur@aol.com](mailto:ronatur@aol.com)

■  
**VICE-CHAIR** Lisa (Andover) – (978) 470-1819  
[lrebeccaf@gmail.com](mailto:lrebeccaf@gmail.com)

■  
**CORRESPONDING SECRETARY**  
Sally S. (E. Boston) - (617) 429-9411  
[sliker@comcast.net](mailto:sliker@comcast.net)

■  
**RECORDING SECRETARY**  
Open at this time.

■  
**TREASURER**  
Jean B (Somerville)

**COMMITTEE CHAIRS  
OFFICE**  
Staff

■  
**YOUNG PEOPLE/PROFESSIONAL OUTREACH**  
Alice (Somerville)

■  
**MEDIA & PUBLIC INFORMATION**  
Open at this time.

■  
**COMMUNICATIONS  
Newsletter:**  
Sally S. (E. Boston) - (617) 429-9411  
[sliker@comcast.net](mailto:sliker@comcast.net)

**Webmaster:**  
Brandon (Woburn)  
[webmaster@oambi.org](mailto:webmaster@oambi.org)

■  
**12 STEP** Helen (Woburn) – (781) 491- 0245  
[soontobekingman@yahoo.com](mailto:soontobekingman@yahoo.com)

**Committee Chairs continued**

**BYLAWS**  
Pat C (Westford) – (978) 692-3324  
[patcwestford@aol.com](mailto:patcwestford@aol.com)

**OFFICE COMMITTEE**  
Pat C (Westford) – (978) 692-3324  
[patcwestford@aol.com](mailto:patcwestford@aol.com)

**TRUSTEE REGION 6**  
Karin H.

**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](mailto:info@oambi.org)

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

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**MBI Telephone Meeting List**

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

- Sun 8-9PM Access Code 79822# (Steps1-3, 21-day)  
Dial-In: (605) 475 5950
- Mon 10-11AM Access Code 79822# (90day, For Today)  
Dial-In: (605) 475 5950
- Tues 8-9PM Access Code 803299 (90day, For Today)  
Dial-In: (415) 400 0300
- Wed 1-2PM Access Code 105047# (90day)  
Dial-In: (218) 936-4700
- Wed 8-9PM Access Code 987420# (90 day, BB)  
Dial-In: (415) 400 0300
- Thurs 8-9PM Access Code 135103 (90 day)  
Dial-In (319) 279-1000
- Fri 6-7PM Access Code 4673# (90day)  
Dial-In: (218) 548 2828
- Sat 10-11AM Access Code 155901# (90day/For Today)  
Dial-In: (218) 342 3000

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