

MBI Chair's Report - 4/15/2012

I would like to congratulate the 12 Step Committee for their very successful Sexuality in Recovery workshop. Marie from Reading and Helen from Woburn worked well together to organize the time, place and speakers for this event. I would also like to thank all the speakers who took time from their busy schedules to do service and share their experience, strength and hope on this important and sometimes very painfully sensitive subject. What a wonderful job all of you did passing on the message of healing and recovery in this area of abstinent living to others.

The other delegates to Region 6 and myself are gearing up for our trip to the Region 6 Business Conference which is 4/21/12 in Albany, New York. Bobbie from Waltham notified me that she would not be joining us after all because of an unexpected personal commitment. So now there will be 5 delegates to Region 6: myself, Lisa from Andover, Kelly from Arlington, Kathy from Lowell and Ron from Medford. Marie from Reading will be attending as a visitor and Ron from Medford will be bringing a new comer as well whose name has not been provided to me at this time.

It's hard to believe that only a week after Region 6 Lisa from Andover and I will be heading off to the World Service Business conference in Albuquerque, New Mexico. How quickly time flies living a full life in abstinence and recovery.

At this month's Mass Bay Intergroup we had 3 visitors helping on various committees and a new delegate. Thank you all for your service this month and your willingness to help.

The By-Laws Chair Pat from Westford, reviewed the duties of the officers with the Treasurer Kelly, the Corresponding Secretary Bobbie and Myself. Pat is diligently working on making sure Mass Bay Intergroup's By-Laws are in line with the guidelines set by the World Service Office.

Kelly from Arlington moved to re-open the discussions regarding a complete restructuring of the Mass Bay Intergroup website. A motion was presented and passed that the board research costs and bids for the restructuring of the website to make it more attractive, efficient and user friendly. This motion passed.

Helen from Arlington moved to have the Serenity Prayer said before committees meet so delegates can get centered and that either the Chair or Vice-Chair do at least a 15 minute orientation with new comers. This motion passed as well.

The next Mass Bay Intergroup Meeting will be May 20th, 2012 but I won't be in attendance, I will be out of state on personal business. Co-Chair Lisa from Andover will be chairing next month's meeting during my absence.

Thank you one and all for your continued support of Mass Bay Intergroup and your willingness to serve.

Respectfully submitted,
Beany –Woburn
Chair Mass Bay Intergroup
Overeaters Anonymous

VICE-CHAIR REPORT – April 2012

-The next scheduled Region 6 Assembly will be held April 21st, 2012 at the Hilton Garden Inn, Albany Medical Center in Albany NY from 9:00 a.m. to 6:00 p.m.

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- We have 6 delegates and 1 visitor from MBI attending!!!
 - There will be a Region 6 board meeting Friday April 20th, 2012 at the Hilton Garden Inn.
 - The World Service Business Conference will be held at the Embassy Suites Albuquerque Hotel and Spa at 1000 Woodward Place NE, Albuquerque, NM 87102 from Monday April 30th to May 5th, 2012.
 - The Region 6 Convention: Recovery A Capital Idea, will be held at 101 Lyon Street Ottawa, Ontario K1R 5T9 from October 26th, 2012 to October 28th, 2012.
 - The Region 6 Fall Assembly will be held on Saturday, September 29th, 2012 at the Hilton Garden Inn Albany Medical Center in Albany NY from 9:00 a.m. to 6:00 p.m.
 - Deadline for the group rate at the hotel is Saturday September 8th, 2012. Call 518-396-3500.
 - There will be a Region 6 board meeting Friday September 28th, 2012 at the Hilton Garden Inn.
 - IDEA day (International Day Experiencing Abstinence) will be Saturday November 17th, 2012.
 - Twelfth-Step-Within Day will be Monday, December 12th, 2012.
 - See the Region 6 website www.oaregion6.org for more information.
- Sincerely, Lisa (Andover)

TREASURER'S REPORT - April 2012

No outstanding expenses this month.
Our bank balances are as follows.

CITIZENS:

Checking	\$ 15,044
Savings	\$ 5,002
Total	\$ 20,045

We have made our quarterly donations of \$250 each to WSO and Region 6.
Thank you,
Treasurer, Kelly

Donations since last MBI meeting:

South Coastal Intergroup*	\$ 77.13
Reading BBSS Tuesday morning	\$ 100.00
Lowell Monday night group	\$ 161.26
Reading Wednesday 6 PM	\$ 100.00
Saturday 9 AM Medford	\$ 140.00
Monday Lowell	\$ 92.28
Total	\$670.67

*this donation is from Unity Day.

N.B.For those traveling to Region 6 or doing other MBI service that will require mileage reimbursement, please use the attached form.

12th STEP REPORT -April 2012

The 12 Step Committee met on April 15, 2012. There were two new members present: Kunic, representing the 10AM Lawrence Memorial Hospital Sunday meeting, and Anna, representing the 7PM Tuesday Arlington meeting, which meets at the Congregational Church. Marie (Reading) and Helen (Woburn) rounded out the committee. Time was spent orienting the new members to the mission of the 12 Step Committee and MBI in general. The Sexuality and Recovery Workshop, which had been held the day before, was discussed. Donations of \$58 were collected and MBI's Board decided that MBI would donate \$50 to the Stoneham Senior Center for the use of the facility. The 12th Step Committee brainstormed about its next event. Several OA members requested that another Sexuality and Recovery Workshop be organized, for example. A workshop on sponsorship has also been suggested and the committee had a lively discussion about sponsorship issues. The members decided that planning should begin with collecting thoughts from the Fellowship: what questions, concerns, tips, etc. do the members have? Anna said that she'd be willing to draft a questionnaire, that, following committee approval, people could distribute at their meetings or that members could e-mail to 12th Step Committee members. Respectfully Submitted, Helen K., Woburn

**PUBLIC INFORMATION REPORT
April 2012**

In the last month the public information committee did participate in the Woburn health fair held March 31. The arrangements for people to man the both were made by Cathy from Lowell. The plan for the upcoming month is to gain new information from region six people and to regain momentum in distributing CDs to radio stations. Ron

BYLAWS REPORT - April 2012-

No report this month

PROFESSIONAL OUTREACH REPORT - April 2012

No report this month.

REGION 6 REPORTS

It's hard to believe the Region 6 Spring Assembly has come and gone and that I will be heading off to the World Service Business conference but I guess time really does fly when you're having fun.

I'm the alternate for the By laws/Reference Committee at World Service so I attended the By-laws Committee. We reviewed 3 motions that we as a committee put together since the Fall Assembly 2011 and verified that they said what we as a committee intended them to say. One motion was to remove a policy that groups & inter groups should set aside a certain time for prayer because it was determined that the policy wasn't enforceable. The other 2 motions were to clean up the language in a couple of By-laws. We also created a new business motion to change the requirements for Region 6 Representatives to be able to run for the Board. It was returned by the body to committee for further re-work.

The Region 6 Trustee Mary Rose did a short presentation and posed the question that when Tradition 5 states "Each group has but one primary purpose, to carry 'its' message . . ." does this mean each group has its own individual message? There was some interesting discussion with many varied responses this question.

I also enjoyed the Workshop, entitled "Your Recipe for Success", they passed out a recipe card with 4 questions and broke us down into six groups and asked us to create our recipe for success in recovery. Again the responses were varied and interesting.

As always when I go to Region 6 it was like a family reunion, I got to see friends from other inter groups that I only get to see at these conferences. To see them still working their programs and doing service, only serves to inspire me to want to continue in service as well.

Many thanks to the other Region Six Representatives that attended the assembly, Ron, Cathy, Kelly and Lisa I want to express my deepest gratitude for your willingness to sacrifice one of your Saturdays attend the Region 6 Assembly.

Yours in Recovery and Service
 Beany K – Woburn
 Chair – Mass Bay Intergroup
 Overeaters Anonymous

I attended the Region 6 business meeting on 4/21/12 and the Public Information/Professional outreach committee for the Region.

The committee members voted to recommend all four of the proposals from four different Intergroups, to the Regional Board, for their votes to fund the proposals. All were approved for funding, so New York and Vermont and another Intergroup will have a total of \$6,900.00 dollars to fund their Public Information blitzes and carry the message! Great service! and my part was so easy, I get to have a program of recovery and show up for service that will help others! I am so grateful.

Cathy B. -Lowell

I attended the public information-professional outreach committee where the primary focus was to make a decision on the applications made by four intro groups for money to conduct advertising campaigns in their local areas. I along with two others also volunteered to inquire of other into groups as to what their professional outreach and public information committees are doing that have been successful and also things that they have found not to be successful. The other main event was the business of the Gen. Assembly involving voting on five or six motions that were before the assembly.

Ron

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. 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

**Next MBI Meeting-
9:15am
Sunday May 20th**

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

June 1-3, 2012 Westfield, MA

A Guided Journey through the 12 steps of OA

Time: 4:00 Friday

Address: 53 Mill Street, Westfield, MA

Cost: \$195

June 1-3, Wareham, MA

Action – The Word, Gratitude – The Result:

MWI Retreat, Sacred Heart Retreat Center

Click for further info: [MWI Retreat 2012 Final](#)

News from WSO

Sign up for WSO email news updates

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

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

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!

May 20
June 24
July 15
August 19
September 16
October 21
November 18
December 16

Sunday mornings, 9:15AM, Stoneham Senior Center