



# OVEREATERS ANONYMOUS®

MASS BAY INTERGROUP

MBI Newsletter

December 2012

## MBI Chair's Report- December 2012

It's hard to believe that 2 years of my life could go by so fast, I guess the old saying, "time flies when you're having fun" really applies here . . . well most of the time at least.

The December meeting was a very busy and productive meeting. There were a variety of motions presented and voted on, they are as follows:

- 1.) A motion was presented by Ron from Medford, the Chair of the Public Information Committee to have 6 posters on buses on Various MBTA Bus Lines for the months of January and February 2013 @ the cost of \$4,150 the motion was passed.
- 2.) A motion was presented by our Webmaster Brandon from Woburn to allocate \$400 as a fund to be used for "back end maintenance" of our new MBI Website that should be up and running by the end of December, 2012 this motion passed.
- 3.) A motion was presented by the MBI Treasurer Kelly from Arlington to provide Pat our Mass Bay Intergroup office employee a onetime Holiday Bonus of \$125 because whenever Pat was called upon to do those extra things that keep the office running even if having to sacrifice some of her own time, Pat has been willing to do so, this motion also passed.

We also discussed whether or not Mass Bay Intergroup would be willing to host the Region 6 Convention for 2014, Ron from Medford reported the Metro West

Intergroup was willing to help Mass Bay Intergroup with the convention and Jean from Somerville said she is willing to be the liaison with Region 6 and the other intergroups so that MBI can host the convention, it was moved and voted on to table the discussion until the January 2013 Mass Bay Intergroup meeting so it can be determined whether or not other local Intergroups such as South Central Mass Intergroup, North Shore Intergroup and possibly Cape Cod Intergroup would also like to help out with the convention.

A motion was also passed to except the following dates for Mass Bay Intergroup Meetings in 2013:

January 13<sup>th</sup>, February 10<sup>th</sup>, March 17<sup>th</sup>, April 14<sup>th</sup>, May 19<sup>th</sup>, June 23<sup>rd</sup>, July 21<sup>st</sup>, August 18<sup>th</sup>, September 15<sup>th</sup>, October 20<sup>th</sup>, November 17<sup>th</sup> and December 15<sup>th</sup>.

I want to wish the new board members all the best in the coming year and much success in finding new and innovative ways to help those still suffering in the throes of compulsive eating and compulsive food behaviors.

I am deeply grateful for all the patient support I received from everybody at Mass Bay Intergroup during my tenure as Chair; you are an amazing group of people. Thank you Pat C. and Brandon for getting the by-laws into compliance so we can send delegates to World Service Business Conference 2013, thank you Brandon for getting the

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Website redesigned and Kelly for the suggestion that we do so. Thank you Ron for getting the Bus Poster project done that's amazing considering for the most part you were a committee of 1, also Cathy, Alice and Pauline thank you for your diligence in getting the word out to the professionals. Thank you Helen for your workshops and Lisa for your guidance, during the meetings when procedural questions came up and for not only being the Co-Chair but the Recording Secretary as well. Sally, thank you for doing the newsletter. Also thank you to all the volunteers who helped us throughout the year to put on workshops, etc. Mike thank you for keeping the Meeting List current and Pat thank you again for keeping the office running. I'm ever grateful to you all.

Humbly submitted in Service and  
Gratitude,  
Beany  
Chair – Mass Bay Intergroup  
Overeaters Anonymous

## VICE-CHAIR REPORT December 2012

### **Become a Sustaining Member with Automated Contributions!**

Help OA carry the message with your automated monthly Seventh Tradition contribution. You may now have a monthly contribution charged to your credit card automatically. Contact the World Service Office for more information or to set up this service. 505-891-2664.

### **Voice America Internet Radio Show on OA Concludes.**

The final episode of "Sound Bites from OA—A 12-Step Solution to Compulsive Eating" will air on **January 9, 2013** at 1pm Pacific Time (4pm Eastern) at <http://www.voiceamerica.com/show/2139/sound-bites-from-overeaters-anonymous>. **This show will be a live call-in program, so encourage newcomers from your meetings to call the show with questions, or you may call in to share your recovery. Call toll-free 1-866-472-5792.** These powerful one-hour programs are archived after they air for streaming online or downloading the free MP3 files. You are welcome to burn the files for your own use, for public information, or to distribute to newcomers.

### **Designated Translation Fund Will Be Discontinued.**

Delegates at the 2012 World Service Business Conference voted to discontinue the designated Translation Fund as of December 31, 2012. The fund has fulfilled its original purpose to raise awareness of the need to translate OA literature. Translations have become a regular part of doing business as OA continues to support translations through the annual budget of the International Publications/Translations Committee. Although fund contributions will not be accepted after December 31, all money remaining in the fund will be used to fulfill the fund's designated purpose of translating OA literature. Please continue to support OA, Inc., by donating to the General Fund, the Delegate Support Fund, and the Professional Exhibits Fund.

### **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.

**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.

**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 Spa 1000 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 - December 2012**

As of Dec 11th, our *combined* checking and savings account balance is \$18,436. We have completed and submitted our 2011 tax information and have had a couple of large bills in the past 4-6 weeks:

- \$1500 for website re-design (from budget)
- \$1036 to renew our insurance for the new year
- \$642 to accountants to complete and file our 2011 taxes

We are grateful for your continued support. Donations for Nov/Dec are below. Also, my term has ended effective immediately and I thank you for your patience and support.

ALSO -- if you would like to make a personal holiday donation during this time of year when we are reminded of the gifts of recovery and our gratitude for them, your contributions are appreciated in helping us to spread the word of recovery!

**November/December 2012 Donations**

	\$ 130.50
Thank-A-Thon Donation	
Saturday 8 AM Mens, Chelsea Meeting	\$ 37.00
Group #51358	\$ 22.00
Group #45148	\$ 75.00
Group #38115	\$ 60.00
Stoneham Sunday 7:30 AM	\$ 400.00
Anonymous	\$ 15.00
Tuesday 9:30 AM BBSS Reading	\$ 100.00

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

The 12th Step Committee is planning a workshop for March 2 that will focus on program slogans. There are many service opportunities available in staging this event. Please come to the next intergroup meeting, January 13. Another huge event on the horizon is the Region IV convention, which may be happening in the greater Boston area

in autumn 2014. I'm not sure how MBI will be helping, but more will be revealed!

**PUBLIC INFORMATION REPORT  
December 2012**

The media committee was engaged in numerous conversations with Billboard Advertising Connections for purposes of ascertaining precisely how they work with bus advertising and subway advertising and conversations with the chair for help determining which way to go. A plan was then devised and presented to MBI. Ron

**BYLAWS REPORT -  
December 2012-**

The bylaw revisions were passed. The new bylaws will be ready in January. Please bring your old bylaws to the January MBI meeting to get your revised MBI bylaw packet. Thank you - Patc Bylaw Committee

**PROFESSIONAL OUTREACH REPORT -  
December 2012**

No Report this Month

**Webmaster Report – December 2012**

The new website is finished! The site went live in late December and can be viewed at <http://www.oambi.org>.

The meeting list is now available to view on the website with a map showing each location. You can also download the printable PDF copy of the list as well. Events are now listed on the website as well, if you'd like to submit an event to be posted to the site please email [webmaster@oambi.org](mailto:webmaster@oambi.org). There are a number of member qualifications that can be downloaded or streamed and these can be found under the Members -> Listen to Qualifications section.

The update was a huge effort and I want to thank everyone who was involved, as well as Saintly Solutions our design/hosting company. If you have any questions or suggestions about the new site feel free to share them at with me at [webmaster@oambi.org](mailto:webmaster@oambi.org).

Thanks for allowing me to be of service, Brandon H.

**December 2012 - Office Activity**

Phone calls	22
Emails	12
CDs Made	16
Prof. Pkts. Sent	8
Newcomer Pkts. Sent	15
Newsletter Copied & Mailed	yes

Member-written essays from *Lifeline* magazine offer help, encouragement and direction as you strive for and maintain abstinence. **e-reader price: \$5.75**

**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**

**Next MBI Meeting-9:15am Sunday January 13<sup>th</sup>**

**Stoneham Senior Center**

**Come join us for Service and Fellowship!**

**In Memoriam: Mary Rose D. September 9, 1949 – December 27, 2012**

Region 6 and all of Overeaters Anonymous has lost our recent former Trustee and most wonderful friend, Mary Rose D. She passed peacefully at home, in the company of her friends and fellows. We are blessed to have known such an amazing, courageous woman and we are strengthened by her legacy. We will miss her.

From the OA Tools of Recovery: [An] aspect of anonymity is that we are all equal in the Fellowship...; we have no stars or VIPs. We come together simply as compulsive overeaters. We are honoring Mary Rose's "... life of sane and happy usefulness" — something we are all promised as the result of working the Twelve Steps.

## Upcoming Events and Information

(CORRESPONDING SECRETARY'S REPORT)

Please make flyers available to your meeting

**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

**April 26, 2013 4:00 pm – April 28, 2013**

**2:00 pm**

South Coastal Mass Intergroup presents:

**Serenity by the Sea** Mirimar Retreat

House121 Parks Street, Duxbury, MA 02332 US

**Contact:** [retreat2013@scmioa.org](mailto:retreat2013@scmioa.org)

**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.*

### 2013 MBI Meeting Dates – Mark your calendars!

January 13  
February 10  
March 17  
April 14  
May 19  
June 23  
July 21  
August 18  
September 15  
October 20  
November 17  
December 15

Sunday mornings, 9:15AM, Stoneham Senior Center