



# OVEREATERS ANONYMOUS®

MASS BAY INTERGROUP

MBI Newsletter

December 2014

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## MBI Chair's Report – December 2014

My final report as chair of MBI is as follows:

At our December meeting we decided on our meeting dates for the year 2015. These are January 25, February 22, March 15, April 12, May 17, June 14, July 19, August 16, September 20, October 18, November 15 and December 13. These dates have been communicated to the Stoneham senior center and will hopefully be all right with them.

It was further decided that the world service representatives for MBI will be Helen and possibly Beany.

While the meeting room at Stoneham senior center has worked out reasonably well there is concern about the cost. I will be looking into whether or not there might be a different space we could use at a lower cost and reporting at the next meeting.

The body voted to resume reading the committee reports at each MBI meeting.

Ron T, Medford - outgoing chair

## Vice Chair's Report - December 2014

No report this month.

## MBI Treasurer's Report - November 2014

Income	1356.18
Expenses	1880.40
Expenses exceed income	524.22

Checking balance, 11/30	440.68
Savings	5003.92

Income for November was 997.85 from group donations, 333.33 from our share of the 2014 R6 convention, and 25.00 from the MBI 7<sup>th</sup> tradition collection. Thank you to the groups that donated, a list follows this report.

Our expenses included 936.00 for liability insurance for all of our meetings; if your meeting needs proof of liability insurance please let me know. This is one of the benefits of being part of MBI. The usual expenses for office rent, phone/internet, and pay for Pat our office worker were paid; we paid 84.60 for office supplies and received an adjustment credit of 30.65 for an error on a literature order.

One monthly expense is of concern. Rent at the Stoneham Senior Center is \$100 per month but our 7<sup>th</sup> tradition collection averages around \$25 per month. I would like to suggest that we look for more affordable space to meet in. or shorten the meeting to reduce the rental fee. If we had more people we might get a higher 7<sup>th</sup> tradition but that needs more work. I do not think that the meetings that support MBI do so to pay for us to meet in a large room, they donate to support our work and paying so much in rent takes away from other purposes. As you might have noticed our income has been down this year and we need to decide how many people we will send to World Service for 2015. I will have annual figures next month.

I sent Pat, our faithful office secretary, her usual \$100 for Christmas in December as we have in years past and I got a note back

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from her that I would like to share with you:

"Please pass along my thanks for the \$100 Christmas check at the next meeting. I really appreciate being remembered and will continue to run the office up to expectations in 2015. Merry Christmas to all. Pat"

Respectfully submitted, Jean B., Treasurer

**Group Donations November 2014**

120.00	Lowell Mon. PM
140.00	Salem Wed. PM
154.35	Newton Wellesley Sat. AM
37.00	Chelsea Sat. AM Men's
45.00	Medford Sun. 8AM
69.50	Winchester Tues. PM
82.00	Medford Sun. 8AM
200.00	Medford Sun. 10AM
150.00	North Andover Sat.
<b>997.85</b>	<b>Total</b>

**12<sup>th</sup> STEP REPORT –December 2014**

12th step committee, December - attended by Beany, Kathy, Laura and Helen.

Thankathon raised \$65. \$30 was given to MBI, \$35 to Church of the Good Shepherd, Reading.

Social night Entertainment--Feb 21st. 5-8pm  
 Fellowship and Fun  
 No meeting - social event  
 Principle of Unity  
 Game night, karaoke  
 Bring your supper - have a place people can eat!

Places to hold events??  
 Cost to Rent? Can we bring in food?  
 Many thanks to Laura for taking these notes.

March 7 Workshop- H.O.P.E.- Hang On, Pain Ends. 1-4PM- no location chosen yet.  
 Focus: Step one? Tie-in with P.I. event.  
 Respectfully Submitted, Helen K., Woburn

**BYLAWS REPORT - December 2014**

No report this month.

**AD HOC COMMITTEE FOR REVITALIZATION REPORT – December 2014**

No report this month.

**PROFESSIONAL OUTREACH COMMITTEE MEETING - December 2014**

There are professional packets available from the MBI office, which provide introductory information about OA for MDs, therapists, clergy and EAPs. To obtain these packets, contact Pat at the MBI office (781) 641-2303 or ask an MBI Representative.

Respectfully submitted, Paulina and Mary P

**PUBLIC INFORMATION COMMITTEE REPORT – December 2014**

No report this month.

**OFFICE COMMITTEE – December 2014**

No report this month.

**OFFICE ACTIVITY – December 2014**

Phone calls 16  
 Emails 34  
 Newcomer Packets Sent 20  
 CDs Made 6  
 Checks Received & Posted 11  
 Newsletter Copied and Mailed, yes - November

**Dates – MBI Meetings – 2015**

January 25  
 February 22  
 March 15  
 April 12  
 May 17  
 June 14  
 July 19  
 August 16  
 September 20  
 October 18  
 November 15  
 December 13

**Next MBI Meeting-9:15am**  
**Sunday January 25**

**Stoneham Senior Center**  
**Come join us for Service and**  
**Fellowship!**

**136 Elm St., Stoneham, MA**

**OA’s Best-Selling Books: Now**  
**for e-Readers**

**Overeaters Anonymous, Third Edition –**  
**The New Brown Book is Here!**

Featuring forty never-before-published stories of recovery written by OA members from around the globe, the new Brown Book, *Overeaters Anonymous, Third Edition*, is now available in print from the OA bookstore and in e-book format from popular retailers. The third edition also features classic OA texts, including “Keep Coming Back: Rozanne’s Story,” “Our Invitation to You,” and the appendices from previous additions. A new appendix, “The Role of a Plan of Eating in Recovery from Compulsive Eating,” written by a dietitian specializing in addictive and compulsive eating disorders is also included as well as a new foreword by an eating-disorder treatment professional.

***Overeaters Anonymous, Third Edition*** is available to order as a single copy, box of twenty-five, and, while supplies last, as a two-book bundle with *Overeaters Anonymous, Second Edition*.

**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 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 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.)**

### **Lifeline Writing Topics 2015 Update**

Writing is one of the nine tools of recovery, and the program works best when you give it away. Check out the World Service updated list of topics through December 2015 on [www.oa.org](http://www.oa.org). Put pen to paper or fingertips to keys and send us your stories of experience, strength and hope. Your story in Lifeline can make a difference for someone else's recovery.

**Upcoming Events and Information**

**(CORRESPONDING SECRETARY'S REPORT)**

Please make flyers available to your meeting

**Central Mass Intergroup Retreat:  
March 20, 6 pm to March 22, 2015, 1 pm**

CMI Annual Retreat. Stay or commute for the entire weekend! Focus is on the steps with lots of different sessions, speakers, and fun activities.  
Edwards House, 1 Badger Rd., Framingham MA 01702

**Conference Mailing #2 Available on OA Website**

Conference e-Documents #2 available on OA Website for delegates and service bodies (includes proposed new business motions and bylaw amendments, agenda questionnaire).  
**Materials will not be mailed.**

**Trustee Nominee Applications due to World Service Office January 27, 2015**

**Committee Preference Forms due to World Service Office February 26, 2015**

**Postmark Deadline: Agenda Questionnaire to World Service Office February 26, 2015**

Sincerely, Lisa F (Andover)  
MBI Corresponding Secretary

**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, Mary P., 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 One**

*Our common welfare should come first; personal recovery depends upon OA unity.*

**The Next MBI Meeting Date – Mark your calendars!  
January 25, 2015**

**Sunday morning, 9:15AM, Stoneham Senior Center\* New Location**

**BOARD & COMMITTEE CHAIRS**  
**CHAIR**

Sally S. (E Boston)

■  
**VICE-CHAIR**

Helen K (Woburn)

■  
**CORRESPONDING SECRETARY**

■  
**RECORDING SECRETARY**

■  
**TREASURER**

Jean B (Somerville), temporarily filling this position

**COMMITTEE CHAIRS**  
**OFFICE**

Staff

■  
**YOUNG PEOPLE/PROFESSIONAL OUTREACH**

Paulina

■  
**MEDIA & PUBLIC INFORMATION**

Open at this time.

■  
**COMMUNICATIONS**

**Newsletter:**  
Mary P (Quincy)

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

■  
**12 STEP** Helen (Woburn)

**BYLAWS**  
Pat C (Westford)

**OFFICE COMMITTEE**  
Pat C (Westford)

**Contact MBI Office by phone or email to reach any of the members in these service positions.**

**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 8-9AM Access Code 6320348# (BB, discussion)  
Dial-In: (712) 432-5200
- Mon 10-11AM Access Code 79822# (90day, For Today)  
Dial-In: (213) 342-3000
- Mon 8-9PM Access Code 4134252# (BB, discussion)  
Dial-In: (626) 677-3000
- Tues 8-9PM Access Code 803299# (90day, Spkr/Disc)  
Dial-In: (712) 432-5200
- Wed 1-2PM Access Code 105047# (90day, Spkr/Disc)  
Dial-In: (626) 677-3000
- Thurs 8-9PM Access Code 135103 (90 day, Spkr/Disc)  
Dial-In (319) 279-1000
- Fri 6-7PM Access Code 4673# (90day, Spkr/Disc)  
Dial-In: (218) 548 2828
- Sat 8-9AM Access Code 6320348# (90day/For Today)  
Dial-In: (712) 432-5200
- Sat 10-11AM Access Code 155901# (Spkr/BB/12+12)  
Dial-In: (213) 342-3000

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

Dial meeting phone number and follow prompt to enter pin followed by the # sign. Keep your phone muted except to share (meeting leader will give instructions on how to do so). It is requested that those sharing have 90 days or more of continuous abstinence.