



# OVEREATERS ANONYMOUS®

MASS BAY INTERGROUP

MBI Newsletter

January 2015

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## MBI Chair's Report – January 2015

*"As OA members we may donate many hours of service to each other, sponsoring, speaking at meetings, and doing necessary committee and other service work. For this none of us receives payment in money. Our reward is something money can't buy – our own personal recovery."* (The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 171)

It is with humility that I introduce myself to you as the new chair of our MBI Intergroup for the year 2015. I first came to OA in May 2008, powerless over food and having spent most of my life unsuccessfully trying to control my eating. I went to a meeting and someone shared her story and it was my story although the circumstances were different. It was recommended that I get a sponsor and do whatever was suggested. I did that and was struck abstinent by a power greater than myself.

I have continuous abstinence and maintaining a weight loss of about 60 pounds for over six years. That is a miracle for someone who could diet but not keep the weight off. I use all the tools of OA every day and have included service as an important part in my ongoing recovery. I have held service positions at the meetings I regularly attend; at the intergroup level, I have served as chair of the professional outreach committee, editor of the MBI newsletter for three years and last year filled the role of recording secretary for the intergroup. In addition, I have functioned as an MBI intergroup representative to the region 6 Assembly in Albany and recently acted as

service coordinator for the OA region 6 convention in Burlington, MA in October 2014.

It is an honor and privilege to serve you as MBI intergroup chair for this year. As tradition two states, "...Our leaders are but trusted servants; they do not govern." Please let us know how we may serve you better and bring the message to the compulsive eater who still suffers.

In service, Sally (E. Boston). You can contact me through [info@oambi.org](mailto:info@oambi.org).

## Vice Chair's Report – January 2015

No report this month.

## MBI Treasurer's Report - December 2014

Income	1503.09	
Expenses	1017.43	
Checking balance 12/31/14		\$966.34
Savings balance 12/31/14		\$5003.96
Income over expenses		\$485.66

December had positive income, which is a nice way to end the year. Sorry I am not at the meeting, but I had minor surgery on Friday and I am supposed to take it easy this weekend to allow the incision to close. Our income was \$1411.09 from group donations (see list at the end, thank you) plus \$37 in sales of newcomer packets, \$25 for the MBI 7<sup>th</sup> tradition, and \$30 from the Thankathon on Thanksgiving. I have a number of checks that came in recently

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that will add to January income so that looks promising.

Our December expenses were fairly light: \$71.99 for office supplies, \$220 to Pat our office worker plus an additional \$100 for her holiday bonus, \$385 for office rent (which is going up to \$395 in March), \$100 for MBI meeting rent, and \$140.44 for Verizon phone and internet.

I am planning a lean budget for 2015 because we don't have the cushion that we used to have and depending on donations can be a problem with timing. I would like to see MBI spend less on our meeting space because while it is nice to have all of that space in the big room at Stoneham, it costs us \$100 each month. \$50 an hour to hold committee meetings seems like a lot, especially with low attendance. Can't we find someplace cheaper? Even a different room might cost less. Why can't the committees meet by phone ahead of time? Then we would only need 1 hour instead of 2. I would like to suggest that we only send 1 person to World Service because that is one of the most expensive things we do during the year. Yes, it is nice to send a few folks so they can experience the WSBC but frankly, we can't afford it right now and will probably have to use some of our prudent reserve savings to pay to send 1 person. We're not broke but we're not wealthy either so we need to watch what we are doing.

Respectfully submitted,  
Jean B., still MBI treasurer

**Group Donations December 2014**

173.54	Wellesley Wed. noon
65.40	Cambridge HOW Sat. AM
50.00	Winchester Tues. PM
275.12	Stoneham Sun. AM
59.00	Medford Sun. 8AM
408.03	Newton-Wellesley Sat. AM
110.00	Chelsea Men's Sat. AM
120.00	Stoneham Mon. BBSS
<b>1411.09</b>	<b>Total, thank you!!</b>

**12<sup>th</sup> STEP REPORT –January 2015**

**MBI OA Game Night!**

Come one, come all!  
Bring a game, bring a friend!

Saturday, February 21, 6pm-9pm.  
95 Dunstable Street  
Charlestown MA 02129  
T Accessible. Street parking is available.  
Come early to find a spot. Car pool if Possible. Okay to bring your food!

Respectfully submitted, 12 Step Committee

**BYLAWS REPORT – January 2015**

Once again, the New Year is a good opportunity to remind ourselves what the Bylaw Committee is for and what it does. The Bylaw committee keeps track of all the bylaws of this intergroup. If new bylaws are passed they need to be entered into the bylaw body as bylaws or policies and procedures. All proposed new bylaws need to be written with one copy to the secretary and one to the bylaw chair. A copy should be given to the chair as well.

An intergroup such as MBI is established to carry out the group conscience of World Service. Group conscience is formed at World service conference by what the delegates approve or reject as becoming part of OA policy or not.

Each intergroup is allowed to have as many voting delegates as is given to it by the number of groups it represents. IT IS ALWAYS A GOOD IDEA FOR EACH INTERGROUP TO SEND AS MANY VOTING DELEGATES TO World Service as is possible. This is where proposals are sorted out and passed or not.

Each intergroup is also responsible to see that its members have a chance to know and respond to the motions submitted to World Service to be voted on before they go to the conference. Each intergroup as a whole needs to inform its delegates how they want the delegate to vote on the issues that come up.

The intergroup may also submit motion and ideas of their own for the conference to discuss and bring up.

The delegates are responsible to be at voting sessions and to report all information of things done at the

conference to their own intergroup and all its members.  
 Bylaw Committee needs to give its members a written copy of all new bylaws passed.

The bylaw committee should be used to help facilitate any problems with procedure during an MBI meeting.  
 Respectfully submitted, Pat C, Chair

**PROFESSIONAL OUTREACH COMMITTEE MEETING - January 2015**

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 – January 2015**

No report this month.

**OFFICE ACTIVITY – January 2015**

Phone calls 36  
 Emails 38  
 Checks Received & Posted, sent to Treasurer 14  
 Newsletter Copied and Mailed, yes - December

**Dates – MBI Meetings – 2015**

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 February 22**

***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](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.)**

**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

**MBI OA Game Night! Saturday 2-21-16!**

Come one, come all! Bring a game, bring a friend! 6pm – 9pm at 95 Dunstable St. in Charlestown MA 92129. T accessible. Street parking available. Come early to find a spot. Car pool if possible. OK to bring your food!

**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

**South Coastal Mass Intergroup Retreat:**

**May 1-3, 2015**

Serenity by the Sea Retreat at scenic Miramar Retreat Center in Duxbury, MA. Registration is available on South Coastal IG website. Reg. deadline is 4/17/15.

**MetroWest Intergroup Retreat:**

**June 5-7, 2015**

Trudge The Road of Happy Destiny at Sacred Hearts Retreat Center in Wareham, MA. Inquire at [retreat@metrowestoa.org](mailto:retreat@metrowestoa.org) or MWI, PO Box 600, Needham, MA 02494 (Attn: Retreat 2015) Reg. deadline is 4/30/15.

**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.**

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

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

**2015 Region 6 CONVENTION**  
**October 23-25, 2015**

Reach Out for Recovery in Hartford, CT  
 Go to [OAREGION6.ORG/2015](http://OAREGION6.ORG/2015) to:  
 Register for the convention (\$45 before 8/15),  
 Print a convention registration flyer,  
 Make a hotel reservation for Hilton Hartford,  
 Print Keynote Speaker flyer/get the details.

**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, 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 Two**

*For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants, they do not govern.*

**The Next MBI Meeting Date – Mark your calendars!**  
**February 22, 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**

Paulina



**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**

**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

**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.