



OVEREATERS ANONYMOUS®

MASS BAY INTERGROUP

MBI Newsletter

July 2013

Page 1

MBI Chair's Report - July 2013

Massachusetts Bay Intergroup met Sunday, July 21 for the second time at our new location in Arlington. The public information and professional outreach committees joined forces to better serve their constituents. There was also discussion about the possibility of having a table at the School Nurses Association meeting in October. There appeared to be some positive increase in visits to the website (www.oambi.org) as a result of the bus advertisement as February and March enjoyed 100 and 200 more visits respectively than June. Food for thought for the future.

Finally we heard from the chair of the region six convention for 2014. The decision has been made to hold the event at the Burlington Marriott and it will be held during the weekend of October 25, 2014. We look forward to that.
Ron (Medford)

Vice Chair's Report - July 2013 Latest Issue of A Step Ahead Online

The third-quarter 2013 issue of *A Step Ahead* is posted online at www.oa.org/membersgroups/a-step-ahead-newsletter/. Learn about key decisions made at the 2013 World Service Business Conference, *Lifeline* monthly topics for 2014, the latest details on Convention 2013, results of the *Lifeline* renewal campaign, and much more.

New Preamble

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There

are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive eating and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

New Anonymity Statement

Anonymity is the spiritual foundation of our program, always ensuring principles before personalities. This means that OA itself is not anonymous, but its members are. There are no exceptions. While OA may be publicized, we do not break our individual anonymity at the level of press, radio, films, television, and all public media of communication, and the recognizable facial exposure of persons identifying as OA members at the level of press, films, television, and all public media of communication is a violation of our tradition of anonymity, even though the first name only is given or the entire name is withheld.

OA Launches French Web site

French-speaking OA members and others around the world now have access to OA's Web site in their native language. The site, francais.oa.org, features much of the same content as OA's English site, including sections for Newcomers (Nouveaux venus), Members/Groups (Membres/Groupes), Media/Professionals (Médias/Professionnels) and World Service Events (Événements des

INDEX

Committee Reports	Page 1-3
Update from World Service	Page 4
Upcoming Events (Please announce)	Page 5
Telephone and MBI Info.	Page 6

Services Mondiaux).

A link to "Documentation en français" takes users directly to the Web site of OA in Montreal, Canada, which offers a large selection of French-language literature. If users click on "Trouver une rencontre," they will find links to help them find face-to-face meetings in Canada, France, Belgium, and Switzerland, as well as online or telephone meetings. The new site also includes a French podcast of an interview with an OA member who shares her program experiences.

Give Service With OA's Public Service Announcements!

To help carry OA's message to your local radio and television stations, prices for our PSAs have been reduced! Find a flyer with complete details at http://www.oa.org/pdfs/PSAs_Reduced.pdf.

NEW! Spanish Books for E-Readers

Two OA books in Spanish are now available for popular e-reader formats: *Sólo Por Hoy (ForToday)* and *Los Doce Pasos y Las Doce Tradiciones de Overeaters Anonymous (The Twelve Steps and Twelve Traditions of Overeaters Anonymous)*. To purchase these books, go to your e-reader store and search by title.

Convention 2013: Register Now!

Join OA members for fun and fellowship at OA's 2013 Convention to be held at the Cleveland Convention Center in Cleveland, Ohio USA, August 29-September 1. Its theme, "Recovery to Work Our World," celebrates the experience, strength and hope OA members have shared over the years. As a reminder, lodging and registration are open, so be sure to make your hotel reservations for the Convention as soon as possible. Space is limited! **Registration closes on August 6. After that date, all registrations will be processed onsite at the onsite rate.** For more information:

<http://www.oa.org/world-service-events/world-service-convention/>

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](#), Albany NY.

Sincerely, Lisa F. (Andover)

TREASURER'S REPORT – July 2013

Income	1801.24
Expenses	829.60
Diff.	971.64 more income

Income in June was good, all group donations except for \$12 from MBI 7th tradition collection. A list of groups (when I know them) donating is at the end.

Please, group treasurers, list the day and town for your meeting! I don't know group numbers and it is not easy to cross-reference them from the OA website. Pat at the office doesn't know them either. Most of the people who read this report don't know them so they can't see that your group is donating. Please make this easier for all of us!

Expense were low in June, just office rent, phone bill, pay for Pat the office worker, and \$96.00 for our annual rent on our PO box in Arlington.

I am doing a separate report on WSBC expenses, which were higher than expected this year.

Respectfully submitted,
Jean B., MBI Treasurer

Group Donations

280.40	Newton-Wellesley Sat. AM
108.00	Reading Weds. AM
250.00	?
253.84	Newton Wellesley Sat. AM
221.00	Stoneham Thurs. PM
184.00	Anonymous
47.00	Arlington Sun. AM
97.00	Arlington Tues. PM
120.00	Waltham Weds. PM
78.00	Chelsea Men's Sat. AM
120.00	Group 47482

12th STEP REPORT –July 2013

The 12th Step Committee was happy to welcome a new member: Alaine. The group reviewed comments from the surveys circulated at the June sexuality workshop. There were 14 responders and their comments were very helpful and encouraging. The 7th tradition donation was \$70, which was split between a donation to Church of the Good Shepherd in Reading, in gratitude of their hospitality, and MBI.

The next workshop sponsored by MBI and the 12th Step Committee will be on September 21, 2013 at the Lynne Union Hospital and the topic will be sponsorship. Looking ahead, the Thankathon will be on Thanksgiving Day, November 28. The committee urges individual meetings to consider hosting an hour of the Thankathon which means leading one of the hourly meetings and lining up the speakers for that time.

The committee also discussed hosting workshops every quarter to encourage recovery and fellowship.

Helen (Woburn)

Office Activity - July 2013

Phone calls	12
Emails	16
Prof Packets Made	5
Newcomer Packets Made	15
CDs Made	5
Newsletter Copied & Sent	yes

**PUBLIC INFORMATION REPORT
July 2013**

No Report this month

BYLAWS REPORT - July 2013
The following bylaw motion was passed at the June Meeting.

Motion:
No Report this month

PROFESSIONAL OUTREACH/YOUTH IN OA COMMITTEE - July 2013

Discussed follow-up with organizations of health professionals working with high school and college students.

Reported on distribution of professional outreach packets/request form.

Will continue putting notices re: OA meetings in local newspapers and on Patch as part of Public Information work.

We need your help spreading the word. Please join us at the **Arlington** Senior Center (no longer at the Stoneham Senior Center), Sunday, 8/18/13, 9:15 a.m.
Alice (Somerville)

Next MBI Meeting-9:15am
Sunday August 8th
****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](#)

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 for shipping charges outside the U.S.

NEW! 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

The World Service Convention will be held in Cleveland, Ohio August 28th through September 1st, 2013.

September 15, 2013 1:00 pm – 4:00 pm
A Workshop for Sponsors, Sponsors-to-be & Sponsees! Suggested contribution \$5.

Water will be available for purchase.

Download the Flyer for additional information
 Camp Allen56 Camp Allen Road Bedford, NH 03110 This event is accessible to people with disabilities. **Jill**

Moanhinfo@oanewhampshire.org

September 20, 2013 6:00 pm – September 22, 2013 1:00 pm

Cape Cod Intergroup Presents: OA by the Sea
 Registration with full payment must be received by 9/6/13 at: CCI Retreat, P.O. Box 273, Centerville, MA 02632

Download Flyer for additional information

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

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.eventsctmi@gmail.com

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

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, 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!

August 18

September 15

October 20

November 17

December 15

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