



OVEREATERS ANONYMOUS®

MASS BAY INTERGROUP

MBI Newsletter

March 2014

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MBI Chair's Report-March 2014

Chair Report: It has been an interesting time to be a member of MBI. This is primarily because of the inventory that has taken much of our time of late but also due to the fact that we seem to have a new energy. A number of people recently were actively working on projects during the month. The project to send the OA survey flier to physicians identified by members of our meetings has been quite successful.

The inventory in which we have been recently engaged, began as a result of a workshop designed to help intergroups become more effective that was given at region six assembly in September 2013. One of the results of that inventory has been that we have learned about the many things that we can accomplish if we have more people to assist at our meetings and between our meetings. So it has become a short-term goal to make significant efforts to increase our membership so that we might better serve our member meetings. Toward that end we will be visiting our meetings individually in the coming months.

Ron (Medford), Chair

Vice Chair's Report March 2014 Region 6 Fall Assembly

No Vice Chair report this month.

WICKED AWESOME RECOVERY - The OA R6 2014 Convention, Oct. 24-26
Burlington Marriott Hotel, One Burlington Mall Road, Burlington, MA 01803

MBI Treasurer's Report March 2014

Income 959.97
Expenses 2726.99
Expenses exceed income by 1767.02

Bank balance checking 3/31 2947.79
Checking 4/12/14 2588.00
Savings 5003.59

March was a month of high expenses and low income. Our income consisted of a smaller than usual number of donation checks plus 41.25 as our share of the Unity Day basket raffle and 22.00 from the MBI 7th tradition collection. A list of the groups donating appears below, thank you for your contributions.

Our March expenses were higher than usual because of WSBC expense for our 2 delegates of \$1485.07 for airline tickets etc. that needed to be paid for in advance, I have the backup for the charges. We have also paid \$319.52 for a workshop to be held in Arlington 5/31 by the Region 6 Trustee Karin, the charges are for her hotel room and for the rental of the meeting space. Our other expenses were for office rent, MBI meeting rent, office supplies, telephone/internet, pay for Pat our office worker (who is very happy about her raise), and \$12.50 for OA literature for the Professional Outreach committee.

On April's report we should have more WSBC charges (some might also come through in May) and Region 6 travel expenses. We can transfer funds from our savings account if needed.

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Respectfully submitted,
Jean B., MBI Treasurer

Group Donations March 2014

57.00	Chelsea Sat. AM Men's
189.89	Newton Wellesley Sat. AM
100.00	Reading Sat. AM
160.00	Reading Tues. AM BBSS
300.00	Stoneham Sunday AM
89.83	Cambridge Sat. AM HOW
896.72	Total

12TH STEP WITHIN REPORT – MAR 2014

The 12th Step Committee finalized plans for the 11th Step workshop, discussed the May 31 workshop, "Living in the Solution" featuring our Region 6 Trustee and also brainstormed about future projects. There were 5 members on the committee, one of our best-attended meetings ever. Thanks to each of them.

We members of the 12th Step Committee want to be of service to you. Please let us know how we can do this! You can e-mail us at info@oambi.org ; please put "12th Step Committee" in the subject line. Sincerely, Helen K.

BYLAWS REPORT - March 2014

Proposed motion to change item C in the MBI Intergroup Manual—
Nomination and selection of officers (p 5)

Motion: No person shall serve more than 3 (three) consecutive terms in the same office.

PROFESSIONAL OUTREACH/YOUTH IN OA COMMITTEE/PUBLIC INFORMATION- March 2014

No report this month.

Office Activity – Jan., Feb., Mar.

	Jan.	Feb.	March
Phone Calls	22	18	25
Emails	36	33	34

Newcomer Pkts
Sent 15 23 2

Professional Packets
Sent 0 0 2
There is very little call for these recently

CDs Made 8 5 2

Newsletter Copied & Snail Mailed
no newsletter in January. February newsletter sent. March not ready yet.

350 Survey Packets collated, stamped and mailed

Letters Written 1

Pat

Next MBI Meeting-9:15am
Sunday May 18

Arlington Senior Center
Come join us for Service and Fellowship!

47 Maple Street, Arlington, MA

Convention Committee Report for MBI 4/13/14

The convention plans are being set, we have a hotel tour on May 30th to decide which rooms we will use for what functions (boutique, workshops, meetings, meditation, etc.) and how we want them set up. We have the use of all of the hotel's function space so we won't be bothered by other events going on.

CDs and Mp3s have been coming in for prospective keynote speakers, the deadline for submissions is April 19th (next Saturday). A committee will choose 3 keynote speakers from those submitted, we

have until July to decide. There is a flyer on the website.

Please consider putting a basket together to be raffled off at the convention, see the basket raffle flyer on the website.

We presented a song at the R6 Assembly last weekend and sold a lot of t-shirts as well as some mugs and journals. There is a page on the website showing the merchandise, you can order it on the printed flyer to be picked up at the convention in October or buy from us at the next Assembly in September.

We are also distributing raffle tickets. The 3 raffle prizes are :

a hotel room and meal package

a set of convention tapes

a free convention membership

Raffle tickets are \$1 each or a book of them for \$5

Please visit the convention website www.oaregion6.org/2014 to register for the convention (over 200 people have already), book a hotel room with or without the meal package, and look at our merchandise. I hope to see you all Oct. 24-26 at the Burlington Marriott for Wicked Awesome Recovery!

Jean B. Convention chair

Region 6 Assembly Report for MBI 4/13/14

The Region 6 Spring Assembly was held April 5th at the Hilton Garden Inn in Albany NY. In the morning I attended the Convention committee meeting where we discussed the 2014 convention plans and what arrangements were being made for a 2015 convention. No intergroup stepped up to host the 2015 convention so a group of people who worked on the Ottawa convention are putting a committee together to hold the 2015 convention in Albany if they can find a hotel (the hotel where we hold the Assembly does not have enough function space). Details should be presented to the Fall Assembly.

After a nice lunch with people from other intergroups, we held the business meeting and as there was not a lot of business to bring before the group we actually finished early. The Fall Assembly should be busy as there will be elections for several officer positions (people were asked to stand if they had more than a few years of abstinence, had attended the last couple of assemblies, etc. and then were told that these were folks eligible to be officers). There was a workshop presented and also a writing assignment but I was helping with the convention merchandise.

I enjoyed taking part in the Assembly, we had 4 people when we were eligible to send 6. Maybe in the fall we could send 6, a lot of intergroups didn't send anyone. Thank you to MBI for reimbursing room and travel costs, it allowed me to go and attend a meeting Friday evening, wake refreshed Saturday morning for the Assembly, stay over Saturday night and get a ride home on Sunday.

With gratitude, Jean

OA's Best-Selling Books: Now for e-Readers

New! 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 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.)

Upcoming Events and Information

(CORRESPONDING SECRETARY'S REPORT)

MBI Corresponding Secretary's Report REGION 6 VIRTUAL WORKSHOPS April 13, 2014

Living In The Solution: Registration is now open for "Living in the Solution," a workshop on June 1st in Portsmouth NH on abstinence, sponsorship, service, and the traditions and concepts of OA. The workshop will be facilitated by OA's Region 6 trustee. Be sure to bring a notebook and a pen! Sponsored by Seacoast Intergroup. They are asking for registration because we are limited to 50 participants.

Register by email (preferred) at or voicemail (603) 418-4398. Please provide your name, your phone number, your email address, and what Intergroup you are from.

DETAILS AND DIRECTIONS

Sunday, June 1st, 1:00 PM to 5:00 PM
Community Campus
100 Campus Drive Portsmouth, NH

WMI (Western Mass Intergroup) Retreat: A Guided Journey Through the 12 Steps of OA

Join us for a weekend of recovery through the 12 Steps guided by a retreat leader. Weekend includes workshops, meetings, fellowship, accommodations and 5 healthy meals in a beautiful setting. Genesis Spiritual Life center 53 Mill Street Westfield, MA 01085.

This event is accessible to people with disabilities. June 6th-8th, 2014

Contact: **Karen M.** 413-783-4198

Westchester United Intergroup has a newcomer orientation video on their website: www.oahelps.org. At the Spring Region 6 Assembly, WUIG presented a demonstration of a workshop they had done regarding food plans and how to determine your problem foods.

For your information: Region 6 consists of intergroups from Connecticut, Massachusetts, Maine, New Brunswick, New Hampshire, New York, Newfoundland and Labrador, Nova Scotia, Ontario, Quebec, Rhode Island, Vermont, and Bermuda.

For more information, check out www.oaregion6.org for more information regarding local events and other intergroups within the region.

Sincerely, Lisa F. (Andover)
MBI Corresponding Secretary

News from Region 6

WICKED AWESOME RECOVERY - The OA R6 2014 Convention, Oct. 24-26
Burlington Marriott Hotel, One Burlington Mall Road, Burlington, MA 01803
Currently, there is a discounted registration of \$45. Register: www.oaregion6.org

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.

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REGION 6 VIRTUAL WORKSHOPS

Recordings of another two of the virtual workshops are now posted and available: <http://www.oa.org/oa-podcasts/#workshops>

April 6—OA Literature: Person to Person

“Person to Person – Carrying the Message” is the topic for this OA literature workshop. A member maintaining a 200+ pound weight loss shares her journey in recovery and how the OA literature, Steps, Traditions, Tools and a sponsor guide her recovery. She discusses sponsoring, the difference between a suggestion and advice, and how her sponsor’s suggestion to pray and has helped her with the dilemmas of life. To unselfishly share our experience, strength, and hope is the message of the pamphlet

March 16—OA Literature: A Commitment to Abstinence & Maintaining a Healthy Weight

In this workshop, the speaker tells her story and talks about her personal commitment to abstinence one day at a time and the actions she takes to ward off the deadly disease of compulsive eating. The pamphlets “A Commitment to Abstinence” and “Maintaining a Healthy Weight” are explored as she shares on the importance of enjoying the gifts of recovery and how continuing to work the 12-Step program of recovery has given her an alternative to using food to cope with life.