

MBI Chair's Report – May 2012 Report

This month was busy at Mass Bay Intergroup (MBI), I welcomed 2 visitors and gave them their orientation to MBI then they sat in on the 12 step Committee. I encouraged them to find out if their groups have an intergroup representative and if not I suggested they volunteer and return next month as full voting delegates.

This month we also had nominations for Region 6 Representatives and World Service Delegates. Mass Bay Intergroup can have 6 Region Representatives and 4 World Service Delegates.

This year we need 6 new Region 6 Representatives because the 2 current Representatives Pat C. from Westford and Beany K. from Woburn's terms have expired and they are not eligible for re-election. The nominees for Region 6 Representatives are: Kelly - Arlington, Helen – Woburn, Cathy - Lowell, Ron – Medford, Lisa – Andover, Sally – Boston. Nominees for Alternates Representatives to Region 6 are Beany – Woburn, Bobbie – Waltham, Brandon – Woburn.

There is the need of 2 new World Service Delegates: Pat C. & Beany K are delegates through the 2013 World Service Business Conference. The nominees for the 2 opened World Service Delegate seats for a term of 2 years are: Cathy – Lowell, Kelly – Waltham, Alice – Somerville.

All nominees for these service positions have to be present at the next MBI meeting; 7/15/12, to be elected.

Also we had a good discussion about up grading the Intergroup website and making it more user friendly and increasing the website functionality. Kelly from Waltham had done

some research into costs to re-do the website and the least expensive bid had been about \$2300, our webmaster Brandon is going to touch base with some people he knows to see if he can get better pricing; as well as servicing, after the changes are made and will report back at the next intergroup meeting.

It has been brought to my attention that several members of groups affiliated with Mass Bay Intergroup have stated that they would love to attend Intergroup Meetings as a delegate for their groups if only Mass Bay Intergroup would meet on a different day than Sunday. Some feel that this issue has never really been addressed by MBI but I've attended Intergroup 17 out of the 21 years that I have been abstinent and I know there have been at least 4 times this issue has come up for votes and each time the vote decided to keep Intergroup meeting on Sundays.

Mass Bay Intergroup would love to have feedback from all member groups regarding this matter. That is why we will be posting a survey on the Mass Bay Intergroup website to determine what day, time and location would work best for the majority of groups to be able to attend the Intergroup meetings. Our goal is to have the survey posted by the next MBI meeting July 15th, once webmaster Brandon from Woburn has informed us that the survey is up and running we will get the word out so all the groups can proceed with their vote.

The Summer months are upon us, it's the most difficult time of the year for me in my recovery. All my addictions especially the Summer foods are in my face. It's at times like this when I attend the family summer birthdays, Amusement Parks, attendance at sports or beaches with their wonderful boardwalk restaurants that I'm reminded

INDEX

Committee Reports	Page 1-3
Region 6 Reports	Page 3-4
Update from World Service	Page 5
Upcoming Events (Please announce)	Page 6
Telephone and MBI Info.	Page 7

that even in such situations I can do service. I know the very basic service I'm doing is staying abstinent, I can also make phone calls, I never know who I might help by doing so, also if I need to, before picking up non-abstinent foods I will attend extra meetings, offer to take someone to a meeting, pick up a recovery book or write about what's really going on that would make me want to escape into the food. Making use of all my tools is always better than suicide by food. I hope you all have a wonderful abstinent summer in recovery.

Humbly and respectfully submitted,
 Beany K – Woburn - Chair
 Mass Bay Intergroup
 Overeaters Anonymous

MBI Chair's Report – June 2012

I've had a rather busy and full life the last 3 months. It seems like yesterday I was making plans for Region 6 and then my trip to World Service, where I got elected as the Chair of the Public Information Committee, I've always said when attending World Service it's one of the quickest weeks of my life; especially once the business sessions start. It's also one of my most rewarding weeks as well; I get to interact with a variety of delegates with a variety of languages and backgrounds for the sole purpose of carrying the message to those who suffer and to provide better tools for them to find their road to recovery.

We had several people contact the Mass Bay Intergroup office concerned that they didn't receive their newsletters for May. There actually wasn't a newsletter in May because there weren't very many delegates who attended the May meeting and many of the Committee Chairs and Board Members, myself include were not in attendance because of personal commitments. So we are combining any reports that were made in the May Intergroup Meeting with the June reports. We're sorry for the inconvenience but sometimes life happens and we have to do what we can to the best of our abilities.

At the June Intergroup Meeting, we had updates on the progress of redesigning the Mass Bay Intergroup(MBI)website, our webmaster Brandon from Woburn will check into some possible options he thinks might be

less expensive than what we thought we might have to pay and will report back at the July meeting.

Our webmaster Brandon will be creating a survey on the current MBI website so we can capture the opinions of our affiliated groups regarding which day, time and location would be most suitable for them to attend the intergroup meetings. We hope to have this survey up and running by the next intergroup meeting and if we're successful it will be announced in the newsletter and at those groups represented at the next MBI meeting.

This month (June), we had 2 visitors who went through orientation and sat in on the 12 Step committee, both visitors expressed interest in becoming representatives to MBI. We also had nomination of representatives to Region 6 and Delegates to World Service and the elections will be held during the July MBI meeting. Only those nominees who attend the July meeting will be eligible to be elected to one of these positions.

For me the summer months can be the toughest months because food is everywhere I go. All the more reason I try to shore up my recovery with extra service, meetings and phone calls. For me picking up a tool brings much better results than picking up food that's not mine.

Yours in humble service,
 Beany – Woburn
 Chair – Mass Bay Intergroup
 Overeaters Anonymous.

Vice Chair's Report May/June 2012

- The Region 6 Convention: Recovery A Capital Idea will be held at 101 Lyon Street Ottawa, Ontario K1R 5T9 from October 26th, 2012 to October 28th, 2012.
- Register at www.oaregion6.org/2012
- Metro West will be hosting a Bus to Ottawa. More information will be available in early July. Questions about the bus contact MWI by e-mail at bus@metrowestoa.org
- The Region 6 Fall Assembly will be held on Saturday, September 29th, 2012 at the Hilton Garden Inn Albany Medical Center in Albany NY from 9:00 a.m. to 6:00 p.m.

- Deadline for the group rate at the hotel is Saturday September 8th, 2012. Call 518-396-3500.
- There will be a Region 6 board meeting Friday September 28th, 2012 at the Hilton Garden Inn.
- New literature is now available—To the Newcomer, Before you Take That First Compulsive Bite, Remember... and the Voices of Recovery e-Workbook. Go to bookstoreoa.org, phone 1-505-891-2664, or fax 1-505-891-4320.
- IDEA day (International Day Experiencing Abstinence) will be Saturday November 17th, 2012.
- Twelfth-Step-Within Day will be Monday, December 12th, 2012.
- The World Service Convention will be held in Cleveland, Ohio August 28th through September 1st, 2013.
- See the Region 6 website www.oaregion6.org or the World Service www.oa.org for more information.

Sincerely,
Lisa (Andover)

TREASURER'S REPORT – May/June 2012

No outstanding expenses in the last two months. World Service costs were budgeted and came in as expected (approx. \$4K).

Donations for now are steady. A reminder to all groups that this during the summertime donations are spotty so please, if you are a treasurer or a group member, remember to send in your donations over the summer or before you go away on vacation.

Thank you for your generosity. Your money is always used to carry the message of recovery to those who still suffer.

May 2012

Friday Morning Woburn "For Today" Mtg.	\$100.00
Sunday Arlington 8 AM	62.00
Saturday Carney Hospital AM #45823	400.00
#38115	210.00
Sunday PM Carney Hospital #45498	133.23
Salem Wednesday 7 PM	50.00
Sunday Arlington 8 AM	48.96
Saturday 10 AM Cambridge #34970	156.00
Saturday Morning Lynn Meeting	58.00
Thurs 6 PM Stoneham	75.00
Monday Dedham Daggett Circle	203.53
	150.00
	15.00
	100.00
	70.00
Saturday Chelsea 8 AM Men's	

June 2012

Saturday Medford 9 AM	\$100.00
Tuesday Arlington 7 PM	350.00
Tuesday AM BBSS Meeting - Reading	250.00
Saturday 8 AM Men's, Chelsea Meeting	77.00
Thursday 8 PM Phone Meeting	200.00
Anonymous	100.00
Group #34970	41.10
Sat 9:30 AM Cambridge	530.70
Sat 9:30 AM Cambridge	710.00
JP 4:30 Wednesday Farnsworth House	50.00
Arlington Sunday 8 AM	53.00

Checking	\$12,155
Savings	<u>5,002</u>
Total	\$17,157

12th STEP REPORT –May/June 2012

No report this month

**PUBLIC INFORMATION REPORT
May/June 2012**

No report this month

BYLAWS REPORT - May/June 2012

No report this month

**PROFESSIONAL OUTREACH REPORT -
May/June 2012**

No report this month.

OFFICE ACTIVITY – May 2012

Phone calls	32
Emails	24
CDs Made	17
Prof. Pkts. Made	42
Newcomer Pkts Sent	25
Newsletter Copied & Mailed	yes

OFFICE ACTIVITY – June 2012

Phone calls	34
Emails	37
CDs Made	85
Prof. Pkts. Made	60
Newcomer Pkts Sent	40
Newsletter	N/A

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! Updated Suggested Meeting Format Includes Abridged Tools

At the November 2011 Board of Trustees meeting, the board members approved updates and revisions for the Suggested Meeting Format:
www.oa.org/pdfs/suggested_meeting_format.pdf. The revisions include more inclusive language, an emphasis on abstinent sponsors, added focus on *Lifeline* magazine and updated guidelines for collecting Seventh-Tradition contributions.

In addition, the new meeting format includes the *Abridged Tools of Recovery*. This is a board-approved abridgement that provides two or three-sentence descriptions of each tool, taken directly from *The Tools of Recovery* pamphlet. OA groups can use this abridgement to save time during meetings. The *Abridged Tools of Recovery* is also available as a stand-alone document:
www.oa.org/pdfs/Abridged_Tools_2011_final.pdf

Next MBI Meeting-
9:15am
Sunday, July 15th
Stoneham Senior Center
Come join us for
fellowship and Service!

Upcoming Events and Information

(CORRESPONDING SECRETARY'S REPORT)

Please make flyers available to your meeting

The Region 6 Fall Assembly will be held on Saturday, September 29th, 2012 at the Hilton Garden Inn Albany Medical Center in Albany NY from 9:00 a.m. to 6:00 p.m.

The Region 6 Convention: Recovery A Capital Idea, will be held at 101 Lyon Street Ottawa, Ontario K1R 5T9 from October 26th, 2012 to October 28th, 2012.

Register at www.oaregion6.org/2012
Metro West will be hosting a Bus to Ottawa. More information will be available in early July. Questions about the bus contact MWI by e-mail at bus@metrowestoa.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.

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

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.

2012 MBI Meeting Dates – Mark your calendars!

- July 15
- August 19
- September 16
- October 21
- November 18
- December 16

Sunday mornings, 9:15AM, Stoneham Senior Center