

# METROWEST OA

## OCTOBER ANNOUNCEMENTS



### Retreat Planning for June 2025

We are excited to announce that the MWI retreat will be held at La Salette Retreat Center the first weekend of June 2025!

- We are actively seeking a **retreat chair** (to manage logistics) and a **leader** (to develop and facilitate the content). If you're interested in contributing to this important event, contact us at [info@metrowestoa.org](mailto:info@metrowestoa.org)

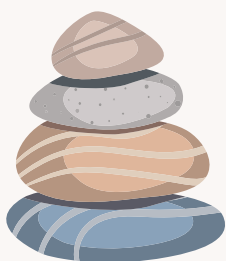


### Workshop Coordinator

We are looking for a new Workshop Coordinator. This role sets up our yearly MWI Workshops. If you are interested contact us at [info@metrowestoa.org](mailto:info@metrowestoa.org)



**7th Tradition Donations** We rely on your contributions to keep MWI running. This is a reminder to continue making donations to help us offer important services like workshops, retreats, and newcomer support. Online meetings can easily donate by using the QR code on the left - just paste it into your Zoom chat or email it to attendees.



### November MWI Sunday Workshop

#### Many Approaches To Step 11

**Date:** November 3rd, 2024

**Time:** 1:30 pm EST

**Text or email for Zoom information -**

[info@metrowestoa.org](mailto:info@metrowestoa.org)

Hear from a panel of speakers about a broad range of ways to practice step 11, then have time to read, write, and reflect on a broad range of approaches to step 11. The workshop will include a 10-minute meditation.

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### When is Intergroup?

Metrowest Intergroup meets from **9-10:30 am** on the **third Saturday of each month**.

Zoom info - Mtg ID: 705 658 2424

Passcode: email for access - [info@metrowestoa.org](mailto:info@metrowestoa.org)

### Metrowest Intergroup's Goals

- Help members strengthen their personal recovery.
- Increase the number of sponsors.
- Increase the number of newcomers.
- Increase the retention of newcomers.
- Help those in relapse.
- Inspire people to give more service.
- Increase outreach and public information activities.
- Support diversity and inclusion to better serve those underrepresented in MWI/OA



### What goes on at Intergroup meetings?

Here are a few of the things that occur at Intergroup:

- **We plan OA events**, such as 12-step marathons or sponsorship workshops. Do you have an idea for another type of event? Come to a meeting and we will help you organize, plan, and even fund it.
- We sponsor monthly workshops
- We work on a wide variety of **public outreach**, including by representing OA at the annual meetings of many professional societies. In recent years, we have appeared at conferences devoted to nutritionists, other weight-loss specialists, therapists, addictions counselors, and have even staffed booths at high school health fairs. Do you have an idea for an event we should get to? Or, would you come and help us coordinate one of the ones we already attend? Just about everyone who represents OA at one of these events finds it extremely rewarding!
- We help get **new meetings** started by seeding funding for rent and literature.

Tradition 9 reminds us that OA, as such, ought never to be organized; but we may create service boards or committees directly responsible to those they serve. MetroWest Intergroup (MWI) is one of those service boards.

***Join us in doing service and strengthen your program by attending the next MetroWest Intergroup meeting!***