

METROWEST OA

NOVEMBER ANNOUNCEMENTS



Thanksgiving Marathon Meetings

You're not alone this Thanksgiving! Find OA meetings across the country at www.metrowestoa.org/bulletin-board.



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, share it on screen during 7th tradition announcements or email it to attendees.



December Virtual Workshop Changing Bodies, Changing Lives

Date: Sunday, December 1st, 2024

Time: 1:30 pm EST

Text or email for Zoom information -
info@metrowestoa.org

Gaining and losing weight in program and everything that comes with it.

MWI in-person meetings

Sunday 6:00PM – Brookline All Saints Church • 1773 Beacon St.

Monday 7:00 PM – Hopkinton Faith Community Church, 146 E Main St

Thursday 7:00 PM – Norwood Emmanuel Lutheran Church, 24 Berwick Street

Saturday 9:30 AM – Cambridge Spaulding Rehab Hospital, -1575 Cambridge St. HOW Mtg

Saturday 9:30 AM – Westwood Council on Aging Senior Center, 60 Nahatan St

Saturday 9:45 AM – Brighton Brighton Marine Health Center, 77 Warren St.

METROWEST OA

OCTOBER ANNOUNCEMENTS



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

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!