Summary of Announcements

Metro West Intergroup

January 2020

I’ve listed the items to announce as brief bullet points, followed on the second page with more detailed information about each event. Let me know if you have any feedback about the announcement summaries: too detailed, not detailed enough, or anything else! Thank you for your service.

* MWI Last Sunday Workshops

Youville/Spaulding hospital in Cambridge, 1:30 to 4:30:

* January 26: 11th Step and Meditation
* February 23: “On Awakening”
* March 29: Art-as-Inventory / Resentment
* April 26: Food plans/abstinence
* May 31:
* June 28: 10th Step Template
* Service opportunities available:
	+ 2020 Retreat
	+ Carrying the Message committee
	+ College/University outreach
	+ Hospital outreach
	+ Leading a monthly workshop
* Local meeting updates are listed on the “Latest News” page of the MWI website.
* Flyers for workshops, etc., can be posted on the MWI website, as well as designed by Nancy. Contact her through the website at info@metrowestoa.org .
* The next MWI meeting will be February 15, 2020, at 9:05am, in the conference room in the back of the cafeteria of Newton Wellesley Hospital.
* Sponsor Bank

If you want to find a sponsor, or you are a sponsor wanting to find sponsees, contact the MWI sponsor bank at info@metrowestoa.org or call 857-626-6973.

* Speaker Bank

MWI maintains a Speaker Bank. If you would like to do service by volunteering to be a speaker at meetings, or you are looking for a speaker at your meeting, contact Jen B. at speakers@metrowestoa.org .

(See more detail on page 2 of announcements)

* **MWI Last Sunday Workshops**

Starting in January 2020, MWI will be hosting monthly workshops on the last Sunday of every month, from 1:30 to 4:30, with two co-facilitators. If anyone is interested in facilitating a workshop, or has a request for a workshop topic, please contact your intergroup rep or Metrowest Intergroup at info@metrowestoa.org.

First workshop is Sunday, January 26, 2020, on the 11th Step and Meditation. At the Youville/Spaulding Hospital, 1575 Cambridge St, Cambridge.

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* February 23: “On Awakening”
* March 29: Art-as-Inventory / Resentment
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* June 28: 10th Step Template
* **Service Opportunities:** Not all of the service provided under the auspices of Metrowest OA is, or can be, performed by group reps. Volunteers for all kinds of service are needed, in the many ways Intergroup works to support members in their recovery. If you have a sponsee who needs an opportunity to strengthen a program through service, this is a great channel. Contact your Intergroup Representative or metrowestoa.org for more information. Service is needed for:
	+ Carrying the Message committee
	+ College/University outreach
	+ Hospital outreach
	+ Leading a monthly workshop
* **Local meeting updates** are listed on the “Latest News” page of the MWI website.
* **Flyers for workshops,** etc., can be posted on the MWI website, as well as designed by Nancy. Contact her through the website at info@metrowestoa.org .
* **MWI Meeting:** The next MWI meeting will be February 15, 2020, at 9:05am, in the conference room in the back of the cafeteria of Newton Wellesley Hospital. This is a great opportunity to do service and help strengthen individual recovery, build strong groups, and work to support OA as a whole.
* **Sponsor Bank**

This is a reminder that the MWI website, <https://metrowestoa.org>, has a sponsor bank with people ready to sponsor YOU! If you want to find a sponsor, or you are a sponsor wanting to find sponsees, contact info@metrowestoa.org or call 857-626-6973. Business cards with the contact information are available through MWI intergroup meetings.

* **Speaker Bank**

MWI maintains a Speaker Bank. If you would like to do service by volunteering to be a speaker at meetings, or you are looking for a speaker at your meeting, contact Jen B. at speakers@metrowestoa.org .