Summary of Announcements

Metro West Intergroup

February 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.

* Due to the corona virus epidemic, the 2020 MWI retreat has been cancelled. Stay tuned for next year!
* MWI Last Sunday Workshops at Spaulding are **moving to Zoom!**. Every Sunday at 1:30 at least through 4/12. Go to the MWI Zoom account: <https://zoom.us/j/7056582426>
* **March 29:** Using Art to Connect to Higher Power in Times of Fear
* **April 5:** Action plan (e.g. movement, recovery calls, scheduling tools) and staying motivated
* **April 12:** Pro tips on working from home in recovery
* If you are interested in leading a virtual workshop, or have other ideas for topics, email Nate at [info@metrowestoa.org](mailto:info@metrowestoa.org).
* Check the MWI website for updates. [metrowestoa.org](https://metrowestoa.org/)
* Many local meetings (and elsewhere) have shifted to virtual meetings, using video conferencing on Zoom or formats. Check here:  [MWI Zoom Meeting List](https://docs.google.com/spreadsheets/d/1a4bljxPtxrLJoR6m6Zhs5R7tfWo9P7dfScx5GqBpDvc/edit#gid=255554385)
* For the latest updates on meetings and workshops, always check the MWI website . [metrowestoa.org](https://metrowestoa.org/)

See next page for more detail.

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* **March 29:** Using Art to Connect to Higher Power in Times of Fear

Description: Some say that art is a form of prayer. In this workshop we will explore another method for connecting with HP. Use any art materials you have at home: paper, pen, colored pencils, old magazines, glue, tape, crayons, etc. Let’s use our creativity to manage fear and worrying during this time and trust that HP has all the answers and results.

* **April 5:** Action plan (e.g. movement, recovery calls, scheduling tools) and staying motivated

Description: Recent disruptions affecting motivation? Need a new temporary normal? Join our plan of action workshop! This seminar aims to teach what an effective action plan looks like, its benefits, and how to form, implement, and maintain a plan that accommodates current conditions.

* **April 12:** Pro tips on working from home in recovery
* **Other possible topics:**
* Centering prayer and meditation
* Yoga and other movement
* Fellowship/staying connected during social distancing
* Abundance/scarcity mentality, food, and plan of eating
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* Many local meetings (and elsewhere) have shifted to virtual meetings, using video conferencing on Zoom or formats. An updated list of meetings is being maintained on the metrowestor.org website. Please check that the information and contact for your group is on the list and is accurate. IT IS ESPECIALLY IMPORTANT TO UPDATE OA.ORG WITH YOUR GROUP’S CURRENT CONTACT MEETING INFORMATION.

Click this link:

[MWI Zoom Meeting List](https://docs.google.com/spreadsheets/d/1a4bljxPtxrLJoR6m6Zhs5R7tfWo9P7dfScx5GqBpDvc/edit#gid=255554385)

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