Summary of Announcements

Metro West Intergroup

April 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 Sunday Zoom workshops, at 1:30pm, for 60-75 minutes. Access them using the MWI Zoom account at <https://zoom.us/j/7056582426>
  + 4/19/2020: Sponsorship
  + 4/26/2020: Body Image
  + 5/3/2020: How to Discern Self-Will from Your Higher Power’s Will
  + 5/10/2020: Non-traditional and inclusive spirituality
  + 5/17/2020: Abundance / scarcity mentality, food & plan of eating
  + 5/24/2020: Movement Practices for Physical, Emotional, and Spiritual Wellbeing

If you have an idea for a workshop or want to lead one, email Nate at [info@metrowestoa.org](mailto:info@metrowestoa.org).

Check the website for workshop updates: <https://metrowestoa.org/latest-news/>

* Some groups are wondering whether to continue paying rent while meetings are online and not face-to-face. The consensus of the MWI is that it is a group autonomy decision. See next page for more details of the discussion.
* For the latest updates on news, meetings, etc., always check the MWI website . [metrowestoa.org](https://metrowestoa.org/)

See next page for more detail.

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  + 4/19/2020: Sponsorship

How do you "get someone started" with working a program? How can we sponsor more effectively? This workshop is for sponsors, sponsees, newcomers, and anyone looking to learn more about this key aspect of recovery.

* + 4/26/2020: Body Image

Almost all compulsive overeaters have struggled, or continue to struggle with negative thoughts, feelings and judgments about our bodies. This workshop will explore spiritual tools to help us experience our bodies with joy and freedom.

* + 5/3/2020: How to Discern Self-Will from Your Higher Power’s Will

Our higher power wants us to be happy, joyous and free. Our self-will wants us to do what will feel good now. Sometimes the difference is obvious, but not always. In this workshop, we’ll exchange practical ways to tell the difference.

* + 5/10/2020: Non-traditional and inclusive spirituality
  + 5/17/2020: Abundance / scarcity mentality, food & plan of eating
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* Some groups are wondering whether to continue paying rent while meetings are online and not face-to-face. The consensus of the MWI is that it is a group autonomy decision. Some suggestions have been for group members to put aside what they would have donated in a face-to-face meeting and then donate that when f-t-f meetings resume. Individual groups can contact their “landlords” about whether to pay rent or not now. The concern is to ensure they have a place to meet when returning to meeting rooms.
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