Summary of Announcements

Metro West Intergroup

September 2020

The first page lists the items to announce as brief bullet points; the second page contains 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.

* **Service Opportunities:** Volunteers are needed to:
* Serve as MWI Social Media Coordinator
* Lead or co-lead a 15-week step study series
* **MWI Sunday Zoom workshops** 1:30pm. Meeting ID: 705 658 2426, pwd 402152
* 9/20/2020: Talking to Family About OA
* 9/27/2020: Be Selfish, Do Service
* 10/4/2020: Gratitude During Pandemic: Using OA’s Tools
* 10/11/2020: Means of Motivation: Practicing Self-Love on the Road to Recovery
	+ Check the website for workshop updates at <https://metrowestoa.org/latest-news/>
* **Region 6 Virtual Convention—Focus On Recovery**: the R6 Convention will be virtual this year, October 23-25. The latest information will be posted on the Region 6 website. For registration, service opportunities, and information go to <https://oaregion6.org/2020/>
* **MWI Retreat 2021:** June 4-6, 2021, at the La Salette retreat center in Attleboro MA.
* **Getting literature to newcomers while meeting online**: Send a first name and last initial of interested newcomers to your MWI meeting to markfromnatick@gmail.com and he will mail the “Where Do I Start” newcomer pamphlet to them. Put “Newcomer Literature Request” in the subject line.
* **For the latest updates** on news, meetings, etc., always check the MWI website . [metrowestoa.org](https://metrowestoa.org/)

See next page for more detail.

* **Service Opportunities:** Volunteers are needed to:
* Serve as MWI Social Media Coordinator. Work with the website coordinator to maintain/expand MWI’s presence on social media.
* Lead or co-lead a 15-week step study series. This is a step study with a scripted format which provides everything the leader(s) need.
* If interested in either of these service opportunities, contact info@metrowestoa.org
* **MWI Sunday Zoom workshops** Meeting ID: 705 658 2426, pwd 402152
* 9/20/2020: Talking to Family About OA. We will hear from three different perspectives on talking to one’s family (family of origin or a chosen family of friends) about OA, then every participant will have a chance to write a letter to one’s own family, then share what feels challenging and what feels energizing about bringing their family into their recovery with OA.
* 9/27/2020: Be Selfish, Do Service. If you’ve ever wondered why people do service — it’s a hassle and who has the time! — these speakers will tell you what they get out of it, and why they keep doing it.
* 10/4/2020: Gratitude During Pandemic: Using OA’s Tools. This workshop will explore how to use the OA steps and tools to move through the pandemic sanely, abstinently, and grateful.
* 10/11/2020: Means of Motivation: Practicing Self-Love on the Road to Recovery. Even in recovery, many of us are prone to perfectionism, “cracking the whip,” and a diet mentality. But the means by which we motivate ourselves is as important as the destination. Without judgment, this workshop explores questions such as, How do I speak to myself? Am I grateful for my past? Do I discipline myself or do I let God discipline me?
	+ Check the website for workshop updates at <https://metrowestoa.org/latest-news/>
* **Region 6 Convention**: the R6 Convention will be virtual this year, October 23-25. The latest information is posted on the Region 6 website. There will be a webinar room with keynote speakers and panels, Zoom meeting rooms with lots of workshops, virtual raffles, entertainment, and more! Opportunities for service! For registration and information, go to <https://oaregion6.org/2020/>
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