Summary of Announcements

Metro West Intergroup

December 2020

Please make these announcements at any meetings you attend, as a valuable way to Carry the Message. Thank you for your service.

* **MWI Sunday Zoom workshops**

**When:** First and Last Sundays of the month, 1:30-2:30 pm Eastern time.

**Meeting ID:** 705 658 2426, pwd 402152 (see MWI website for call-in numbers)

* **First Sunday of the month: Special topics**

Topic for January 3, 2021 is “Finding Your Food Plan”.

Description: Food plans are a critical tool for recovery. But finding the food plan that works for your body and life can be difficult and stressful. In this workshop, you will hear from OA members who have found food plans that work for them. In this interactive workshop, you’ll hear not only about the many plans out there but also about the different paths OA members traveled to find them.

* **Last Sunday of the month: Newcomers Workshop** (12/27/2020)
* **WSO Young Persons retreat (‘e-Treat’) - Mar 6, 2021:** contact [oaypretreat@gmail.com](mailto:oaypretreat@gmail.com) if interested in volunteering!
* **Newcomer (WDIS) pamphlet**: email [markfromnatick@gmail.com](mailto:markfromnatick@gmail.com), subject line: ‘Newcomer Literature Request,’ ask newcomers to include their first name and last initial and their mailing address. Mark will send the “Where Do I Start” pamphlet.

This pamphlet can also be used in conjunction with the “Temporary Sponsors: Newcomers’ First Twelve Days” [PDF](https://oa.org/group-resources-list/temporary-sponsors-newcomers-first-twelve-days/), which is a guide for a sponsor and newcomer to go through a short-term introduction to the OA program. The pamphlet is also available as an e-book on [Amazon](https://www.amazon.com/gp/product/B08DG8YK8J/ref=dbs_a_def_rwt_hsch_vapi_tkin_p1_i5), [Apple](https://books.apple.com/us/book/where-do-i-start/id1524533694), and [Barnes & Noble Nook](https://www.barnesandnoble.com/w/where-do-i-start-overeaters-anonymous/1137431515?ean=2940162699293).

* **To the Young Person pamphlet** is available as an e-book exclusively at [Amazon](https://read.amazon.com/kp/embed?asin=B08PG521RF&preview=newtab&linkCode=kpe&ref_=cm_sw_r_kb_dp_OBa0FbB154CXH), [Barnes & Noble](https://www.barnesandnoble.com/w/to-the-young-person-overeaters-anonymous/1138407151?ean=2940162793670) and [Apple](https://books.apple.com/us/book/to-the-young-person/id1543933882?ls=1)
* **For the latest updates** on news, meetings, etc., always check the MWI website . <https://metrowestoa.org/latest-news/>