**January 2021**

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 Sunday of the month at 1:30 – 2:30 pm Eastern.

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

* + **First Sunday of the month: Special Topics**

2/7/2021: Finding Your Higher Power

This workshop will focus on Step Two and will explore topics like defining or discovering what a higher power means to you, “acting as if,” and how folks are coming to believe in the possibility of a restoration of sanity. The workshop will include speakers, writing prompts, meditation, readings, and open sharing.

* + **Last Sunday of the month: Newcomers workshop:** 1/31/2021

* **World Service Young People’s retreat - Mar 6, 2021: 1 pm – 1 am Eastern:** contact [oaypretreat@gmail.com](mailto:oaypretreat@gmail.com) if interested in volunteering! Info and registration at <https://tinyurl.com/oayoungpeople>. Please distribute the flyer at your meetings.
* **Newcomer (WDIS) pamphlet**: email [markfromnatick@gmail.com](mailto:markfromnatick@gmail.com) with the following information: First name and last initial and their mailing address. The subject line of the email should be ‘Newcomer Literature Request.’ Mark will mail the hard copy pamphlet to them. Please let fellows know that this is a physical pamphlet that is mailed to their address.
* **Temporary Sponsors: Newcomers’ First Twelve Days** available in [PDF](https://oa.org/group-resources-list/temporary-sponsors-newcomers-first-twelve-days/) as a guide for a sponsor and newcomer to go through a short-term introduction to the OA program. Also available as an e-book at [Amazon](https://www.amazon.com/gp/product/B08DG8YK8J/ref=dbs_a_def_rwt_hsch_vapi_tkin_p1_i5), [Barnes & Noble](https://www.barnesandnoble.com/w/where-do-i-start-overeaters-anonymous/1137431515?ean=2940162699293), and [Apple](https://books.apple.com/us/book/where-do-i-start/id1524533694).
* **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://www.metrowestoa.org/>