

Summary of Announcements MetroWest Intergroup

April – May 2021

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

Brief announcements on 1st page. Detailed info on 2nd page.

- **MWI Sunday Zoom workshops:**
 - When** First and last Sunday of the month at 1:30 – 2:30 pm Eastern.
 - Meeting ID:** 705 658 2426, passcode 402152 (see MWI website for call-in numbers)
 - **First Sunday of the month: Special Topics:** 5/2/2021: Body Image
 - **Last Sunday of the month: Newcomers workshop:** 4/25/2021
- **Diversity / Inclusion meeting:** on 5/8/2021 at 5pm Eastern. All are welcome. Come learn and be of service in MWI's diversity and inclusion planning! **Meeting ID:** 705 658 2426, **passcode:** 402152. **STOP ANNOUNCING AFTER 5/8/2021.**
- **MWI has a 2nd zoom account!** If you would like to use this zoom account for your MWI meetings, please contact Blair P. at blairpoa@gmail.com and include '**MWI Zoom Account**' in the subject line.
- **Newcomer (WDIS) pamphlet:** Do you want a hard copy 'Where Do I Start?' pamphlet? Email Mark at markfromnatick@gmail.com and include '**Newcomer Literature Request**' in the subject line. Provide your mailing address.
- **Region 6 Convention: Oct 22-24, 2021.** Will be held virtually! Register here; <https://oaregion6.org/2021/>
- **We need volunteers!**
 - **Crisp chat: Our MWI website has a chat function.** If you'd like to volunteer for service, please let Jen B. know by emailing info@metrowestoa.org. Please list '**Crisp chat volunteer**' in the subject line of the email.
 - **Public Information and Professional Outreach (PIPO):** MWI received materials from Silicon Valley OA to support PIPO. Volunteering to help with MWI's PIPO efforts does not require technical skills!
 - **Special focus workshop coordinator:** If you'd like to volunteer for service as the special focus workshop coordinator, please let us know! To learn more, please email info@metrowestoa.org and include '**special focus workshop coordinator**' in the subject line.
 - **Would you like to lead a newcomer workshop?** We have a script that you read from to lead the workshop. This is a great way to do service! Please email info@metrowestoa.org and include '**newcomer workshop volunteer**' in the subject line.
- **For the latest updates** on news, meetings, etc., always check the MWI website: <https://www.metrowestoa.org/>

More info on 2nd page

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- **MWI Sunday Zoom workshops**
 - When** First and last Sunday of the month at 1:30 – 2:30 pm Eastern.
 - Meeting ID:** 705 658 2426, passcode 402152 (see MWI website for call-in numbers)
 - **First Sunday of the month: Special Topics**
 - 5/2/2021: 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.
 - **Last Sunday of the month: Newcomers workshop:** 4/25/2021

- **Diversity / Inclusion meeting:** Scheduled for 5/8/2021 at 5pm Eastern. All are welcome. Come learn about how MWI is carrying the message and working to provide information to our meetings about how to foster diversity and inclusion. Meeting ID: 705 658 2426, passcode: 402152. See MWI website for call-in #s. If you have questions or would like to receive a google invite to the meeting, please email info@metrowestoa.org and include ‘**Diversity / Inclusion**’ in the subject line. **STOP ANNOUNCING AFTER 5/8/2021.**

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- **Region 6 Convention: Oct 22-24, 2021.** The Region 6 Convention will be held virtually! Registration is now open: <https://oaregion6.org/2021/>. Cost to register ranges from \$15-\$35.

- **Newcomer (WDIS) pamphlet:** Do you want a hard copy ‘Where Do I Start?’ pamphlet? Email Mark at markfromnatick@gmail.com and include ‘**Newcomer Literature Request**’ in the subject line. Provide your First name and last initial and your mailing address. Mark will mail the hard copy pamphlet. Please let fellows know that this is a physical pamphlet that is mailed to their address.

- **We need volunteers!** All of the opportunities below require minimal time, are a great way to do service, and you will get training!
 - **Crisp chat: Our MWI website has a chat function.** If you’d like to volunteer for service, please let Jen B. know by emailing info@metrowestoa.org. Please list ‘**Crisp chat volunteer**’ in the subject line of the email.
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