**Oct-Nov 2022**

Please make these announcements at any meetings you attend, as a valuable way to Carry the Message. Thank you for your service. Select, copy and paste the chats one at a time, so as to not exceed the chat text limits for Zoom.

1st chat message:

For updates, see the MWI website: [https://www.metrowestoa.org](https://www.metrowestoa.org/)

**SPECIAL TOPIC WORKSHOPS, 1st Sunday of the month, 1:30-2:30p Eastern:**

Nov 6: Step 11 - Seeking

Dec 4: Step 12 - Carrying the Message

Meeting ID: 705 658 2426, passcode: 402153

See MWI website for call-in #s<https://www.metrowestoa.org/news-and-events/>

**R6 Virtual Convention** is Oct 21-23, 2022 (virtual). Registration is open: <https://oaregion6.org/2022-convention/>. Speakers and volunteers are needed, please check the R6 website!

**The next “Flash mob”** meeting is Tuesday, November 15, 2022, 7:15-8:30p, Big Book Step Study

Meeting ID: 654-879-145, passcode: 508781

2nd chat message:

**NEW TO OA?**

**Newcomer pamphlets** can be mailed to you. Email info@metrowestoa.org and include ‘**Newcomer Literature Request**’ in the subject line. Provide your first name, last initial, and your mailing address.

**Need a sponsor?** Email MWI at info@metrowestoa.org and include ‘**Sponsor**’ in the subject line.

**Attend our Newcomer meeting on Sundays, ALL are welcome and encouraged to attend! 7-8p Eastern**

Meeting ID: 705 658 2426, passcode: 402153

3rd chat message:

**IMPORTANT SERVICE OPPORTUNITY:**

MWI needs new officers (e.g. chair, vice chair, corresponding secretary) for 2023. One year commitment. Email info@metrowestoa.org to learn more. Please include ‘**MWI Officer**’ in the subject line.

4th chat message:

**SPREAD THE WORD, TELL A FRIEND!**

**People of color-focused meeting** on Wednesdays, 8-9p Eastern

Meeting ID: 705 658 2428, passcode: 402153

**Want to receive our bimonthly MetroWest Newsletter?** Provide your name, last initial, and email address to info@metrowestoa.org and include ‘**Newsletter**’ in the subject line.

**(please see the next page for the last chat message)**

5th chat message: (suggestion - pick just one of these items per week to post and rotate through the announcements)

**MORE SERVICE OPPORTUNITIES:**

 **Be a speaker / Need a speaker?** MWI keeps a speaker bank. Add your name or request the list by emailing speakers@metrowestoa.org and include **‘Speaker’** in the subject line. POC speakers or those with anorexia/bulimia are needed.

**Are you a sponsor?** MWI keeps a sponsor bank. Add your name to the list by emailing info@metrowestoa.org and include **‘Sponsor’** in the subject line.

**Come see what happens at MWI business meetings!** 3rd Saturday of the month at 9-10:30a Eastern. The meeting is open to anyone, even if you’ve never come before! Meeting ID: 705 658 2424, passcode: 402153