**Dec 2022 - Jan 2023**

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:**

Dec 4: Step 12 - Carrying the Message

Jan 1: Step 1 - Powerlessness, Unmanageability, and the Gift of Desperation

Meeting ID: 705 658 2426, passcode: 402153

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

**The next “Flash mob”** meetings are:

December 2022: Wednesday, Dec 14, 2022, 12-1p, Speaker Meeting, Meeting ID: 705-658-2426, passcode: 402153

January 2023: Thursday, Jan 12, 2023, 12-1p, Literature (Big Book) Meeting, Meeting ID: 705-658-2426, passcode: 402153

2nd chat message:

**NEW TO OA?**

**Newcomer pamphlets** can be mailed to you. Email [info@metrowestoa.org](mailto: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](mailto: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:

**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](mailto:info@metrowestoa.org) and include ‘**Newsletter**’ in the subject line.

4th chat message:

(**SUGGESTION**: choose one of these items per week to post and rotate through the announcements (or post all!))

**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](mailto: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](mailto: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