

Summary of Announcements MetroWest Intergroup

Feb-Mar 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>

SPECIAL TOPIC WORKSHOP: First Sunday of the month, 1:30-2:30p Eastern. Meeting ID: 705 658 2426, passcode: 402153

March 5, 2023 - The Power of Gratitude

April 2, 2023 - Your Personal Relapse Warning Signs

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

Save the Date for our annual retreat: June 2-4 2023. Location: La Salette in Attleboro, MA

The last "Flash mob" meeting is Friday, Mar 17, 2023, 6-7p, W. Roxbury (Zoom) Big Book, Meeting ID: 705 658 2426, passcode: 402153.

For a list of all MWI meetings: [Meetings | MWI \(metrowestoa.org\)](#)

OPPORTUNITIES TO GIVE SERVICE:

Join the weekly newcomers meeting Sundays 7-8p Eastern Meeting ID: 705 658 2426, passcode: 402153

Are you a sponsor? MWI keeps a sponsor bank. Add your name to the list by emailing MWI at info@metrowestoa.org and include 'Sponsor' in the subject line. Temporary sponsors are welcome.

Volunteer to respond to chat inquiries on our MWI website: Email MWI at info@metrowestoa.org and include 'Web chat' in the subject line.

2nd chat message:

NEW TO OA?

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

Attend our Newcomer meeting on Sundays, all welcome and encouraged to attend! 7-8p Eastern. Meeting ID: 705 658 2426, passcode: 402153

Come early (5:45p) to the Sunday in-person Brookline 6p meeting, and someone will greet and orient you.

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

PLEASE SEE THE NEXT PAGE FOR ADDITIONAL ANNOUNCEMENTS!

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3rd chat message:

(SUGGESTION: choose one or two of these items per week to post in chat (or post all!))

SPREAD THE WORD, TELL A FRIEND!

Coming soon: Sponsorship programming! MWI will be putting on some programming in 2023 aimed at supporting folks to become sponsors, and to connect to sponsors. Stay tuned!

People of color-focused meeting on Wednesdays, 8-9p Eastern. Meeting ID: 705 658 2428, passcode: 402153

Want to receive our bimonthly MetroWest Newsletter? Email MWI at info@metrowestoa.org and include 'Newsletter' in the subject line. Provide your name, last initial, and email address.

Want to see what happens at the Region 6 Assembly? Attend as a guest in person on April 1: [R6 Assembly Documents - Region 6 of Overeaters Anonymous \(oaregion6.org\)](#)

MORE SERVICE OPPORTUNITIES:

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

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