**Mar-Apr 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 each of the 4 chat sections 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 WORKSHOP:** First Sunday of the month, 1:30-2:30p Eastern. Meeting ID: 705 658 2426, passcode: 402153

April 2, 2023 - Your Personal Relapse Warning Signs

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

**Registration is open for the MWI** annual retreat! June 2-4 2023. Will be held in person at La Salette in Attleboro, MA.

Register here: [Retreat 2023 | MWI (metrowestoa.org)](https://www.metrowestoa.org/retreat-2023/).

Fill out our MWI Anonymous Member Survey to help us better serve you: <https://forms.gle/w99L8hJqWkqzoDPd8>

**For a list of all MWI meetings:** <https://www.metrowestoa.org/meetings/>

2nd chat message:

**OPPORTUNITIES TO GIVE SERVICE:**

**Are you a sponsor?** MWI keeps a sponsor bank. Add your name to the list by emailing MWI at [info@metrowestoa.org](mailto: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](mailto:info@metrowestoa.org) and include ‘**Web chat**’ in the subject line.

**Join the weekly newcomers meeting, all are welcome and encouraged to attend!** Sundays 7-8p Eastern. Meeting ID: 705 658 2426, passcode: 402153.

3rd chat message:

**NEW TO OA?**

**Newcomer pamphlets** can be mailed to you. Email MWI at [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.

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

4th 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!**

**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](mailto:info@metrowestoa.org) and include ‘**Newsletter**’ in the subject line. Provide your name, last initial, and email address.

**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](mailto: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.