**Dec\_Jan 2023**

Please make these announcements at any meetings you attend. Thank you for your service.

**FOR ZOOM:** If you are going to put the announcements in the chat, then 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 WORKSHOPS:** 1:30-2:30p Eastern. Meeting ID: 705 658 2426, passcode: 402153

Jan 7: Recovery from Relapse

Feb 4: Grief in Recovery

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

**Open Intergroup Service Positions:**

We need a Recording Secretary for the MWI intergroup. We also need a Region 6 delegate. Folks need to have 1 year of recent service in OA (e.g. being a speaker getter for a meeting), and 6 months of intergroup service at any point in time, ideally 6 months of abstinence. Contact blairpoa@gmail.com and Bk12steps@gmail.com if interested.

We are also looking for a sponsor list coordinator, and a person to support our hotline. Email Bk12steps@gmail.com if interested.

Follow metrowest on social media: <https://www.facebook.com/oametrowest/> <https://www.instagram.com/oametrowest/>

<https://twitter.com/MetrowestO>

2nd 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.

We have a **resources page** on our MWI web site with useful information for members and groups, like resources for temporary sponsors, and workshop handouts: [Resources | MWI (metrowestoa.org)](https://www.metrowestoa.org/resources/)

3rd chat message:

**OPPORTUNITIES TO WORK THE TOOL OF SERVICE:**

**OA Region 6 is looking for volunteers to help with next year’s convention.** Email [info@metrowestoa.org](mailto:info@metrowestoa.org) and include **“Region 6 Volunteer**” in the subject line.

**Join our Intergroup Retreat Committee** to help plan our retreat for late spring 2024! Email [info@metrowestoa.org](mailto:info@metrowestoa.org) and include “MWI retreat committee” in the subject line.

**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.

**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.

**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.

4th chat message:

**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.

**THESE MEETINGS ARE IN PERSON:**

–Sunday 6pm Brookline

–Monday 7pm Hopkinton

–Thursday 6:30pm Waltham

–Thursday 7pm Norwood

–Saturday 9:30am Cambridge (Hybrid)

–Saturday 9:45am Brighton

–Saturday 10am Westwood

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

**Reminder**: MWI has funds to help meetings start up or move back to in person or hybrid. Let us know how we can help your group!

**Reminder:** even if you’re a zoom mtg, continue to collect your 7th tradition and send your contributions to Intergroup.

**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.