



## April-May 2025 - Metrowest Intergroup Announcements

**MWI's Annual Retreat - Journey Through the Steps, June 6th-8th, Attleboro, MA** An interactive journey through the steps. Share & learn together, strengthen & grow your recovery. Programmed group sessions, w/free time and optional activities. Two nights, 4 meals, private single room w/sink, bathroom shared with adjoining single. Limited number of partial scholarships available. Filling fast. Registration closes May 17th, More info & register at [www.metrowestoa.org/mwi-retreat-2025/](http://www.metrowestoa.org/mwi-retreat-2025/)

**SPECIAL TOPIC WORKSHOPS:** 1st Sunday of the month, 1:30-2:30pm EST  
May 4<sup>th</sup> "Setting Boundaries with Food and Family"  
June 1 "Abstinence in the Workplace" Meeting ID: 705 658 2426, passcode:402153  
<https://zoom.us/j/7056582426>

**Young Person's Virtual Retreat**-"Face Your Stuff instead of Stuffing Your Face" May 3-4, online. Info at <https://oayoungpeople.org/retreat-2025/>

**OA Needs All of Our Support** - Please make regular 7th Tradition contributions to our Intergroup at [www.metrowestoa.org](http://www.metrowestoa.org) Contributions are divided between Intergroup, Region 6 & OA World Service and support our Zoom rooms, websites, newcomer outreach, public info campaigns, retreat, region & world service conventions and more.

### **NEW TO OA?**

Download our free Newcomer pamphlet "Where do I Start-Everything a Newcomer Needs to Know": <https://oa.org/where-do-i-start-everything-a-newcomer-needs-to-know/>

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

### **MWI IN-PERSON MEETINGS Eastern Mass.**

- Monday 7p Hopkinton
- Thursday 7p Norwood
- Saturday 9:30a Cambridge (Hybrid)
- Saturday 9:45a Brighton
- Saturday 10a Westwood
- Sunday 6p Brookline

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

**Resources page:** Check out on our website: <https://www.metrowestoa.org/resources/>

**Follow MetroWest on social media:**

<https://www.facebook.com/oametrowest/> <https://www.instagram.com/oametrowest/>  
<https://twitter.com/MetrowestO>

**Central MA Intergroup** hosts online Newcomers Meetings -Wed,Thurs & Fri 6:30pm. Info at: <https://centralmassoa.org/meetings/>

**Join us at MWI business meetings:** 3<sup>rd</sup> Saturday of the month 9-10:30a. All are welcome! Or become your meeting's Intergroup rep. We meet once a month, you'll receive a warm welcome & get to know other members actively doing service.

**Are you looking for a Sponsor or available to Sponsor?** MWI keeps a sponsor bank. email [info@metrowestoa.org](mailto:info@metrowestoa.org) and include '**Sponsor**' in the subject line to either receive the list of Sponsors or to add your name to the list of available Sponsors. Temporary sponsors welcome.

**Want to receive our Info Blasts & 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.

**Looking for Meeting Speakers or willing to speak?** MWI keeps a speakers list. email [info@metrowestoa.org](mailto:info@metrowestoa.org) and include '**Speaker List**' in the subject line if you'd like to receive the list or to add your name to it.

**Interested in Running a Workshop?** Email [info@metrowestoa.org](mailto:info@metrowestoa.org) with 'Workshop' in the subject line.

**Important-Zoom meetings:** Check out San Diego's **Zoom Host Training** <https://oasandiego.org/zoom/> Resource materials covering Zoom hosting and security.

**Monthly Region 6 Intergroup Forums:** Not just for intergroup reps! Third Sunday of each month (no meeting in December). Visit <https://oaregion6.org/> for more Region 6 information.

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!

**We are self-supporting, and *you* are part of "we." Without your support, OA cannot exist**