

Suggested Highlights –October 2016

MBI Intergroup:

- **Thanksgiving Day Thank-a-Thon** is coming up, 7 AM to 1PM November 24, 2016 Johnson room, Lawrence Memorial Hospital, Medford. MA.
- **Next MBI Meeting – Sunday – November 20, 2016** – 9:15 am – Gallagher Room, Lawrence Memorial Hospital, Medford, MA. **Elections - MBI Officers**
Please come and join us for fellowship and service!
- **MBI Intergroup Meeting Time Changed** – Beginning in January 2017, MBI will meet on **the 3rd Saturday of the month from 10:30 am – noon** at the Lawrence Memorial Hospital, Medford, MA.

Region (6)

- **Region 6 Convention: Toronto: Stepping Up for Recovery 2017.**
Convention dates: Friday, October 20th – Sunday, October 22nd, 2017. Early Bird Registration (\$50 CAD) is available now through August 17, 2017. For more details – www.oaregion6.org

World Service

- **November 19** — IDEA: International Day Experiencing Abstinence (third Saturday in November)
Celebrated the third Saturday in November, this day encourages OA members worldwide to begin or reaffirm their abstinence from compulsive overeating.
- **December 12** — Twelfth-Step-Within Day (annually on 12/12)
A day to focus on carrying the message to OA members who are in relapse or still suffering from compulsive eating.

Check www.oa.org for more information on these opportunities to participate and service.

Say: If you have any questions or want more information, please speak to me at the end of the meeting. Thank you.