

**MBI Intergroup:**

- **Next MBI Meeting is Sat, Feb 12**, 10:30am-Noon, Mass Bay Intergroup. Join Zoom meeting <https://us02web.zoom.us/j/84658800386?pwd=bFdDR1IsdlUwTEhGQ3IDenNSTDFrdz09>  
Phone: 1 929 205 6099 (NY,US) Meeting ID: 846 5880 0386 Password: 958493

**Upcoming MBI Workshops &Retreats:\*\*\*NOTE:Zoom and phone information for ALL workshops and retreats can be found on oambi.org under“Upcoming Events”\*\*\***

- **MBI Step 2 Workshop:** OA 12&12 will be used, followed by 2 speakers and open sharing. Feb 22, 2022 @ 10:30 am – 12:00 pm

Metro West Intergroup Events:

- **Meditation / Writing meeting**  
**Monday, 1/17/22: 7 pm EDT via zoom**  
<https://us02web.zoom.us/j/88187942541?pwd=T2g3S3RyU216YnBYKzRkOXpWZHp4UT09>

New Hampshire Intergroup Events:

- The God of Our Understanding Jan 22, 2022 8:30 am -3:30 pm; Online (Zoom Conferencing)  
Join other compulsive eaters during this one-day, online retreat for fellowship and inspiration!  
Guided by one of our members, we will come together to share how working the program continues to change our lives.<https://oanewhampshire.org/2022-retreat>

**National Events:**

- Virtual Region – There is a Solution!  
Save the date February 18 – 20, 2022  
<https://oa.org/news-events/>
- The newsletter and the highlights are available at OAMBI.ORG

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**Important Meeting Changes - Most changes are on OAMBI.ORG**

MBI meeting goes who are able and willing to chair/host their usual face to face meeting as a Free Phone or Zoom phone and (optional) visual meeting, [Contact Beth P at: oambizoom@gmail.com](mailto:oambizoom@gmail.com) for Host information.

Please know that Mass Bay & Metro West Intergroup are suggesting & supporting “live” Group meetings, by Free Conference Call or Free Zoom conference call.  
Please call the contact person to find out if there is a phone meeting or other on line meeting temporarily. (Most contacts can be found on <https://oa.org/find-a-meeting/?type=0>)Also,see letter from OA at <https://oa.org/app/uploads/2020/03/OA-COVID-19-Letter-2.pdf>. Thanks.

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