

MBI Intergroup:

Next MBI Meeting is Sat, October 14, 2023, 10:30 am-Noon, on Zoom

Workshops:

- Step 9 September 23
- Step 10 October 7
- Step 11 November 18
- Coming back to OA Part III – November 4, 2023
Come hear a panel of speakers share their journey from relapse to recovery.

All step workshops are 10:30-Noon on Zoom (See Calendar for zoom info)

NOTE: Zoom and phone information for ALL workshops and retreats can be found on oambi.org under "Upcoming Events"

Virtual Region

Here is the link to <https://oavirtualregion.org/events/>

Region 6

- **Region 6 Fall Assembly** Saturday, September 23, 2023 8:30AM-6:00PM EDT
HILTON GARDEN INN ALBANY MEDICAL CENTRE
62 New Scotland Ave., Albany, NY 12208
<https://oar6assembly.ticketleap.com/region-six-2023-fall-assembly/>
- **2023 Region 6 Convention** (Face-to-Face) **FRI, OCT 13 2023** 3:00 PM EDT—
SUN, OCT 15 2023 11:30 AM EDT, Sonesta White Plains Downtown, 66 Hale Ave,
White Plains, NY 10601, USA
- **Welcome Home Flyer:** <https://oaregion6.org/2023-convention-welcome-home/>

The newsletter and the highlights are available at OAMBI.ORG

Meeting Changes - Most changes are on OAMBI.ORG MBI meeting goers 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 Eve 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 online meeting temporarily. (Most contacts can be found on OA.org) Thanks.

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