

MBI Intergroup:

Next MBI Meeting is Sat, November 11, 2023, 10:30 am-Noon, on Zoom

Workshops:

- Step 11 November 18
- Step 12 December 2
- 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)

SAVE THE DATE – NOVEMBER 23, 2023 THANKATHON – See OAMBI.ORG for sign-in 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 NEWS & EVENTS

Metro West Intergroup

Building Conscious Contact: Prayer and Meditation

Sunday, November 5th, 2023, 1:30 – 3:00 pm EDT via Zoom:

<https://zoom.us/j/7056582426>

contact info@metrowestoa.org for the passcode

Ocean and Bay Intergroup:

Two-Way Prayer Writing Workshop: November 5, 1 PM to 2:30 PM. Step 11, Meeting ID: 828 6154 9717 Passcode: 247365.

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 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.