

MBI Intergroup:

Next MBI Meeting is Sat, December 9, 2023, 10:30 am-Noon, on Zoom

Workshops:

- **Step 12** December 2 **All step workshops are 10:30-Noon on Zoom (See Calendar for zoom info)**
- **Thankathon - Thanksgiving Day**, November 23rd, 7:00 - 1:00PM, MBI will be hosting meetings with speakers and sharing, the last meeting begins at noon.

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

REGION 6 NEWS & EVENTS

Metro West Intergroup

- <https://www.metrowestoa.org/bulletin-board/>

Virtual Region

Virtual Region: <https://oavirtualregion.org/events/>

- **Phone Marathons:** Meetings every hour from 8:00AM to 12 midnight ET (UTC -5)
Phone: 712-432-5200, Conference ID: 4285115# Sponsored by The Virtual Intergroup. [More info](#)
- **Thursday, November 23:** Thanksgiving Day – Face Your Stuff or Stuff Your Face
- **Special Men’s Meeting**, Thursday, November 23rd, Thanksgiving Day, 1:00 – 2:15 PM,ET, 10:00AM (PT), Meeting ID: 878 0938 0136, Passcode: Thanks
More Information, On a day when food is all around us, let us take a moment for gratitude. Presented by The Men’s Intergroup of OA, (MIGOA) Intergroup of Overeaters Anonymous, Virtual Region.
- **Do My Credits Transfer:** Three OA Members, with recovery in OA and other 12 Step programs, share how they work the OA Steps, Tools and Traditions. Sunday, December 3rd, 1:00 – 3:00PM, ET (UTC-5) Meeting ID: 856 2461 4913 Passcode: 101112 - MORE INFO Presented by The Bridge Intergroup of Overeaters Anonymous

The newsletter and the highlights are available at OAMBI.ORG

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 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.