

**MBI Intergroup:**

**Next MBI Meeting is Sat, January 13, 2023, 10:30 am-Noon, on Zoom**

\*\*\*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/>

**Ocean and Bay Intergroup:**

- Step 11 Two-Way Prayer Writing Workshop Seeking to improve our conscious contact with our Higher Power through prayer and meditation Saturday, February 24, 2024, 1 to 2:30 pm ET / 6 to 7:30 pm UTC. We will demonstrate a two-way prayer method, have a short writing time, offer guidelines on reflecting and then go into small breakout rooms.

**OA90 Retreat:** Dates June 14-16, 2024 - Location: Endicott College, Beverly MA., accessible by public transportation - rail and bus <https://tinyurl.com/oa90retreat2024> If you have any questions or need technical support you can contact Marilyn at 978-387-9707 (PST) or email [juneawol@comcast.net](mailto:juneawol@comcast.net) What is included: 2 nights lodging and (6) six meals "tailored for OA-90 members' needs". Price structure: 2 types of accommodations: Shared suite for 2 or 3 people(each with their own room) plus common space or private room. See form for details. Price listed is per person. Early bird rate (register and pay by Jan 7): Suite: \$335, Private Room \$360, after Jan. 7, suite is \$360, Private Room \$385.

- **Virtual Region**

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

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.