

MBI Intergroup: Next MBI Meeting is Sat, October 19, 2024

10:30am-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

- **Get Ready for the 2024 Region 6 Convention**, October 25-27, 2024 ,Doubletree by Hilton Nashua, 2 Somerset Pkwy, Nashua, NH 03063 **THE CONVENTION HOTEL IS NOW FULLY BOOKED!** If you would like to be added to the list for a hotel room or a roommate, please email region6roommatecoordinator@gmail.com, with your request providing your name. Registration for the convention is underway! **The registration fee is \$60 USD and is available April 16 through October 18, 2024.** Fee \$75 at the door. More information may be found at <https://oaregion6.org/convention/> or <https://oaregion6.org/wp-content/uploads/2024/03/2024-Region-6-Conv-Flyer-2.pdf>

Ocean & Bay Intergroup

- **November 15 – 17: Recovery with Step 11, an OA weekend Of Prayer and Meditation Retreat** at Enders Island in Mystic, CT. **in person only.** Registration opens May 1. Save the date!

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

- **New OA-90 Meeting:** OA90 Newcomers - Tools of the Trade! Zoom: ID 856 4726 7716, Passcode 521639, Dial-in 1-669-900-9128 Tuesdays - 7:30 AM (Central), 8:30 AM (EST) – 5:30 AM (Pacific) Contact – Bob L. (314) 256-957
- **ANOREXIA AND BULIMIA RECOVERY WORKSHOP: THE INTERVIEW: RECOVERY AND STORY FOCUS ON ANOREXIA AND BULIMIA** Sponsored by: Virtual Region of OA When: September 29th, 2024, Time: Sunday: 1:00PM to 3:00PM Details: Hear Recovered Anorexics & Bulimics share the challenges they overcame and their miracles of recovery. Followed by Q & A Zoom ID: 864 1961 9360 Passcode 101112 info@oavirtualregion.org Hosted by VR 12th Step Within and PIPO/UWD Committees Questions? Reach out to Dianne T. at vicechair@oavirtualregion.org

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 and (optional) visual meeting, **Contact Jeanne K at: oambizoom@gmail.com for Host information.** Please know that Mass Bay & Metro West Intergroup are supporting "live" Group meetings, by Free Conference Call or Free Zoom conference call. Please call the c 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.