

MBI Intergroup: Next MBI Meeting is Sat, December 14, 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"***

Mass Bay:

1-hour Thanksgiving 90 Day Meeting on Thanksgiving morning, 7AM TO 8AM.

The Zoom link is:

<https://us02web.zoom.us/j/82142771532?pwd=ZnYwTjITZ0JsKzVrcVZHd3k3cVFkUT09>

Meeting ID is 821 4277 1532 Passcode 270349

REGION 6 NEWS & EVENTS

MetroWest Intergroup Annual Readville Gratitude Meeting Take a break, join in fellowship, and get centered before the holiday! Date: Wednesday, Nov 27, 2024 Time: 7:00 PM EST
Zoom: Meeting ID: 821 3187 4321 Passcode: 824312

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

***Thursday, November 28 2024, Thanksgiving Day** – Cleaning My Side of the Street, Minding My Own Business Is Setting My Boundaries

***Saturday, December 21, 2024**, Winter Solstice – Face Everything and Recover

***Tuesday, December 24, 2024**, Christmas Eve – Acceptance is the Answer to all My Problems Today

***Wednesday, December 25, 2024**, Christmas Day & Hanukkah – Food Is Not My Real Problem

Thursday,

***December 26, 2024, Boxing Day and Kwanzaa** – Let Go and Let God, How am I Letting go Today?

***Sunday, December 31, 2024, New Year's Eve** – Recovery is Worth Working For

***Monday, January 1, 2025, New Years Day** – Are You Sharing Your Gratitude? Meetings every hour from 8:00 AM to 12 PM EST (UTC -5) Phone: 712-432-5200 Conference ID: 4285115#

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](mailto: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.