

## Suggested Highlights April 2025

### Mass Bay: Next MBI Meeting is Sat, May 10, 2025

10:30am-Noon, on Zoom \*\*\*NOTE: Zoom and phone information for ALL workshops and retreats can be found on [oambi.org](http://oambi.org) under "Upcoming Events"\*\*\*

Mass Bay: The newsletter and the highlights are available at [OAMBI.ORG](http://OAMBI.ORG)

**NEW! MBI office has a new phone: 781-205-9606 \*NEWPHONE\***

- **NWH Public Announcement Meeting:** Food Controlling Your Life? Stop Hurting Yourself With Food. Please join us for a free Public Information Meeting, **May 3, 2025**, 7:15 - 8:15 AM, Newton Wellesley Hospital, Allen Riddle Room, 2014 Washington St. Newton, MA 02462
- **Sun , April 20, 2025 Easter** – Orthodox Easter Tradition 4. Spiritual Principle- Autonomy- Do I Take Responsibility for My Actions and Avoid Trying to Control Others? Meetings every hour 8:00 AM to 12:00 Midnight ET (UTC -5) Phone: 712-432-5200 Conference ID: 4285115#
- **Ocean & Bay Intergroup:** Online Overeaters Anonymous Lunch Break Meeting, Monday - Friday, 12:30 - 1:30PM EST - Zoom ID: 646-596-036 Password: 550141
- **Southwest Connecticut OA Intergroup:** SWCTIG Retreat, 17th Annual Retreat, Tranquility – Transformation Through the Steps Weekend Retreat, June 20 to June 22, 2025, 4:00 PM - June 22, 2025 12:30 PM EST Incarnation Conference Center, 253 Bushy Hill Road, Deep River, CT 06417  
Cost \$245.00 Registration deadline is May 30, 2025 ( if needed, a waiting list will be initiated). Please identify any special needs, at bottom of form. Refunds will be processed up to June 12, 2025, a week before the Retreat. Partial scholarships are available on a first come first serve basis. Deadline for registration forms and scholarship requests. Flyer & Registration Form: <https://connecticutoa.org/event/tranquility-self-care-through-the-steps/>
- **OA90 Virtual Intergroup** Presents: A May Workshop on: Keep Growing and Going Through Our Love of OA Literature Sunday, May 18th, 1:00 - 3:30 PM EST, ZOOM ID 837 1100 7258 Passcode 202590 Favorite Selections from approved literature including the Big Book of Alcoholics Anonymous
- **OA Region 6 Convention - Imagine the Miracles!**  
October 24, 2025 - October 26, 2025  
Hyatt Regency Rochester, 125 E Main St, Rochester, NY 14604, USA  
OA Region 6 Convention 2025 - Imagine the Miracles!  
[See the OA Region 6 website for more details!](#)

The newsletter and the highlights are available at [OAMBI.ORG](http://OAMBI.ORG) **Meeting Changes - Most changes are on [OAMBI.ORG](http://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 and (optional) visual meeting, [Contact Jeanne K at: 781-205-9606](#) 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.

**Say:** If you have any questions or want more information, please speak to me at the end of the meeting. Thank you.