

## 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 under "Upcoming Events"\*\*\*

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

- **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#
- **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
- **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
- **Ocean & Bay Intergroup:** Online Overeaters Anonymous Lunch Break Meeting, Monday - Friday, 12:30 - 1:30PM EST - Zoom ID: 646-596-036 Password: 550141
- **MetroWest Intergroup: MWI RETREAT June 6-8, 2025**  
La Salette Retreat Center [947 Park Street, Attleboro, MA](https://www.mwretreat.org/) Contact [retreat@metrowestoa.org](mailto:retreat@metrowestoa.org) to learn about service opportunities. Registration opens March 26, 2025 [Register Online Now](https://www.mwretreat.org/register)
- **NSI Annual Retreat** Join NSI at our 13th annual one-day OA retreat!  
**June 7, 2025**, 9:00 AM - 3:00 PM - Seeking Conscious Contact: Transforming Our Relationship With Our Higher Power - In this retreat, we will look at our relationship with our Higher Power and practice writing and sharing Two-Way Prayer. Bring your lunch - coffee, tea, and water will be provided. Smoke and fragrance-free. Handicapped accessible. Registration is \$15 and is due by 5/23/25. Registration confirmation will be sent prior to 5/31/25.
- **Flyer: <https://www.oanorthshoreintergroup.org/wp-content/uploads/2025/03/NSI-RETREAT-SEEKING-CONSCIOUS-CONTACT-06-07-25-Flyer.pdf>**
- **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 Registration deadline is May 30, Flyer & Registration Form: <https://connecticutoa.org/event/tranquility-self-care-through-the-steps/>
- **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!](https://www.oa.org/region6)

The newsletter and the highlights are available at [OAMBI.ORG](https://www.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 and (optional) visual meeting, [Contact Jeanne K at: 781-205-9606](mailto:jeanne@oambi.org) 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.