

## Suggested Highlights September 2025

### Mass Bay: Next MBI Meeting is Sat, October 11, 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"\*\*\*

### NEW! MBI office has a new phone: 781-205-9606

### NEW Face-to-Face Meetings!

- **Essex: Tuesday 7:30pm** (1 hour, literature) First Congregational Church of Essex, 39 Main St (accessible, with parking) Contact: Edith F 978-675-6112
- **Thursday: 7-8 pm (Winthrop NEW! LIVE Literature/OPEN** at Saint Johns Episcopal Hall, 222 Bowdoin Street, Winthrop, MA 02152
- **North Andover: Wednesday 10:00am** (1 hour, lit) 2025 First United Methodist Church, 57 Peters St, 2 floor (handicapped accessible via self-operated elevator, use side entrance) Contact: Dena 978-965-9565
- **A Vision for You:** Power of the Big Book 2025 Weekend Retreat  
Friday November 7, 2025, 7:00 PM – Closing, Sunday November 9, 2025, 1:00 PM  
Information: <https://www.avision4you>
- **Save the Date: Thanksgiving Marathon, November 27, 2025. More info coming later on OAMBI.ORG.**
- **OA90 Virtual Intergroup:**  
To hear audio recordings of speakers from 2025 workshops go to the link.  
<https://www.youtube.com/@OA90VIG> The recordings are typically 15-20 minutes each, great for a short burst of program inspiration
- **Ocean & Bay Intergroup:** Online Overeaters Anonymous Lunch Break Meeting,  
Monday-Friday, 12:30-1:30PM EST - Zoom ID: 646-596-036 Password: 550141
- **Central Ontario Intergroup: See Oct. workshops and meetings:**  
<https://www.oaontario.org/2025>
- **OA Region 6 Convention - Imagine the Miracles!**  
October 24, 2025 - October 26, 2025, Hyatt Regency Rochester, 125 E Main St,  
Rochester, NY 14604, USA  
[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** 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.