

Suggested Highlights October 2025

Mass Bay: Next MBI Meeting is Sat, November 8, 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"***

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

October 31, 2025, Friday, Halloween It's not What You Are Eating, it's What's Eating You

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>

November 11, 2025, Tuesday, Veterans Day / Armistice Day Freedom is Won by Living the 12 Steps

November 27, 2025, Thursday, Thanksgiving Day Face Your Stuff or Stuff your Face – How Do I Keep My Recovery Strong?

Thanksgiving Thankathon 2025 Nov 27 @ 7:00 am – 1:00 pm See MBI Calendar for ZOOM LINK MBI will be hosting hourly meetings with speakers and sharing, the last one begins at noon.

Holiday Phone Marathons: Meetings every hour from 8:00 AM to 12 midnight EST Phone: 712-432-5200 Conference ID: 4285115#

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

PLEASE NOTE: Many OA meetings are meeting by phone or ZOOM. Check OAMBI.ORG or with your meeting contact person. (usually available on OA.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: 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.