

Suggested Highlights –September 2016

MBI Intergroup:

- **MBI Intergroup Retreat –October 7-9, 2016, Espousal *Retreat House*** (Waltham). If you have questions, please contact the MBI office: 781-641-2303 or mbifallretreat@gmail.com. (Registration form attached)
- **Thanksgiving Day Thank-a-Thon** is coming up, 7 AM to 1 PM in the Johnson room at Lawrence Memorial Hospital, Medford. MA. (November 24, 2016)
- **Next MBI Meeting – Sunday – October 16, 2016** – 9:15 am – Gallagher Room, Lawrence Memorial Hospital, Medford, MA.
Please come and join us for fellowship and service!
- **MBI Intergroup Meeting Time Changed** – Beginning in January 2017, MBI will meet on the **3rd Saturday of the month from 10:30 am – noon** at the Lawrence Memorial Hospital, Medford, MA.

Region (6)

- **Retreats**
October 7-9, Waltham, MA
Mass Bay IG (MBI) at Espousal Retreat Center, Waltham, MA

October 7-9, Biddeford, ME
- **12 Steps in Five Hours.** Saturday, Oct. 22, 9 A to 2 PM at St. John's Episcopal Church, 8 Revere St. in Boston, MA. MetroWest IG. Contact person is Rachel 617-290-5219.

World Service

- **November 19** — IDEA: International Day Experiencing Abstinence (third Saturday in November)
Celebrated the third Saturday in November, this day encourages OA members worldwide to begin or reaffirm their abstinence from compulsive overeating.
- **December 12** — Twelfth-Step-Within Day (annually on 12/12)
A day to focus on carrying the message to OA members who are in relapse or still suffering from compulsive eating.

Check www.oa.org for more information on these opportunities to participate and service.

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