

Westchester United Intergroup

October 2024 Key Points

1. **Tricks of the Disease & Treats of Recovery!** October 20th, 1-3pm ET. Speaker Panel followed by Q & A. <https://www.oawestchesterny.org/oct-20-2024.html>
2. **R6 Convention**, 10/25-10/27, 2024 Nashua, New Hampshire
<https://oaregion6.org/convention/> <https://oaregion6.org/convention/>
3. **R6 Convention Keynote Speakers via Zoom:** Unable to attend the convention in person? You can still see and hear the keynote speakers on Zoom, and there will be French interpretation available! \$15 <https://oaregion6.org/convention/>
4. **Journey Through the Steps:** 1/5-4/13/2025. Sundays 4-6pm. Don C. fobb1234@verizon.net (Registration limited). Prereqs: must be abstinent, have a sponsor, a food plan, and complete all assignments.
5. **IDEA Day** sponsored by Westchester United Intergroup is IN-PERSON **Sunday, November 17th** 1- 3 PM EST at Emanuel Lutheran Church in Pleasantville ([link](#) to flyer for more information). [International Day of Experiencing Abstinence \(IDEA\)](#) encourages OA members worldwide to begin or reaffirm their abstinence from compulsive overeating.
6. **Individual contributions:** When individuals in meetings contribute through our webpage, please confirm that they use this link:
<https://www.oawestchesterny.org/7th-step-tradition.html>
7. **Join us at our December fifth intergroup meeting, 7pm, to choose the coming year's priorities! We want to hear your voices!**

Meeting List

Click this [link](#) to view the list of WUIG virtual, hybrid, and in-person meetings and links to workshops and meetings in other areas. You can also find a collection of our online meeting formats.

7th Tradition

If your meeting doesn't have a treasurer, please use this [link](#) to contribute to our WUIG Intergroup. **Individual contributions** to WUIG via **Paypal only** can be divided 30-60-10, if you specify that in the memo.

<https://www.oawestchesterny.org/7th-step-tradition.html>

WUIG REMIND Text Messages:

If you'd like to receive text updates about events, meeting closures, etc., text @OAWUIG to 81010.

To stop receiving WUIG texts reply @LEAVE to the number you are receiving messages from.

Please check your meeting's information:

([link](#)) and send corrections to Sarah S via Remind text or email at livingthepromises2015@gmail.com. Your meeting's changes should also be submitted to oa.org, via <https://oa.org/find-a-meeting/?type=0>. Scroll down and follow the applicable link at

→ Need to manage a meeting? [Add](#), [edit](#), or [cancel](#) an existing meeting

Speakers

Need speakers for your meetings? <https://oaregion6.org/resources/speakers-list/>. You can also contact Diane T for referrals: (914) 659-0192.

Sponsorship:

Need a sponsor? Are you an available sponsor? Email Carol G, **Sponsor Bank Coordinator**, at sponsorwuig@gmail.com

Newcomers:

Newcomers in your meeting? Welcome them with a link to the OA newcomer e-pamphlet, *Where Do I Start? Everything a Newcomer Needs to Know*. Please let your IG rep know how the newcomer learned about OA & ask that the rep share that information with our monthly intergroup meeting, or by emailing wuigchair@gmail.com.

Westchester United Intergroup (WUIG)

WUIG meets monthly (except for the month of July) on the **first Thursday** from 7 - 8:30 pm ET, with new intergroup reps joining us at 6:45pm for an introduction. <https://us04web.zoom.us/j/668275613>.

Meeting ID: 668 275 613 Passcode: 121212

[WUIG Bylaws](#)

***Serenity Times* ~ WUIG's Quarterly Magazine**

Click this [link](#) to view our past issues.

WUIG Chair Contact Information:

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