



**OVEREATERS  
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Westchester United Intergroup  
oahelps.org

## Westchester United Intergroup

### March 2025 Key Points

1.

**Serenity Times 2025 Q2 Newsletter:** Submit your articles to Cindy A. at [wuignewsletter@gmail.com](mailto:wuignewsletter@gmail.com) by March 21st. Theme: **Courage**. Sharing can be your own written piece or something you love from OA approved literature.

2.

**Annual WUIG Retreat** will be March 28th-30th at Holmes. [link to flyer](#); [link to register](#); Contact Diane B: [boekworms@outlook.com](mailto:boekworms@outlook.com) Limited overnight & commuter options available

3.

**4/27/2025: Aging and Sage-ing on Zoom. Sunday, 4/27/2025. 3-4:30pm** ID 914 633 2988 and PSCD 121212

4.

**OA Writing Workshop on Zoom. Sunday, June 1, 2025. 3:00-4:30pm ET. Zoom meeting information** ID 914 633 2988 and PSCD 121212, **Topic: Self-Discipline**

5.

**OA Service Structure:** <https://media.oa.org/app/uploads/2021/12/26113558/oa-overall-service-structure.pdf>

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### 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](mailto:livingthepromises2015@gmail.com). Your meeting's changes should also be submitted to [oa.org](https://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](mailto: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](mailto: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:

[wuigchair@gmail.com](mailto:wuigchair@gmail.com)

[sinnerinrecovery@gmail.com](mailto:sinnerinrecovery@gmail.com)