



Westchester United Intergroup

May 2026 Key Points

1. **Abstinence During Holidays and Events:** Speakers, Q & A, and Sharing on Sunday, May 17 at 1:00-2:30pm on Zoom. Zoom ID: 914 633 2988 Passcode: 121212 Please contact Michelle JB with any questions.
 2. The first sentence of the Preamble of Overeaters Anonymous was changed by the World Service Business Conference from **compulsive overeating to compulsive eating**. “Overeaters Anonymous is a fellowship of individuals, who through shared experience, strength and hope, are recovering from compulsive eating.” Please update all of your groups’ Preambles to reflect this change.
 3. **Mahopac Dinner and a Meeting:** Tuesday, June 2, 6:00-8:00pm; Bring your own abstinent dinner (if you wish) and the meeting starts at 7:00pm. In person only at First Presbyterian Church, Library Entrance. 411 Route 6N, Mahopac, NY 10541. For more information, call (914) 552-7367
 4. Serenity Times: The 2nd Quarter Serenity Times newsletter is online and the topic is integrity. (Provide the link). The 3rd quarter topic will be Love. Submissions for that newsletter will be accepted until June 19th. **Submit your writings to Cindy A. at wuignewsletter@gmail.com**
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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>

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 Chair Contact Information:

wuigchair@gmail.com

Visit our website for up-to-date information, announcements and many, many resources: oahelps.org

Join our mailing list, which replaces Remind, by going to oahelps.org or use this MailChimp [Link](#)

Westchester United Intergroup is forming a communications committee. If you are interested in joining please email wuigwebsite@gmail.com for further information.

For any WUIG announcements, Flyers, workshops, reminders you can ask to be added to our WhatsApp "Westchester United Intergroup Announcements; Please text Rob M (917) 613-5414 to be added. You can also get emails by joining mailchimp on our website at OAhelps.org. All flyers have to have the WUIG logo.

5. When making contributions to intergroup, when possible please use Zelle or Paypal.
6. To join our WhatsApp group for Westchester Updates [click here](#).