



Westchester United Intergroup

January 2026 Key Points

1. This year's topics for **Workshops** are Tools of Recovery, Grief, Managing Abstinence in Midlife, Abstinence During the Holidays, Recovery After Relapse. And for **Studies** the topics are Steps, Big Book, Sponsorship, Body Image. Meditation Training, Building Belonging in Our Meetings, Men's Welcoming Training, Speaker/Dinner Meetings
2. [Serenity Times](#): Go to our website for the latest *Serenity Times* 4th quarter newsletter with a theme of fellowship. The deadline for article submissions for the February newsletter TBD. **Submit your writings to Cindy A at wuignewsletter@gmail.com**
3. 1/12/26 (Snow Date, 1/26/26) Monday Mt. Kisco Anniversary Meeting in Mt. Kisco, at 7:30pm. United Methodist Church 300 Main St, Mt Kisco, NY 10549 Halstead Hall
4. 1/14/26 White Plains Meeting Wednesday at 10:30am, Anniversary Meeting, Presbyterian Church, 39 N Broadway, White Plains, NY
5. 1/27/2026: Mahopac Meeting Tuesday, Anniversary Meeting in Mahopac, at 7:00pm. First Presbyterian Church of Mahopac (in the church library), 411 Rte 6N at Secor Road, Mahopac
6. Unity Day 2/28/26, Co-Chairs are needed for this event.

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.