

DECEMBER 2018 TALKING POINTS

HOLIDAY MEETING ANNOUNCEMENTS:

Christmas Eve 12/24/18

Minneapolis Monday 10:00am will meet
Rochester Monday 6:00pm will not meet
Robbinsdale Monday 6:30pm will not meet
St. Paul Monday 7:00pm will not meet

Christmas Day 12/25/18

Minnetonka Tuesday 7:30am will meet
Minneapolis Tuesday 9:30am will meet an hour earlier (8:30–10:30am)
Bloomington Tuesday 6:30pm will not meet
Golden Valley Tuesday 7:00pm meeting will meet
Wayzata Tuesday 7:00pm will not meet on Dec. 25, but will meet on Wed. Dec. 26

New Year's Eve 12/31/18

Minneapolis Monday 10:00am will meet
Rochester Monday 6:00pm will not meet
Robbinsdale Monday 6:30pm will meet
St. Paul Monday 7:00pm will meet

New Year's Day 1/01/19

Minnetonka Tuesday 7:30am will meet
Minneapolis Tuesday 9:30am will not meet
Bloomington Tuesday 6:30pm will not meet
Golden Valley Tuesday 7:00pm will meet
Wayzata Tuesday 7:00pm will not meet on Jan.1, but will meet on Wed. Jan. 2

UPCOMING EVENTS:

Body Image Workshop: Jan. 26, 2019, 9am–3pm. Cost: \$15.00. Onsite registration will be available but it's a good idea to register in advance to make sure you get in. (Space is limited to 100 people.)

Buffalo Retreat: April 5-7, 2019. Registration coming soon!

Big Book Study: May 17-19, 2019, looking for new home since church needs morning on Sunday.

Sponsorship workshop: Mid July, 2019, Chaska group will host the workshop near Jordan.

Quick Steps Workshop: Feb. 2 & 16, 2019, Minneapolis. Information in the newsletter and on the Events page at overeaters.org.

SAVE THE DATE: 2019 Minnesota State Convention: Oct. 4 & 5, 2019

Newcomers Meeting: Third Saturday of each month at the Sumner Library, 611 Van White Memorial Blvd, Minneapolis from 1-2 pm.

SERVICE OPPORTUNITIES:

- ✓ **January elections for Intergroup:** All positions will be up for grabs! Chair, Vice Chair, Treasurer, Secretary and many other volunteer positions too. Join us on January 12th from 12:30-2:30 at the Sumner Library in Minneapolis.
- ✓ **Convention 2019:** We would like to have a convention next year and have an immediate need for two co-chairs and a hotel liaison. There will be excellent speakers in town for the World Service and Region 4 meetings and would like to take advantage of this. Please contact Cathy G. at cathyunityig@gmail.com
- ✓ **Intergroup Meeting:** Make your voice heard! Consider sending a representative from your meeting to our Intergroup meeting which is held the 2nd Saturday of every month at the Sumner Library.
- ✓ **Newsletter:** Every month we need a meeting to volunteer to write five articles for the Intergroup's monthly newsletter. Consider asking your group what might be a good month to volunteer for this. Next opening is June 2019! If you have a new meeting or upcoming events or articles, please email them to expressionsofunity2018@gmail.com.

MISC:

- ✓ **Literature:** If you need OA brochures, our literature coordinator has a ton of them on hand for your group. She also has some AA literature and copies of the new OA 12 X 12. Please contact Dawn at dawnspielman@mac.com.
- ✓ **ASL:** Tuesday 7:00 pm Golden Valley Live/Virtual OA HOW meeting now has a "virtual" ASL interpreter. To get the access code for this meeting, email mnhowlive@gmail.com.