

October 2018 Talking Points

UPCOMING EVENTS:

- ✓ **New Meeting:** Big Book Study, Community Alliance Church, 408 Elm St, West Detroit Lakes, MN 56575 <https://overeaters.org/about-oa/find-a-meeting>
- ✓ **Recovery Roadmap** workshop, Nov. 3, Bloomington. To register: <https://overeaters.org/upcoming-events>
- ✓ **Body Image Workshop** Jan. 26, 2019 Looking at your body image using the 12 steps.
- ✓ **Buffalo Retreat** April 5-7, 2019
- ✓ **Newcomers Meeting** is held the third Saturday of each month at the Sumner Library, 611 Van White Memorial Blvd, Minneapolis from 1-2 pm.

SERVICE OPPORTUNITIES:

- ✓ **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.
- ✓ **Newcomers Meeting:** Held the 3rd Saturday of each month at the Sumner Library. This is a perfect opportunity for newly abstinent people to speak for the first time at this very casual meeting.
- ✓ **Newsletter:** Every month we need a meeting to volunteer to write five articles for the Intergroup's monthly newsletter. Consider asking your group when might be a good month to volunteer. (Note: we're booked through February 2019.)

NOTES:

- ✓ 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.