

Unity Intergroup Talking Points

December 2019

UPCOMING EVENTS

- Tools of the Trade/Food Planning Workshop, January 25, 9:00am-3:00pm, Anoka. Bring your lunch. REGISTER AT OVEREATERS.ORG/EVENTS
- Quick Steps Workshop: March 7 & 21
- Buffalo Retreat: April 3-5
- Big Book Study: May 29-31
- New Budget Template at Overeaters.org/Intergroup/Forms/Event Budget Template. If you're planning a workshop/event, please complete the budget template and submit to Intergroup

VOLUNTEER OPPORTUNITIES

- 2020 elections/service rotations! Come to Unity Intergroup on Jan. 11, 2020 at Sumner Library 12:30-2:30pm to help us fill open positions:
 - Board chair
 - Board vice chair
 - Board secretary
 - Professional outreach coordinator
 - Quick Steps workshop co-chairs
 - Literature coordinator
 - Hotline coordinator
 - WiFi phone system set-up team
- Buffalo Retreat: Help with the raffle, literature and concessions. Call Sue L: 507-258-0754
- 2020 Region 4 Convention in Omaha, NE, July 2020. Need speakers and help with programing. Call Annette P-R: 763-447-5688

MEETINGS

- The monthly Newcomer Meeting will be discontinued at the end of 2019. *Meetings can help newcomers feel welcome and supported by providing newcomer pamphlets and phone lists, calling them during the week, connecting them with a sponsor, etc.)*
- New meeting: Cold Spring, MN
- Holiday schedule: St. Paul Wednesday 7pm will not be meeting on Dec. 25th or Jan. 1st
- Temporary Intergroup meeting locations:
 - February 8 and March 14: Unity Christ Church, 4000 Golden Valley Rd; Golden Valley 55422
 - April 4: Buffalo Retreat (first Saturday)