

# Unity Intergroup Talking Points

## January 2020

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### UPCOMING EVENTS

- Tools of the Trade/Food Planning Workshop, January 25, 9:00am-3:00pm, Anoka. Bring your lunch. Register at [OVEREATERS.ORG/EVENTS](http://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](http://Overeaters.org/Intergroup/Forms/Event) Budget Template: if you are planning a workshop/event, please complete and submit to the Board.

### VOLUNTEER OPPORTUNITIES

- Unity Intergroup Board Members: Chair is Leigh M. and Treasurer is Sheila L. The board still needs a Vice Chair and Secretary.
- Buffalo Retreat: Registration Open! Still need help with the raffle, literature and concessions. Need donated Raffle items to the retreat. 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 has been discontinued. Meetings can help newcomers feel welcome and supported by providing them with newcomer pamphlets and phone lists, calling them during the week, connecting them with a sponsor, etc.
- There will be no 2020 Unity Intergroup Convention
- 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)

### NEWSLETTER

- New newsletter email: all articles should be sent to [ExpressionsofUnity2020@gmail.com](mailto:ExpressionsofUnity2020@gmail.com)