

UNITY INTERGROUP TALKING POINTS- May 2020

1. Regarding Donations to Unity Intergroup:

- a. *Please consider “batching” your donations monthly, as it costs .30 per transaction for each individual donation, regardless of amount. Thank You!*

2. Region 4 Rep Open Position

- a. We will have a Vote for filling the new Rep Position at the July 2020 Intergroup Meeting. Candidates must have 6 months of Abstinence and attended a minimum of 3 Unity Intergroup meetings.
- b. The Region 4 Alternate Rep position was filled during our May meeting by Cathy G. by a unanimous vote. Welcome Cathy!

3. NEW NEWSLETTER TOPICS!!

- a. Going Forward, ANYONE can send in submissions for any of the upcoming Newsletter topics. This no longer limited to just being submissions from a particular meeting. *(This means You could have as article in our next Newsletter)*
- b. Send articles to expressionsofunity2020@gmail.com by the 27th of the month prior.
- c. Upcoming Topics
 - i. June: Staying Abstinent through tough times and trauma
 - Sponsored by Unity Intergroup
 - ii. July: Write on one of the “Just for Today” resolutions.
 - Sponsored by Rochester, MN (OA HOW), Monday, 6:00 pm
 - iii. August: Traveling/Vacationing Abstinently
 - Sponsored by Circle Pines, MN (OA HOW), Saturday, 8:00 am
 - iv. September : Write on your Positive Recovery Experiences
 - Sponsored by Golden Valley, MN (OA HOW) Tuesday, 6:00 pm

4. UPCOMING EVENTS!

- a. BIG BOOK STUDY – This will be Virtual Workshop (*being held on Zoom*)
 - i. Registration is open online: <http://overeaters.org/upcoming-oa-events/>
 - ii. This event will take place over 2 Saturdays.
 - Dates: May 30 & June 6
 - Time: 9:00 am to 5:30 pm
 - Cost: \$16.00
- b. REGION 4 CONVENTION: “Looking In, Looking Out, Looking Up”
 - i. Dates: July 10th through July 12th
 - ii. Location: Omaha, NE-[Region 4 Convention 2020](#)

- iii. Cost: \$40 till the end of May, then it becomes \$50. Please note Full refunds will be issued if necessary!! Discounts for Hotel stays are available.

5. WHAT'S NEW?

- a. We welcome any and all ideas for upcoming workshops? Please send us your ideas using the "Contact Us" section of our Website:
<http://overeaters.org/contact-us/>

6. Upcoming Intergroup Meetings:

- a. For the next few months all Unity Intergroup Meetings will be held via Zoom Conference. We encourage you to join us! We would love to hear from more groups.
- b. Next Month's Meeting Zoom Information:

Time: Jun 13, 2020 12:30 PM Central Time (US and Canada)

To Join The Zoom Meeting, Click on the following link:

<https://us02web.zoom.us/j/81506331522>

Meeting ID: 815 0633 1522

Dial by your location

- +1 253 215 8782 US (Tacoma)
- +1 301 715 8592 US (Germantown)
- +1 312 626 6799 US (Chicago)
- +1 346 248 7799 US (Houston)
- +1 646 558 8656 US (New York)
- +1 669 900 9128 US (San Jose)

Meeting ID: 815 0633 1522

THANK YOU FOR YOUR RECOVERY! Keep Coming Back!! ☺ ~ ~ ~