

UNITY INTERGROUP TALKING POINTS: August 2020

**There are (6) Region 4 Rep Positions Open! Please consider contributing this service!!! (You may also “visit” the upcoming Assembly.)*

Contact Annette, Region IV Chair, for more details @ apr.region4@gmail.com or 763-447-5688

VIRTUAL Region 4 Assembly:

Friday, October 2nd- 6 PM to 8 PM

Saturday October 3rd - 8:30 AM to 4:30 PM

FREE! No expenses, attend as a rep or visitor!

UPCOMING EVENTS!

- OA Quick Steps: August 22nd (This is part 2.). Details available on UI Website - www overeaters.org
- September 12th: Intergroup Zoom Meeting: 12:30 PM - 2:00 PM

Upcoming Region 4 Activity:

- September 11-12: OA Zoom Convention! VIRTUAL FALL RETREAT
 - “F. A. I. T. H. > Finding Answers in the Heart < \$25 registration!
 - Please see: www.stlouisoa.org for program and registration deadline! Or Contact: Carol H. @ 314-775-4764

Please consider contributing to our monthly Newsletter. All submissions are welcome!

Send articles to Cathy G: expressionsofunity2020@gmail.com by the 27th of the month prior. (Open to All!)

NEWSLETTER TOPICS:

September: "Positive Recovery Experiences"

October: "How does service help your recovery?"

November: "Share one of your favorite lines from OA recovery literature and why it inspires you."

OUTREACH - CARRYING THE MESSAGE:

WATCH FOR THE UPCOMING SURVEY WE ARE SENDING:

To better carry the message, we will be sending out a Survey that will take approximately 90 seconds to complete. This will be used by Unity Intergroup to help us understand what our community needs. We want to be able to provide you with all the services, webinars, and whatever else is needed to help us all strengthen our recovery and help those that are still suffering. **PLEASE FILL THIS OUT AND ENCOURAGE THOSE IN YOUR MEETINGS TO ALSO TAKE THE SURVEY. WE WANT ALL OF YOUR VOICES TO BE HEARD!! Thank you!**

There is a link to the survey on our website: www.overeaters.org

Bring us your outreach ideas: If you have ideas of how to carry OA's message of recovery, we would love to support you in that! Please contact Unity Intergroup (*See Website*) or attend an Intergroup meeting to share your ideas!

General News

- *Regarding Donations to Unity IG: We are grateful for all your 7th tradition donations, but please consider "batching" your donations monthly as it costs .30 cents to Unity IG for each individual donation, regardless of amount. Thanks! ☺*

KEEP COMING BACK –YOU'RE WORTH IT!!! : ☺

☺ "We are going to know a new freedom and a new happiness!"