

18:04:17 From Ingrid A to Everyone:

Hi everyone, love to see all of you!!

18:35:56 From Michelle D, R8 Treas, CentralAR to Everyone:

OA.org

How to start a new meeting: <https://oa.org/how-to-start-a-meeting/>

New Group Starter Kit, item #730 for US\$20.00

Register your meeting: <https://oa.org/add-a-meeting/>

Group resources: <https://oa.org/group-resources-list/>

Document Library - printable pdfs (filter for "group resources"): <https://oa.org/document-library/>

<https://oa.org/app/uploads/2021/09/how-to-start-a-meeting-of-overeaters-anonymous.pdf>

Suggested meeting format: <https://oa.org/app/uploads/2021/11/suggested-meeting-format.pdf>

Region8.org

Intergroup financial help Region 8: <https://oaregion8.org/region-8/intergroup-funding/>

18:37:18 From Kimmy Chicago to Everyone:

9pm EST , 8pm central Better Together Meeting 976 429 200 pw is the word better all small letters

18:59:10 From Pam T. to Everyone:

Thank you Robin and everyone, especially Kimmy and Michelle! I need to get to another meeting!