

Region 4 Unity Intergroup Minutes, February 10, 2018

In attendance: (Corey H) Tues 7 pm Wayzata & Intergroup Secretary, (Paul B) Region 4 Rep, (Diane C) Sun, (Nancy K) Sat. am Pax Christi & Hotline & Buffalo Retreat, (Jean K) Sat am Pax Christi & Buffalo Retreat, (Eileen M) Mon. 10 am Mpls, (Sasha K) Newcomer meeting, (Mary T) Website Coor., (Cecelia) Tues 6:30 Bloomington & Co-facilitator Quick Steps, (Sheila L) Mon. 6:30 pm Robbinsdale, (Julie K) Mon 6:30 Robbinsdale, (Betty C) Sat 10 am Golden Valley, (Sharon S) Tues 9:30 HOW, (Pat W) Mon 10 am & Intergroup Vice Chair, (Melissa R) Mon 6:30 & Sat 7 am & Region Rep WS, (Margie A) Tues 7pm Wayzata, (Lou L) Sat 10 am & Outreach chair, (Paula R) Sat 8 am Circle Pines & Intergroup Treasurer, (Cathy G) Intergroup Chair, (Annette P-R) Region 4 Chair

Trusted Servants: Chair (Cathy G), Vice Chair (Pat W), Provisional Secretary (Corey H), Provisional Treasurer (Paula R), Bookkeeper (Betty C), Region 4 Chair (Annette P-R,) Region 4 Representatives: (Paul B, Roxanne P, Dawn S, Jill S, & Melissa A.) WSBC Delegates (Roxanne P & Melissa A), Buffalo Retreat Co-chairs (Jean K & Nancy K), By Laws Chair (Howard K), OA Quick Steps Chair (Pat W), Public Information Chair (Lou L), State Convention Chair (Open), Twelve Steps Within Chair (Carolyn S), Big Book Chair (Ranee E), Email & Event Coordinator (Howard W), Hot Line Coordinator (Nancy K), Literature Coordinator (Dawn S), Newcomer Meeting Co-coordinators (Rebecca W & Sasha K), Newsletter Editor (Jill S), Print Coordinator (Nancy K), Social Media Coordinator (Howard W), Web Coordinator (Mary T)

Cathy G.: Welcome, Serenity prayer, gave binder to new rep

Cathy G.: We may combine some positions (public information and professional outreach) We are taking break from service concepts and doing traditions. Betty C. will read Tradition 3 at next meeting. We will be sending out minutes a week before the next UI meeting. We may try to end the meeting at 2:20 and the board will be available to talk one on one with any questions you might have.

Pat W: We don't govern, most people will cooperate with decisions they had a voice in making, hopefully that is.

Corey H: Any changes to minutes? Discussion: Since we don't have them in print, maybe vote next month? Jean K made a motion to keep the minutes as written, Annette B-R seconded it, it passed.

Cathy G: Look at website, what changes would you like? Tell Mary T. or Cathy G.

Cathy G: Printing is expensive; our plan is to have you all review the minutes online before you get here.

Betty: Treasurer's report presented.

Bookkeeper: Constant contact cost went up? Mary T.: No, have to renew annual to get \$60 a month fee vs. \$95 a month. Conference call, Verizon, not fun, there need to be some credit adjustments. Free conference call we're going to drop, video bad. Howard: buy a card, use it up, card gone, discontinue. Betty and Paula should deal with that says Mary T. but she will help. Margie made a motion, Mary T seconded it, it passed. Change dates.

Introductions

Quick steps flyers are available to give to your groups. (One copy at UI meeting, also online)

Sign in sheet, if your meeting has changed make a note of it in the purple book.

Cathy G: Voted in Pat W. as Vice-chair. Unanimous.

Cathy G: Do we need a print coordinator? The printer is large, but we have a Coordinated Business System contract through March, you can call and get advice from them. It got expensive to go through Kinkos. As an alternative, people would be more individually responsible to print in advance, or they could read on their phones. Jill S. Is willing to bring a copy for everyone. If we don't have a print coordinator we won't have newsletters to let you bring back to your groups. Nancy W. volunteered to be the new print coordinator. She is to ask Cal how many newsletters to print, he seemed to print the right amount. Financials and agenda to be sent Nancy W. to print.

Sheila L.: 12 Steps Within is working on a proposal for the board, event related to relapse, tentatively in June.

Cathy G.: Annual Convention, no money put down, nothing on the books, in the past we have burned through coordinators, the board took convention on in 2017. If we have no one who is gung ho about being the coordinator, we let it slide and won't plan a convention.

Annette P-R: If it is to be it is up to me

Margie A: Do or not do, there is no try. Yoda

Cathy G: Professional outreach: Kathy J did panel presentations with medical professionals, not sure if there is a template for this. Any ideas for future? Your clinic has an event we can have a booth at? Let's do this on demand as needed.

Howard W. will do the bylaws.

Mary T.: We were supposed to vote in the bylaw changes but they were not posted. Howard W. will track them down and get them posted to the web so we can vote on them next month.

Mary T.: Newsletter, Jill S. is excited about being in charge of it. Feb. has been distributed and it is posted online.

The Trusted Servants list will need to be printed out for every meeting Intergroup meeting.

Cathy G. Newsletter: Friday St. Paul OA How for March. Do we want to publish it every month? Every other month? 6 issues a year, it could be more robust? Discussion: Every other month? There is an issue that publicity is late ie publishing convention in Nov. when convention is over. Margie A: Events every month, articles every other month? Howard W.: might miss a Quick Steps announcements if not monthly. Could send out an event blast only? Cathy G: We need to simplify the website so it is easy to find meeting. Mary T: We have struggled with a robust website, we probably need to get rid of the newsletters and instead blog or whatever is on the web. Cathy G.: Concerned for upcoming events, limited representation at this Intergroup, only 10 groups are getting the newsletters vs. 40 are not. Our mission is to get more people on Constant Contact. We welcome your ideas on this. Sasha K.: As long as there is a way to get the month, if the talking points do have that. Melissa: Would less newsletters = more trouble finding meeting? More trouble getting robust content? April newsletter: Melissa's Saturday group. May newsletter: Betty's Golden Valley

Newcomer meetings: Feb. Tuesday Minneapolis HOW, March Mon Robbinsdsale, April Sunday SLP, May TBD

Sasha explained what happens at newcomer meetings. Not sure what the requirements for speaking at newcomers. 90 days? We can look it up and put it in the notes? Group motion to have 90 days of abstinence to speak at newcomers meeting was proposed by Annette, Mary T seconded it and it passed.

Lou L: Healthy Life Expo coming up in March 3 & 4 at the Minneapolis Convention Center, need two people per 2 hour shift, 16 people total. 10 am-5 pm. Tell groups we need volunteers. Can reimburse parking. Bring your before pictures because we pass as normal. Need the meeting directory printed out.

Lou L: Gluten Free Expo is a possibility. Margie: we gave out more meeting lists at the gluten free. Storage, \$1,300 a year. Discussion: Put the things in your garage? Pat W: Can put in my garage. Mary T: What about a fire? Group assets in someone's personal possession is not good. We can get temperature controlled for less money, we don't need that big of a space. Mary T and Cathy G can discuss.

Lou L is looking for other public outreach ideas. Ask people to volunteer at your meetings. World Service has a new manual on public information. Diabetes expo has been cancelled.

Small groups: We are out of time for the small group discussion today but please go back to your groups and ask them what do you think UI's mission and goals should be? Look at what we have done.

Newsletter, expos, conventions. Public information, meetings are full of resourceful people, tap into them. Tell us "My meeting really wants to do this." There is a movement at World level to pare down, things are too complicated. What do we do to support the newcomer? Pare it down. We will table this discussion until next Month.

Annette P-R: Make sure those are in your talking points.

Cathy G.: As a group, we decided if the 33 motions for World Service Business conference were worth discussing.

Howard K. has a Buffalo Retreat flyer which will be blasted out soon. April 6, 7, 8. Registration is within the next couple days.

Pat W.: Quick Steps, Cecilia has fliers, 7 people signed up, it will be held next Sat and then two weeks later, 9:30-12:30. Can take a few more names. 10 is a good number of people. Good to have flyers at Newcomers meeting. Doing really well. Already went out with Constant Contact, won't need to print anything for this series.

Cathy G: Mary T asks us to give her feedback on what you would like the website to do. We have an updated meeting list. World Service website is user friendly, go in there and make your own changes.

Melissa R.: why are we duplicating our efforts if World Service has this list? Cathy G: So we can hyperlink the addresses? Melissa R.: Maybe this is already happening on World Service?

Dawn S.: If you need any literature, let her know.

Cathy G: Closing