

Unity Intergroup Minutes March 10, 2018

In attendance: Paula R, Pat W, Betty C, Sheila L, Lisa P, Cecelia, Beth K, Maggie S, Nancy K, Paul B, Dawn S, Wendy O, Janet A, Nettie D, Sharon S, Melissa A, Margie A, Jill S, Annette P-R, Kendra S, Corey H, Cathy G, Chris K, Julie K, Elizabeth R, Sasha K

Cathy led the Serenity prayer & introductions. Pat welcomed new UI reps.

Bettye read Tradition of the month, Tradition three. April volunteer: Jill S.

Corey reported minutes from Feb., Jill made a motion to pass them, Margie seconded. Motion passed.

Paula & Bettye presented Income/expenses to date. Please put your group name, day, time when you send in money. Bettye fixed a couple problems of convention income. Annette made a motion to pass. Lisa P. seconded it. Motion passed.

Suspend paper voting for today? Bettye made a motion to pass it. Wendy seconded it. Motion passed.

Elections: Unanimous vote for Corey as Intergroup Secretary & Paula as Intergroup Treasurer.

Jill, Newsletter, groups writing articles: April Sat St. Paul, May Golden Valley Sat 10 am, June Crystal Wed 1 pm July? Send newsletter articles to expressionsofunity2018@gmail.com (this is a new email address)

Sasha, newcomer meeting, groups speaking: April Sun night SLP, May? June?

Margie, had a booth at Healthy Life Expo, 4-8 people per hour got information, there was interest in professional outreach.

Bylaw vote? Table it until we can talk to Bob.

Buffalo Retreat, April 6-8, 71 registrations, six out of 15 scholarships used, nine \$75 scholarships are available, don't need to talk to anyone, just choose "scholarship" when you register. Zero private rooms are available. Maximum room for dinner is 130. There are twelve spots for just program (no lodging) and two have been used. Buffalo needs raffle basket items. Groups make baskets and the money they make goes to the scholarship fund. To donate a basket: Linda 612-360-8058. Also there are a couple speaker positions open: must be at the retreat, must be abstinent for six months. They also need someone to lead yoga (no abstinence required.) Talk to Nancy 612-250-0075 or nancy@onetwelve.org. Baskets must be ready the week before or bring to the retreat. Annette, there is a very good region newsletter which needs articles, 300-500 words on any topic: personal experience, steps, traditions. Articles are due May 13th to 4thought@oaregion4.org.

Region 4 Convention "Show me-recovery: Together we get better" June 22-24, St. Louis, MO, Register at oaregion4.org. Our very own Paul is in charge of entertainment.

Region meeting in April in Rapid City, \$64 hotel rate, can stay extra dates and for the same rate. World Service meeting in Albuquerque in April. Would anyone like to be aa Region 4 Representative? No takers.

Cathy, updates for website. We are hiring a freelance web geek, go to website: overeaters.org, what would you like to see changed? Email Cathy at cathunityig@gmail.com.

Quick Steps, April 21st and May 5th, seven participants in the March group. Everyone got a color brochure to bring back to their groups.

Nancy, color copying? In the past no color copying because toner cartridges are too expensive. Discuss in small groups.

Cathy, let's get together in groups talk to talk about what Unity IG should be concentrating on. What is our mission? What activities could support that? What would you change about the Intergroup meetings?

Printing ideas

Print black ink on colored paper? Black and white photocopying. Are you supposed to print things for your group as intergroup rep.?

Intergroup Mission and activities to support:

Get more people on intergroup email lists.

Do we attract? Promote? Cards attract? Pens promote? Groups give funds, for newcomer or funds are to make our own groups stronger? Newcomer podcasts? Smaller events =less scary, less time consuming. Simplify? Decide on 2-3 projects for the year?

How do you know if you are reaching the newcomer? How useful are the expos? Do they bring in newcomers? Hazelden? Women's expo? Can we track that? Could we use that money in more intimate ways in small groups? Teach 12 steps? Does the web traffic increase after these events? Go to schools to talk about OA? Work with WIC? Speaker rosters? Once a year speaker list? Combine quick steps and newcomer meeting so it is organized into a program. Each meeting ?? had a newcomer meeting after the meeting. Promote programs that inform people about the 12 steps vs having a booth or a huge convention. Ie promote Quick Steps and Big Book. Focus of intergroup = to reach the newcomer. We currently have very few young people, very few people of color, we talk about it at region too. Do more electronic to target the younger groups. Do a newcomer group to meet for six sessions, organized? The first three steps?

Liked focus on newcomer and still suffering. Get more professional information out to doctor's offices. Doctors know that AA works, but not a lot of doctors, know OA works. There are a lot of newcomer packets, young people packets, things to bring to the professionals, we have the information, we just need to get it to them.

Reach those still suffering, not just newcomers. Have a strong public information. More activities. More creative ways to reach people. Billboards? Need strong website strong to attract new people, especially the younger people.

Pay attention to the newcomer. How do we get it to them? Outreach group to get to professionals/ commercials? Public announcements/ Social media? Have a campaign to bring literature to your doctor's office. Podcast for newcomer? Education and literature on what is compulsive overeating? Collaborate with AA? Exchange ideas with other intergroups? Business cards for newcomer meetings to hand out to people we meet? Have a newcomer meeting after our regular meetings? Make newcomer meeting simpler, what is your next step? Have speakers be temporary sponsors. Have each type of meeting represented at the newcomer meetings.

We focus a little too much on money at intergroup, we have plenty, gets brought up over again.

Intergroup meeting ideas:

A lot of newcomers to this intergroup meeting, have a newcomer orientation. Have small group discussion at each meeting.

Closing, Serenity prayer