

Unity Intergroup Representative (IR)

Guidelines

- Length of term and abstinence requirement as determined by individual meetings

Responsibilities

- Time commitment: 3 hours/month
- Attend the monthly Unity Intergroup meeting or find an alternate to if you can't make it
- Take copies of the newsletter, event flyers, meeting lists, etc. back to your home group
- Sign up for email updates at overeaters.org
- Print out Talking Points and share them at your meeting—preferably more than once!
- Act as liaison between Intergroup and your home group by announcing upcoming events and service needs, as summarized in Talking Points, and gathering input to share with Intergroup
- Consider volunteering for additional service, such as:
 - Event chair or committee member for Buffalo Retreat, Convention, Big Book Study, Sponsorship Workshop, Quick Steps, etc.
 - Professional Outreach Coordinator or Hotline Coordinator
 - Set up and take down WiFi-enabled phone system at Intergroup meetings
 - Sign up to staff the OA booth at professional conferences

Note: Unity Intergroup meets the second Saturday of each month from 12:30–2:30 pm at:
Sumner Library
611 Van White Memorial Blvd
Minneapolis, MN 55411