

UNITY INTERGROUP MEETING MINUTES April 11, 2020

ATTENDING VIA PHONE: Leigh, Sheila, Annette, Kirsten, Michelle G., Cathy G., Betty, Marque, Johni, Rebecca, Nancy, Howard, Kendra, Sarah U., Sasha, Meg, Bob

1. **Welcome:** Welcome, Serenity Prayer, Introductions
2. **Step 4:** Betty and pitched on Step 4.
3. **Secretary's report:** Leigh presented the minutes of the March meeting. Meeting Minutes were amended to reflect the following changes: Sheila's name was spelled incorrectly. Betty motioned to accept, Cathy seconded. Motion passed.
4. **Treasurer's Report:** Sheila presented the Treasurer's report on refunds for the Buffalo retreat, processed through PayPal on April 2. Each refund cost 30 cents. Unity IG church meeting room was paid for at \$100/month for 2 months. Fee for WSO paid. Kendra made a motion to approve the expense report, it was approved by Annette, and the motion approved by all and passed.
5. **Intergroup Biz:** Annette presented the concern voiced by Howard re: solicitation by Landmark members. Howard and Leigh will address this offline.
 - Region 4 Rep (Open)
 - Sheila reported that the Buffalo retreat committee has returned or shredded checks based on member preference after contacting them.
6. **Region and World Service:** Annette P. presented:
 - WSO business conference has been cancelled and costs will be refunded.
 - 12 Step workshop and study guide has been published with a participant guide.
7. **Newsletter:** Leigh presented the topics for the Unity IG Newsletter. ANYONE is encouraged to submit an article!!! to overeaters.org. Click on tab to submit and for a list of topics and due dates.
 - **Upcoming Group Contributing Articles**
 - Talk about new submittal format on Overeaters. Org
 - May:** Golden Valley, Saturday 10:00am ○ *Topic: How does your spirituality enhance your program on a daily basis?*
 - June:** Seward, Saturday 11:00 AM ○ *Topic: Staying abstinent through tough times & trauma*
 - July:** Rochester, Monday 6:00 PM ○ *Topic: Write on one of the "Just for Today" resolutions*
 - August:** Circle Pines, Saturday 8:00 AM ○ *Topic: Write on Traveling / Vacationing Abstinently*
 - September:** Tuesday Night, Golden Valley OA-HOW virtual meeting. *Topic: How does the change in season and/or weather affect your abstinence?*Send articles to expressionsofunity2020@gmail.com
8. **Events:** VIRTUAL Big Book Study: May 30 & June 6, Nancy K-Chair
OA Region IV Convention, June 10-12 Omaha, NE-refunds will be available if cancelled. Looking for speakers-contact Annette P.
Upcoming IG Meeting Locations: May 9-phone meeting, June-Sumner Library, if available
Carrying the Message: Leigh presented on the option to put together a group and agenda to do a conference day or series to promote recovery tools. Meg has a virtual workshop idea. Also open to other suggestions. Send ideas to expressionsofunity2020@gmail.com on how you're using the tools of recovery to share with others.
9. **Closing:** Leigh closed the meeting with the Serenity Prayer.