

## UNITY INTERGROUP MINUTES September 12, 2020

ATTENDING ON ZOOM or Phone: Kirsten, Annette, Michelle G., Marque, Kendra, Kay, Howard, Cathy G., Cheryl, Jaime B., Rebecca, Debbie N., Jen S., Laura K., Sheila, Sandy A., Lori, Roxanne, Rebecca S.

1. Welcome: Marque led Introductions

2. Step 9: Marque pitched on Step 9.

3. August Meeting Minutes: Sheila presented the minutes of the August meeting. After the review, Cathy made a motion to pass the July minutes as amended, it was seconded by Rebecca, voted on and the motion was passed.

4. Financials: Sheila presented on UIG Financials

+\$138 Aug quick steps donations

-\$581 total expenses for month

-\$428 for annual tax accountant

Only Big Book study expense -\$29, (\$5,065 income from virtual BB study)

Current Checking account balance around \$17-18,000 Prudent Reserve Account \$15,000

Annette moved to accept financials, Kay seconded, none opposed, financials approved.

5. Intergroup Biz: Marque and Sheila

-Upcoming intergroup meetings to be on Zoom

-Update on library fee- \$100 contribution sent to library for use of room in January- library expressed gratitude, will be used for summer programming for kids in the neighborhood.

-Survey Monkey still active-went out August 18 have received 160 responses. 60% have not attended UIG mtg. 25% not interested in attending UIG. 10% don't know what it is. 15% indicated UIG inconvenient day and time. 14% part of another IG. Topics: Prayer and Meditation - 68% interested in this. Relapse Prevention, Big Book Study, Body Image, 12 Stepping a Problem also of interest. 2-4 hours = preferred time. Quarterly basis or every other month, semi-annually. 13% yes for mtg to host an event. Offers to help with technology. Variety of members interested. Wonderful comments from ppl outside of UIG in response to our newsletter, virtual events. Etc.

-Howard reported on the by-laws committee, which is still organizing to update for the website. Will

schedule an upcoming meeting to address provincial committee members giving service.

**\*\*October 2-3, 2020 REGION IV Intergroup Assembly\*\*** via Zoom 6pm-8pm, 8:30-5

Region IV IG Rep position OPEN-Annette presented on Region being the “hub” of OA to communicate and support groups, how systems are working, how to serve our community

We can have up to 7 reps! We have 1 right now.

Reqs: 6 months current abstinence, service beyond the group level.

Topics: committees, fundraising (ways and means), make new friends, up recovery, create ideas, make new activities, see what other IGs are doing, bylaws

Will be VIRTUAL-No Costs-

**\*\*\*Can visit even if not a representative\*\*\***

6. Newsletter: Cathy G. is Unity IG newsletter editor-

Discussion around:

“Is the newsletter a vital resource?”

-Ideas on how to use the newsletter as an OA community resource

-Possible trial of “Q & A” style/corner of newsletter to share “Experience, Strength and Hope” with each other via “dear abby” style anonymous letters and answers/thoughts.

Send articles to:

[expressionsofunity2020@gmail.com](mailto:expressionsofunity2020@gmail.com)! Articles are due the 27th of each month. Thanks to all those who submitted articles to the September issue. All members are encouraged to submit!

NOTE: Upcoming Topics are: October-“How does service help your recovery?”

November-“Share one of your favorite lines from OA recovery literature, and why it inspires you.”

December-“Staying Abstinent around the Holidays & family”

Bob challenged the board to visit new meetings.

7. Upcoming Events/Carrying the Message:

Kendra presented on Quick Steps Program that occurred on August 8th and August 22nd. Two groups of about 15 people. Quick Steps does well with smaller groups so people have a chance to share. Very hands-on. Next sessions will be on October 3 & 17, 2020.

Annette presented on her term ending. Contact Annette before the 10th if you want to save on shipping of OA materials. Annette presented on the many and various roles of Region IV. Goal of website to attract and serve members.

Sheila presented on "Carrying the Message". Stated that a previous chair visited all 60 meetings, and, "Many hands make little work." Is there a group of people interested in representing UIG to other meetings? Share: What UIG is and isn't? More accessible now that most meetings are virtual. Roxanne and Debbie are interested in being a part of this outreach group and will touch base on initial steps on this before the next UIG meeting.

Cathy G. reported that 22 meetings have reported meeting not in person (phone, webex, Zoom) locally.

Kendra brought up finding a way to do "text blasts" rather than e-mail blasts, as texts tend to get better responses.

Discussion about website event link possibilities.

Rebecca thanked everyone for their service.

8. Closing: Marque led closing with the Serenity Prayer.