

UNITY INTERGROUP MINUTES October 10, 2020

ATTENDING ON ZOOM or Phone: Kirsten, Kendra, Howard, Debbie, Leigh, Roxanne S., Sheila, Joyce, Cathy G., Jill, Allison R., Mary Ann W., Amanda, Virginia, Lynn, Eileen, Marque, Betty, Roxanne P.,

1. Welcome: Leigh led Introductions and Serenity Prayer.

2. Step 10: Joyce pitched on Step 10.

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

4. Financials: Sheila presented on UIG Financials

September Report:

\$934 of receipts

\$353 from big book study may-june

\$100 refund from world service conference

Currently have \$32,000+ in bank account

Look into bylaws for upcoming contributions to Region & WSO

Marque moved to accept financials, Howard seconded, none opposed, financials approved.

5. Intergroup Biz:

-Survey Monkey: Sheila presented the survey is now closed. Summarized the results of the survey. Almost 300 responders. 61% have not attended UIG mtg in the past year. 24.4% not interested in attending UIG. 41% have attended 1-2 events in the past 2 years. Several appealing OA topics were: Prayer and Meditation and 12th Stepping a Problem. Preferred length of time: 2-4 hours. 36% indicated quarterly attendance at OA events. 16% would consider hosting an event. Correct percentages to be validated. Will send out survey results in the meeting minutes to help determine "next steps".

Debbie and Mary Ann W. spoke to the importance of striving to reach the newcomer at meetings and beyond. Leigh spoke to adding to the newsletter "feature" of suggestions and questions of how to better treat our newcomers. Cathy spoke to Meg working on compiling different ideas for groups to consider. Sheila spoke to talking about UIG, what it is, does and who can come.

-Recording Meetings Discussion: Leigh introduced the topic of being on ZOOM meetings, and concerns arising regarding anonymity if recording a ZOOM meeting, as well as a substantial amount of space to

store a recorded meeting, and incurring additional costs to store recordings, which there may not be a demand to view. Leigh reiterated that our meeting minutes are our legal paper trail.

Howard stated that was a motion passed in July and to have an official and permanent record of our meetings and that there would need to be an amendment to alter that.

Cathy G. explained that with our website, we would have cost and beyond 7 minutes would affect our load time. Cathy G. will make a new motion, upon new information and research, Put copy on the website saying, "if would like copies of the most recent intergroup, would you please email.." has gotten no hits.

Joyce stated she did not see the purpose/benefit of keeping a recording of longer than a month. We have our paper minutes by the secretary.

Allison brought up that as a courtesy making it known it will be recorded, if we choose to record and post later.

Debbie stated the recording would only be audio and it might be a way of people to listen to what happens at an intergroup meeting.

Leigh asked if one recording could suffice for this purpose.

Debbie spoke about "un-passing" a motion.

Cathy G. explained we would not un-pass a motion, we would make a new motion. She stated that no one has made a request to listen to the previous recordings. There has been no interest.

Marque clarified we would keep recordings, they would not be posted on the website with the potential new amendment.

Leigh questioned why we would need to keep past 30 days.

Marque stated he has to reach out to determine liability for keeping recordings for open meetings.

Bob questioned the legality of recording a meeting.

Leigh clarified all we need is the written minutes.

Kendra is wondering if people need to be notified the recordings are there. She suggested improving our website with our funds.

Betty reiterated that the minutes of the meeting are posted on the website.

Sheila reminded us that we do review the minutes and amend or pass the minutes the following month, and it is good that we do that.

Cathy G. changes the hyperlink after minutes are sent each month. Will put same copy on IG documents page to make it easier for people to find.

Jill spoke that the meeting minutes are thorough and complete as the person writing.

Leigh spoke to wrapping up the discussion with a group vote on a new motion.

Roxanne asked to make a motion to table this until next month.

Debbie spoke that if we did table it we would still be recording and saving meetings in the meantime. This was affirmed by Leigh.

Cathy G. seconded the motion to table it until next month. 1 opposed. Motion passes.

-Leigh introduced on the importance of the by-laws committee, which need to be updated every 7 years.

Jill reported on the by-laws committee which met in September. Different proposals and motions were passed, have not been updated since 2013. Now updated until 2020. In 2013-2014 there was a duplicate that was not updated to the website correctly. Will need to go through that before presenting to the Board. Committee meeting tomorrow to go over by-laws and check with UIG.

-Update on visiting local meetings virtually (Debbie and Roxanne). Will work on going visiting meeting, along with Leigh.

-Cathy G. spoke about meetings, ZOOM and live and updates on website. Cathy created a googledoc and will start to populate info for meetings. If you want your meeting listed, if going to F2F, pop into GPS, will take you there. Go to Overeaters.org/find a meeting/ add info (in red type).

-January 2021 Elections- think about future service to UIG!

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

Send articles to:

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"

January-"Have the Promises of the Program come true for you?" P. 83-84 of the Big Book of AA

7. Upcoming Events

Region IV Virtual Assembly Update- Kendra reported on attending the Assembly for the first time. They

used ZOOM breakout rooms to get to know people with 5 minute shares. Very enjoyable. Debbie shared about small IGs being able to “piggy back” on other IGs. “They were very impressed with how we do it here.”

Upcoming Quick Steps: Saturday, Oct 17, REGISTRATION CLOSED. Constant contact is very effective. Jan 16, 30 (Saturday mornings) upcoming. A few spots left. Bob will look into some additional dates.

8. Carrying the Message:

Lynn presented on an outreach idea for weight loss surgery and outreach. Thinking about all the private groups that employers and health insurance are trying to get people to spend less on health care. What a great way to return to a healthy weight with OA. Lynn would like to get a group of people together to go to people who would benefit from what we have to offer.

Debbie stated at one time we had an outreach committee. Knows a pharmacist who came to OA convention as a health care professional and is willing to present.

Amanda stated there used to be a group that would go out to doctors or pharmacists, unsure if we still have those contacts.

Sheila stated, yes, we still have that group, unknown who it is or how active.

Cathy G. stated in the past the board decided to focus on health care professional events, booths, mental health, social services, social workers association, etc.

Virginia reminded us of a pamphlet available to present to health care professionals.

Cathy stated this is available on the website for free.

Bob has an interest in “12-Step Within”. Stated at Region IV what was brought up was the need for the smaller meetings to have support. Would be willing to start “Sister meetings” or sponsoring meetings to carry the message with others. Roxanne will work with Bob to spearhead this.

Leigh stated we will be opening a UIG ZOOM account in the near future.

Discussion around walking The Steps through Body Image workshop.

Lynn interested in getting started on this outreach, open to connecting with others of similar mind.

Kendra asked to discuss meeting day and time for future meetings. Will discuss suggestions.

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