

Unity Intergroup Meeting Minutes

April 10, 2021

ATTENDEES: Lori K, Sheila L, Amanda A, Annette P-R, Betty C, Cathy G, Jill S, Julie K, Liz T, Nancy H, Nancy D, Tamra A, Allison, Patty M, Marque N, Bob S, Roxanne S, Deb C, Deb N, Kay H, Cecelia, Max W, Kendra S, Manu

UIG TRUSTED SERVANTS: IG Chair- Lori K, IG Vice Chair - Sheila L, Secretary - Amanda A (provisional until May meeting), IG Treasurer - Open; Region 4 Representatives - Cathy G, Bob S, Amanda A; WSBC Delegates - Amy D, Bob S; By Laws Chair - Jill S; Quick Steps Co-Chairs – Cecilia, Pat C; Public Info Co-Chairs - Betty C, Cathy G; Hot Line Responder - Bob S; Literature Coordinator - Betty C; Newsletter Editor - Jill S; Print Coordinator - N/A at this time; Web Content Manager - Cathy G; Zoom Meeting Manager - Annette PR

1. Welcome: Lori opened the meeting with the Serenity Prayer and introductions.
2. Tradition 4: Roxanne S read and pitched on Tradition 4.
3. Guest Speaker: Max shared his story for 15 minutes.
4. Secretary's Report: Amanda presented the minutes of the March meeting. After the review, a motion was made by Betty to pass the March minutes, it was seconded by Kendra and the motion was passed.
5. Treasurer's Report: Sheila and Betty C presented the March expenses. After the review, a motion was made by Annette P-R to pass the expense report, it was seconded by Cathy G and the motion was passed.
We are still in need of a TreasurerBetty will continue to do the recording of items received in the mailbox and Sheila will continue paying expenses for April.
6. Intergroup Biz: Discussion on Meeting List Working Session – The google doc on Overeaters.org is the most up to date. Lori discussed forming a group of people to contact meetings to ensure that our meeting list is up to date with correct day/time/contact person for the meeting. Reps requested to check the document on the website to ensure that their meeting is accurate. Betty, Deb N, Allison, Deb C, and Manu will work together on reaching out to the meetings on the old list and updating the google doc.
7. Newsletter: Monthly articles will correlate with the month, i.e. May is the 5th month so articles can focus on the 5th step, 5th tradition, 5th principle. To submit articles or information to be included in the newsletter send them to expressionsofunity2021@gmail.com. Reps can also encourage members at their meetings to click on the link and read the Newsletter. All articles need to be submitted by the 27th of the prior month, i.e. May articles are due on April 27th. Meetings volunteering for future monthly newsletter articles – May: Monday Night Anoka; June: Friday 6:30 pm, St. Paul; July: Tuesday Bloomington; August: Saturday 7:30 am St. Paul Early Birds
8. OA Events:
 - Quick Steps – April 10th & 24th, 2021 from 9am-12:30pm CST

- Prayer & Mediation Workshop – April 17, 2021 from 9am-3pm CST
 - Register here:
 - <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eht3zz3s48d748e7&oseq=&c=&ch=>
 - Region 4 Community Conversations – April 18, 2021 from 4pm-5pm CST
 - Recovery During Covid-19 Super Sunday (Region 4) – April 25, 2021 3:00pm-5:00pm CST
 - Zooming into Recovery (St. Louis Bi-State IG) – May 15, 2021 9:00am-5:00pm CST
9. Carrying the Message:
- Tradition Workshop – Annette PR will check on dates for later summer/fall.
 - Big Book Study – Bob S will chair this event. Bob will reach out to Laurie C to coordinate dates.
 - 2021 MN State Convention – Currently there is no chair/co-chair for this event. This will be revisited at a later date to discuss a 2022 convention. Alternative events will be planned for 2021.
 - Buffalo Retreat Virtual Event – The plan is that in 2022 we will be able to hold the in-person event at the retreat center.
 - Sponsorship/Relapse Workshop – Annette, Lori, Jill, Liz and Roxanne will work on preparing an event based on relapse. This will be held the 3rd weekend in August.
 - Region 4 Convention – Will be held July 2022 in Omaha Nebraska. Volunteers needed.
10. Closing: A motioned was made by Betty to end the meeting, it was seconded by Annette P-R. Closed with the Serenity Prayer.