

Unity Intergroup Meeting Minutes

November 13, 2021

ATTENDEES: Amanda A, Julie K, Joyce A, Annette P-R, Jane S, Maryann W, Cheryl D, Kendra S, Nikki L, Carolyn S, Tamra A, Deb C, Lori K, Debbie N, Jill, Rasha K, Shannon, Betty

UIG TRUSTED SERVANTS: IG Chair- Lori K, IG Vice Chair – Jane S, Secretary - Amanda A, IG Treasurer – Annette P-R; Region 4 Representatives - Cathy G, Amanda A; WSBC Delegates - Amy D; By Laws Chair - Jill S; Quick Steps Co-Chairs – Cecilia, Pat W; Public Info Co-Chairs - Betty C, Cathy G; Hot Line Responder – Jane 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 P-R

1. Welcome: Amanda opened the meeting with the Serenity Prayer and introductions.
2. Tradition 11: Joyce read and pitched on Tradition 11.
3. Guest Speaker: Carolyn shared her story for 20 minutes.
4. Secretary's Report: Amanda presented the minutes of the October meeting. After the review, a motion was made by Deb C to pass the October minutes, it was seconded by Jane S and the motion was passed.
5. Treasurer's Report: Annette presented the October expenses. After the review, a motion was made by Maryann W to pass the expense report, it was seconded by Deb C and the motion was passed.
6. Newsletter: Monthly articles will correlate with the month, i.e. December is the 12th month so articles can focus on the 12th step, 12th tradition, 12th 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. December articles are due on November 27th. Meetings volunteering for future monthly newsletter articles – December: Woodbury Friday 10am; January: Golden Valley Saturday 10am; February: TBD
7. OA Events/Carrying the Message:

Recent Events:

- Improving Relationships with the Twelve Traditions – October 16-17, 2021 9am-12pm (via Zoom)

Unity Intergroup upcoming events:

- Buffalo Retreat – April 8-10, 2022
- 2022 MN State Convention – Currently there is no chair/co-chair for this event. ***Reps please bring this to your groups to see if there is willingness to serve on a convention committee in any capacity***

Reminder: We do have a list of people, available on request, who may be interested in volunteering to help with an upcoming program.

Region 4 upcoming events: (oaregion4.org for more information)

- IDEA Day Fun Night – November 20, 2021 7:00-8:30pm (virtual)
- Community Conversation – November 21, 2021 (3rd Sunday of every month at 5pm CST via zoom)
- Region 4 Convention (Omaha) – July 15-17, 2022

8. Announcements:

- Hutchinson meeting is starting to meet in person on Tuesday evenings at the Hutchinson library.
- Sunday Night HOW phone meeting has found a church and will be starting to meet in the hybrid format (phone/in-person) 1/2/22 (if approved at their group conscience on 11/14/21).

9. Intergroup Biz:

- All OA members are encouraged to review the updated Bylaws, posted on <http://overeaters.org/intergroup-documents/> under **Bylaws, Motions, and Amendments**. We will be voting on whether to approve them at the Intergroup Meeting on Dec. 11, 2021.
- The Vice Chair board position is open – Jane S was voted in as Vice Chair on a provisional basis until she reaches the abstinence requirement. CONGRATS Jane!! Welcome to the board and thank you for your service!!
- Jill announced that the updated bylaws have been posted to our website. Annette pointed out a change to the proposed bylaws regarding clarification on who is eligible to vote at IG meetings. Jill will make the change and have the corrected version posted. The bylaws will be voted on at the December 11th intergroup meeting when they will have been posted for Unity website for the required 30 days or more.
- Open Region 4 Rep and WSBC Delegate positions available. Consider expanding your service past the IG level...it's fun!
- Discussion on Meeting List Working Session – no updates.
- Brainstorming/Working Session – How to help/serve our meetings: (this will be tabled due to the rise in Covid cases)
- Social events – get to know each other from other meetings. i.e. Ride Recovery event, Nature walk, coffee
- Do meetings need – lists of available sponsors? Recovering members to speak at their meeting? Help getting a successful hybrid meeting set up?
- How do we get members more involved? Challenge fellows to attend different meetings within Intergroup? Challenge fellows to attend Intergroup? IG reps be sure to announce upcoming events at your meetings.

- PIPO Plan/Strategy (Public Information/Professional Outreach)
 - Annette presented information that she learned about at an event she attended. It proposes having goals, strategies, and objectives. Jane volunteered to lead an outreach committee; we will need to find members willing to be of service on this committee as well. If you are interested you can email Jane at schranzjane8@gmail.com.
10. Closing: A motioned was made by Betty to close the meeting, it was seconded by Annette. Closed with the Serenity Prayer.