

## Unity Intergroup Talking Points: July 2022

---

\*\*\*\*After discussion, a motion/second, and vote, it was approved that Unity Intergroup will not be meeting in August. The next IG meeting will be September 10, 2022. See you in September!\*\*\*\*

### Service Positions Available:

- Open Region 4 Rep and WSBC Delegate positions available. Consider expanding your service past the IG level...it's fun!
- Unity Intergroup needs a chair/co-chair and planning committee for the 2023 MN State Convention. This can be hosted by one meeting or a group of meetings working together to bring this event back to MN.

### Expressions of Unity Newsletter:

Monthly articles will now correlate with the month, i.e. August is the 8<sup>th</sup> month so articles can focus on the 8<sup>th</sup> step, 8<sup>th</sup> tradition, 8<sup>th</sup> principle. To submit articles or information to be included in the newsletter send them to [expressionsofunity2022@gmail.com](mailto:expressionsofunity2022@gmail.com) by the 27<sup>th</sup> of the prior month. Meetings signed up to contribute future articles:

- September – Eden Prairie 9am Saturday Morning
- October – TBD

### New Committees:

IG now has 3 committees that meet monthly and discuss ideas and how to implement them. Come join us:

- **Twelve Step Within:** How to reach and support the already established meetings and fellows in our local OA area, particularly those that are struggling
- **Public Information:** How to reach those people that don't even know that OA is out there and available for the unhealthy food behaviors they are living with
- **Professional Outreach** How to reach the professional community—doctors, dieticians, therapists—and help them to understand what OA is and how we can help

### *July committee report highlights:*

- Public Information:
  - Attendees: Betty, Sherica
  - Sherica brought up the issue previously discussed of creating a position for social media manager. No decisions were made.
- Professional Outreach:
  - Attendants were Dec. C, Peg M, Val C and Chair Sarah U
  - Sarah U. followed up about NAMI Walks fundraising event in Sept and they were unable to rent us a table without us signing up as a sponsor which we had decided went against OA's traditions.
  - Sarah U. reported that we are all set and signed up for the mental health fair at Temple Israel in Oct.
  - Peg M. is still waiting to hear back from her contact for the Family Medicine Conference in Sept, but says she feels it is unlikely she will be contacted.
  - Peg M. will look into MN National Association of Social Workers (MN-NASW) annual conference and get back to us at our next meeting in Sept.

- Twelve Step Within:
  - Attendees: Jean K, Kendra, Lori, Nikki
  - Jean reviewed minutes of the June meeting
  - Twelfth Step Within Corner articles: July: Lori / August: Nikki
  - No new topics discussed.

### **Upcoming Events:**

#### Unity Intergroup upcoming events:

- 2023 MN State Convention – Currently there is no chair/co-chair for this event.  
*Reminder: We do have a list of people, available on request, who may be interested in volunteering to help with an upcoming program.*
- Quick Steps –Desperately need more leaders. Contact Kendra, Cecelia or Pat W.
- Workshop Picnic – October 8, 2022 (location TBD) \*\*\*Need Volunteers\*\*\*

#### Region 4 upcoming events:

- Community Conversation – August 21, 2022 (3<sup>rd</sup> Sunday of month at 5pm CST via zoom)

Do you have an idea for an OA event, or topic to be discussed, that you'd like to see happen? Join us next month to share your ideas!

**Next Intergroup meeting:**  
**September 10, 2022, 12:30-2:30 pm**  
**All are welcome!**

**Zoom link will be posted at:**  
<http://overeaters.org/about-unity-intergroup/>