

Unity Intergroup Talking Points: September 2022

Exciting News!!

- The MN State Convention is back!! Planning has begun for the 2023 convention. Thank you, Betty C and Joni for stepping up as co-chairs!! ❤️🎉

Service Positions Available:

- Open Region 4 Rep and WSBC Delegate positions available. Consider expanding your service past the IG level...it's fun!

Expressions of Unity Newsletter:

Monthly articles will now correlate with the month, i.e. October is the 10th month so articles can focus on the 10th step, 10th tradition, 10th principle. To submit articles or information to be included in the newsletter send them to expressionsofunity2022@gmail.com by the 27th of the prior month. Meetings signed up to contribute future articles:

- October – Golden Valley 10am Saturday
- November – Monday Night Virtual Robbinsdale
- December – TBD

New Committees being formed:

IG now has 3 new committees working hard on rebuilding IG and what we can do to reach the larger communities that may need to find the solution. We meet monthly and discuss great ideas and would love to continue to build off of them. Come join us and be part of the group of your choice: Twelves Step Within (how do we reach and support the already established meetings and fellows in our local OA area, particularly those that are struggling?); Public Information (how can we 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 can we reach the professional community such as doctors, dieticians, therapists, etc, and help them to understand what OA is and how we can help?)

September committee report highlights:

- Public Information:
 - Attendees: Nikki, Anne, Amanda
 - After discussion it was decided that a Survey Monkey will be created and sent out via the Constant Contact distribution list. The survey will consist of questions regarding what attracted people to OA and if they came through advertisements, what types of public information or displays were the most effective for them. Nikki will work on creating the survey and sending to Nikki and Amanda for input.
- Professional Outreach:
 - Sarah U. reported that we are all set and signed up for the Mental Health Education Conference at Temple Israel in Oct. 23 9:30-3. Expectations of event are; table must be set up by 9:15 and should include sign and literature, must have person present at table from 9:15-10:15 and 12:45-1:30.
 - Group decided that everyone would be reaching out to people in our home groups to see if anyone would be able to volunteer for the Mental Health Fair and that Sarah U. would be the contact person for them.

- Peg. M confirmed that Family Medicine Conference in Sept is not open to having OA at their conference.
- Jane S. found out that the Healthy Living Fair Inver Grove Heights is going to have a health fair this Nov and that she is going to further look into our potential participation
- Peg M. learned that the Minnesota Association of Social Workers' fair in Jan will only be virtual so we will be opting out. She says she will follow through to see in the MASW will have other in-person opportunities in the future.
- Twelve Step Within:
 - No update received

Upcoming Events:

Unity Intergroup upcoming events:

- 2023 MN State Convention – Date and location TBD
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 – October 29 & November 12, 2022, and January 7 & 21, 2023 – Desperately need more leaders. For more information contact Kendra, Cecelia or Pat W.
- ***Cancelled*** Workshop Picnic – October 8, 2022 (location TBD)

Region 4 upcoming events:

- Community Conversation – September 18, 2022 (3rd Sunday of every 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:
October 8, 2022, 12:30-2:30 pm
All are welcome!

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