

Unity Intergroup Meeting Minutes

October 8, 2022

ATTENDEES: Jean K, Annette, Kendra, Bonnie, Betty, Cathy G, Michelle, Mary B, Peg M, Joe, Peggy, Deb C, Nikki, Karen, Sarah, Debbie N

UIG TRUSTED SERVANTS: IG Chair – Jean K, IG Vice Chair – Jane S, IG Secretary – Amanda, IG Treasurer – Annette P-R; Region 4 Representatives - Cathy G, Amanda A, Jane S; WSBC Delegates - Amy D; By Laws Chair - Jill S; Quick Steps Co-Chairs – Cecilia, Pat W; Public Info Co-Chairs - Betty C, open; Hot Line Responders – Nancy K, Mary B; Literature Coordinators - Betty C, Penda K; Newsletter Editor - Jill S; Print Coordinator – Nancy K; Web Content Manager - Cathy G; Zoom Meeting Managers – Annette P-R, Jill S

1. Welcome: Jean opened the meeting with the Serenity Prayer and introductions.
2. Tradition 10: Jean read, and Annette pitched on Tradition 10.
3. Secretary's Report: Jean presented the minutes of the September meeting. After the review, a motion was made by Cathy G to pass the September minutes, it was seconded by Betty, and the motion was passed.
4. Treasurer's Report: Annette presented the September expenses. After the review, a motion was made by Peg M to pass the expense report, it was seconded by Cathy G and the motion was passed.
5. Newsletter: Monthly articles will correlate with the month, i.e. November is the 11th month so articles can focus on the 11th step, 11th tradition, 11th principle. To submit articles or information to be included in the newsletter send them to expressionsofunity2022@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. November articles are due on October 27th. Meetings volunteering for future monthly newsletter articles: November – Monday Night Virtual Robbinsdale; December – TBD; January – TBD
6. Intergroup Business:
 - Last month, ideas were discussed on what IG can do with the extra funds above the prudent reserve. It was agreed upon that all the discussed items would be discussed by the board at the next board meeting and a proposal would be brought to the Octobers IG meeting. The ideas discussed and the amounts proposed are:
 - Budget line for scholarship fund: \$5000
 1. A committee is being formed to put some structure around what the scholarship process will be. Betty will be adding a line item to the budget for \$5000 for scholarships.
 - Increased budget for public information and professional outreach:
 1. These two groups will bring back a dollar amount that they feel would be sufficient for increase to their budget to the November IG meeting.

- Replace the IG laptop: \$2000
 1. Peg M made the motion that we spend up to \$2000 to update our technological equipment (laptop & software), Cathy G seconded. All in favor, motion passed.
 - Purchase of OWL technology if IG hybrid meeting is established: \$1000
 - Increase budget for 2023 Convention:
 1. The 2023 convention committee will update IG as an increase to their budget as needed.
 - Larger 7th tradition donation to Region 4 and WSO:
 1. Peg M made the motion that we send \$10,000 to WSO, Betty C seconded. All in favor, motion passed.
 - Quick Steps – The committee is looking for facilitators. Reps spread the word of these events at your meetings. These workshops are open to everyone. Any questions, email unityquicksteps@gmail.com
 - 2023 Buffalo Retreat – Retreat is April 14-16, 2023. Committee is looking for help! Consider joining the planning committee and extend the invitation to other fellows!
7. Event Reports:
- Region 4 Assembly – Annette and Cathy provided updates:
 - Amanda will be chairing the Region 4 2024 Convention. Unity IG will be working with the Duluth IG on planning this event.
 - Annette was elected to be Vice Chair for Region 4 for the rest of the year
 - There are links on OA.org for items such as free downloads of pamphlets and flyers that can be helpful with outreach.
8. Announcements:
- Unity IG will be working with the Duluth IG on planning the Region 4 Convention for 2024
 - Betty and Joni from Golden Valley meeting will chair the MN Convention for 2023
 - Peg M provided an update on her Zoom research. It is recommended that individual meetings continue to get their own zoom account as the price for zoom begins to significantly increase the more rooms that are needed
9. Closing: The meeting closed with the Responsibility Pledge. Committees then met in breakout sessions; committee updates are listed under item 10.
10. Committees: In recent months it has been being discussed the need to rebuild our IG and what we can do to reach the larger communities. Three groups were formed: Twelve Step Within, Public Information, Professional Outreach. These working groups will continue to have breakout sessions during the monthly IG meeting.
- Twelve Step Within – Chair Penda
 - Public Information – Chair Amanda
 - Professional Outreach – (two groups – Mental Healthcare & Eldercare) Chair Sarah U and Liaisons Jane & Meg
- Committee Reports:

- Public Information:
 - Attendees: Nikki, Michele, Betty
 - Struggling with follow thru with election media outreach activity. Discussion continued with methods to attract people (attraction not promotion) and show people the success that happens when working a 12 step program without using social media or digital means.
- Professional Outreach:
 - Attendees: Sarah U, Cathy G, Peg M, Valerie C, Peggy, Mary B
 - Talked about the details of Oct 23rd Mental Health Fair at Temple Israel. Making sure we have what we need from the storage unit and that we have volunteers to help at the fair. Cathy G. will be volunteering.
 - Discussed how can we get in touch with nutritionists and help educate them about our program.
 - Talked about the possibility of using social media to educate professionals.
 - Sarah U. shared she will be stepping down as Professional Outreach chair.
- Twelve Step Within:
 - Attendees: Jean K, Annette P-R, Joe A
 - Discussed current project of contacting all Unity Intergroup meetings.
 1. Jean Read the script she had put together based on thoughts from our last meeting.
 2. She is creating a comprehensive list of all our meetings, being sure that we have no duplicates.
 3. There is a concern that some meetings may have closed because there are meetings listed on oa.org that are not on our Unity IG meeting list and because there has been some feedback on our hotline of people showing for a meeting and no-one was there.
 - Decided to host a Unity Day workshop the last weekend of February. Since it will be an odd numbered year, then it should be held on Sunday February 26th . We will discuss this further at the next IG meeting where we hope to determine a topic, decide if it will be virtual or face to face, and anything else we have time for.
 - The question was raised of how can we create more excitement for Twelfth Step Within, noting that while the other two committees suggest certain types of action, Twelfth Step Within is more ambiguous. Our thought is that hosting an event would help. We also thought it might be good for each committee to read their report from the previous month. This will be brought to the next Unity Intergroup Board meeting.

Unity Intergroup upcoming events:

- 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.
- Buffalo Retreat – Christ the King Retreat Center – April 14-16, 2023
- 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.

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

- Community Conversation – October 16, 2022 (3rd Sunday of every month at 5pm CST via zoom)