

Unity Intergroup Talking Points: October 2022

Service Positions Available:

- Open Region 4 Rep and WSBC Delegate positions available. Consider expanding your service past the IG level...it's fun!
- The Buffalo Retreat and the 2023 MN Convention planning committees need your help! Consider joining these planning groups and encourage fellows at your meetings to join as well.

Expressions of Unity Newsletter:

Monthly articles will now 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 by the 27th of the prior month. Meetings signed up to contribute future articles:

- November – Monday Night Virtual Robbinsdale
- December – TBD
- January – 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?)

October committee report highlights:

- 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.
 - Jean Read the script she had put together based on thoughts from our last meeting.
 - She is creating a comprehensive list of all our meetings, being sure that we have no duplicates.
 - 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.

Upcoming Events:

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:

- Community Conversation – October 16, 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:
November 12, 2022, 12:30-2:30 pm
All are welcome!

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