

## Unity Intergroup Talking Points: December 2022

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### Service Positions Available:

- Join the IG Board!! Elections are coming up in January. Our current Chair and Vice-Chair are willing to continue in their positions. Secretary and Treasurer will need to be filled.
- 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. January is the 1<sup>st</sup> month so articles can focus on the 1<sup>st</sup> step, 1<sup>st</sup> tradition, 1<sup>st</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:

- January – Eden Prairie Saturday Morning
- February – Anoka Monday Night
- March – TBD

### Intergroup Business:

- Unity Intergroup will be offering scholarships for special events. A committee has been formed to determine the specifics of the scholarships. For example, is there a limit on the amount, after which a form will be created? The committee will then create a form and scholarships will be open. Reach out to Jane S if you are interested in joining.
- IG supporting/funding the zoom platform for all 27 virtual meetings
  - Peg made a motion that Unity IG buy up to 5 annual zoom licenses at \$750 total per year. The licenses would be shared among the 27 virtual meetings. Penda seconded. 9 in favor, 4 opposed. The motion carries. It was agreed that this will move forward if there is adequate interest. **REPS:** IF your group uses ZOOM, please read and discuss the following with your group:

Unity Intergroup is interested in knowing if your group is interested in sharing their Zoom license with other meetings. As of right now, there are 27 meetings in our Intergroup that use Zoom, so if all meetings were willing to share a license with up to 4 other meetings (held at different times), the net annual savings would be over \$4000. Sharing a license means that there would be one email, one password, and one meeting number and passcode for the groups sharing that particular

license. Unity Intergroup would bear the cost of the licenses and provide administrative support for those sharing a license. UIG would remain confident that groups selecting this option would increase at least a portion of their annual Zoom savings (\$180) in their contributions to IG. Please discuss and send your group's decision to [pegmitch16@gmail.com](mailto:pegmitch16@gmail.com). You can also feel free to write, text or call Peg at 612-280-6119 with any questions or comments.

### **Committees Highlights:**

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. Two of the groups have now merged and become the Public Information/Professional Outreach (PI/PO) committee.

These committees meet monthly during the intergroup meeting to 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?)

#### *December committee report highlights:*

- Public Information / Professional Outreach:
  - Attendees: Cathy G, Christi, Amanda, Betty, Wendy, Val
  - Val will look into elder law conference and potential participation
  - Cathy presented information will follow up with the Inver Grove Heights Living Health Fair
  - Next Event: MARRCH Conference October 2023 – three-day event for addiction and mental health professionals. Christi will continue to further investigate participation in this event.
- Twelve Step Within:
  - Attendees: Jean K, Annette P-R
  - No updates on our current project of calling all meetings to verify information and invite to IG meetings
  - Discussed Unity Day event – Sunday February 26, 2022 – 1-3pm – on Zoom
    - Brief history of Unity IG
    - Focus of workshop will be Recovery from Relapse. Suggested name is Regarding Relapse.
    - Interactive activities based on the last 2 sections of From Slip or Relapse to Recovery from the oa.org website.
    - Penda's artist friend (in program) has been working on the flyer
    - A minimum of a 'save-the-date' flyer will be done by 12/27 for inclusion in the January newsletter.

### **Upcoming Events:**

Unity Intergroup upcoming events:

- Quick Steps – 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 – Crown Plaza West in Plymouth – October 6-7, 2023  
*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 – December 18, 2022 & January 15, 2023 (3<sup>rd</sup> Sunday of every month at 5pm CST via zoom)
- Region 4 Spring Assembly – March 24-25, 2023 in Johnston IA.
- 2024 Region 4 Convention – Summer of 2024...more details to come.

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:  
January 14, 2023, 12:30-2:30 pm  
All are welcome!

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