

Unity Intergroup Talking Points: January 2023

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. February is the 2nd month so articles can focus on the 2nd step, 2nd tradition, 2nd 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:

- February – Anoka Monday Night
- March – Bloomington Tuesday
- April – Burnsville Thursday 6:30

Intergroup Business:

Elections were held in January. Congrats to the 2023-2024 Board and Committee Chairs!! IG Reps please continue to announce at your meetings that there are positions that need to be filled, we will discuss and vote again on open positions in February.

- Elected Positions:
 - Chair: Jean K
 - Vice Chair: Open
 - Secretary: Open
 - Treasurer: Peg M
 - Region 4 Reps: Cathy G, Amanda
 - WSBC Delegates: Cathy G
- Coordinator Service Positions:
 - Big Book Study 2023 Chair: Lori K
 - Bylaws Chair: Open
 - Quick Steps: Open
 - Hot Line Responder(s): Val
 - Literature Coordinators: Open
 - Newsletter Editor: Open
 - Print Coordinator: Nancy K
 - Wi-Fi Phone System: N/A
 - Zoom Meeting Manager(s): Open

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?)

January committee report highlights:

- Public Information / Professional Outreach – Chair position is open:
 - Attendees: Peg M, Cathy G, Amanda, Val, Luci, Deb C
 - Val will look into elder law conference and potential participation
 - Cathy will continue to follow up regarding the Inver Grove Heights Living Health Fair being held Wednesday April, 19, 2023
 - Next Event: MARRCH Conference October 2023 – three-day event for addiction and mental health professionals. Peg will reach out to see if this event will be taking place as the website does not have it listed under upcoming events.
- Twelve Step Within – Chair Penda:
 - Attendees: Jean K, Annette P-R, Lori K
 - No updates on our current project of calling all meetings to verify information and invite to IG meetings
 - Discussed Unity Day event – Cancelled due to lack of time to prepare
 - Discussed a possible future 'Recovery from Relapse' event

Upcoming Events:

Unity Intergroup upcoming events:

- Quick Steps – January 21, February 25 & March 11, 2023 – Desperately need more leaders. For more information contact Kendra, Cecelia or Pat
- 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: (oaregion4.org for more information)

- Community Conversation – January 15, 2023 & February 19, 2023 (3rd Sunday of every month at 5pm CST via zoom)
- A Night of Fun, Games, and Fellowship – January 21, 2023 at 7pm CST (log on at 6:45pm)

- 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:
February 11, 2023, 12:30-2:30 pm
All are welcome!

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