

## Unity Intergroup Meeting Minutes May 13, 2017

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*SUN: Saint Louis Park(Cathy G, Jackie T),*

*MON: Anoka(Lance R, Cal N), Chippewa Falls(Roxanne P), Minneapolis(Pat W), Robbinsdale(Rosemary F),*

*TUE: Minneapolis(Michelle A), Shakopee(Dan D), Wayzata(Sue B, Cheryl R),*

*WED: Crystal(Annette P, Catherine W), Saint Paul(Melissa A),*

*THUR: Chippewa Falls(Roxanne P),*

*FRI: Woodbury (Jill S.)*

*SAT: Saint Paul(Debbie N, Patti S), Golden Valley(Renee G), Eden Prairie(Nancy K, Jean K), Minneapolis(Cal N),*

*Other: (Karrin (Sunday 7pm SLP))*

*UIG TRUSTED SERVANTS: Buffalo Retreat Co-Chair: (Debbie N), Bylaws Chair: (Bob S), Email & Events Coordinator (temp volunteer: (Howard W), Hot Line Volunteer Coordinator: (Nancy K), IG Chair: (Mary T), IG Vice Chair: Jill S., IG Treasurer: (Suzanne J), Professional Outreach Chair: (Cathi J), Region 4 Officer: (Bob S, Annette P), Region 4 Representative: (Melissa A, Cathi J, Roxanne P), Social Media Coordinator: (Howard W), Teleconference Coordinator: (Cal N), Twelve Step Within Chair: (Sue B), WSBC Delegate: (Roxanne P, Pat W, Melissa A, Nancy S, Bob S), WSBC Delegate (Alternate): (Suzanne J)*

**1. Call to Order:** Welcome and Serenity Prayer.

**2. Chair Remarks:** Mary T. read Concept 5.

**3. Vice Chair Remarks:** Jill S. read Tradition 5. New Intergroup representatives were welcomed and asked to meet with Jill S. after the Intergroup meeting to receive the Intergroup Representative Handbook.

**4. Secretary's Report:** Jill S. presented the minutes for the April meeting for Rebecca W. After the review, a motion was made by Pat W. to pass the April minutes as amended, it was seconded by Cathi J., and the motion passed. Any new representatives were asked to sign up for Talking Points with the Secretary after the meeting.

**5. Treasurer's Report:** Suzanne J. presented the Income and Expense Report for April and the Budget vs. Actual – July 2016 to April 2017 Report. She stated that the audit and taxes are done. Mary T. needs to sign it and Suzanne needs to send it in. The report will be available for review after this. She is waiting to receive money back from the hotel for an expense that was incorrectly charged to the Intergroup during the convention. Cathy G. made a motion to approve the treasurer's report, Jane Z. seconded it and the motion passed.

**6. Newsletter Responsibility:** Michelle G. is acting as a volunteer until she has been to three Intergroup meetings. Then we can vote her as the Newsletter chair. June: Minneapolis, Monday 7:15pm meeting. July: Circle Pines, Saturday 8:00am meeting. August: Early Birds- St Paul, Saturday 7:30am meeting. September: Anoka, Monday night meeting. Groups should have their articles submitted by the third Saturday before the month assigned. Please continue to send articles or information for the newsletter to [expressionsofunity@gmail.com](mailto:expressionsofunity@gmail.com). Representatives can also encourage members at their meetings to click on the link and read the Newsletter.

**7. Newcomer Meeting Responsibility:** May: Circle Pines, Saturday 8:00am OA HOW meeting. June: Golden Valley, Saturday 10:00am meeting. July: Early Birds- St Paul, Saturday 7:30am meeting. August: Anoka, Monday night meeting. Note: The Newcomer Meeting is at Sumner Library on the third Saturday of the month from 12:45 – 2:45 pm.

**8. Old Business:**

**9. Meet and Greet:** The topic for the meet and greet was getting ready for summer in recovery.

**10. New Business:** 1) Suzanne J. will be leaving soon, so a new treasurer is needed to fill in until the end of her term in January 2018. Any new treasurer will need to know how to use Quick Books. Carrin C. may be interested, but she needs to attend three Intergroup meetings before she can take over per the Intergroup bylaws. If Carrin C. decides to take the position, Suzanne J. and Carrin C. will work together for a few months before Suzanne J. leaves in order to get Carrin C. up to speed. 2) There was a brief discussion about ways that Intergroup can support Northern Serenity Intergroup. Bob S. suggested cosponsoring an event with them for next year. 3) Cathy G. stated that a deaf person has begun attending her meeting. Cathy G. asked that the Intergroup think about donating money to have an interpreter at the St Louis Park Monday night meeting, because there are many compulsive overeaters who are deaf and need this service. The cost would be approximately \$80 per hour. 4) Mary T. asked the people begin thinking about stepping up to be the chair of Intergroup when she is done with her term in 7 months.

**For the following committees and events, no reports are expected unless noted.**

**11. State Convention:** Janelle has decided that she will not be the chair of the convention, so this position is open. Mary T. suggested that the format of the convention needs to be simplified to only one track with more down time. This would remove some of the pressure that the chair and the volunteers feel about putting on the convention, as well as the pressure that some attendees feel. Mary T. had a member tell her that an introvert would never go to the convention, because it is just too much. Carolyn S. is interested in becoming the program chair for the convention, and she suggested that the theme could focus on the Twelve Principles. Mary T. asked that everyone go back to their meetings and stress the need for a convention chair and for volunteers to help with other convention positions.

**12. Bylaws Committee:** Bob S. stated that the bylaws are not on the new website yet. Up to date versions of the bylaws need to be on the website as soon as possible.

**13. Professional Outreach:** Cathi J. stated that the committee has been holding their normal meetings at the Common Roots Café on Wednesdays at 7pm. They are waiting to hear back from a mental health conference. The committee hopes to give their presentation at the conference. Cathi J. stressed that the committee needs help to gain access to new groups of professionals to present their outreach message to,

so please keep the committee in mind.

**14. OA Quick Steps:** Gene O. was not able to attend. The Quick Steps will be held on June 3 and 17 from 9:30 to 12:30 at First Congregational Church, 1923 South 3<sup>rd</sup> Ave in Anoka.

**15. Public Information:** Margie A. was not able to attend. The Public Information committee will have a booth at the Gluten Free Expo next weekend, and they will be at a bariatric surgery event in Brainerd on July 21. Lance R. noted that he still hears from Liz at the Anoka Treatment Center. Melissa A. stated that only a few residents were able to attend the meetings at the treatment center. Most residents are so acute that they can't leave their assigned areas. Cathi J. will talk to the Professional Outreach committee about possibly presenting to the Anoka Treatment Center's staff.

**16. Registrar:** Cheryl R. asked that all of the representatives check to be sure that the contact and meeting information is up to date. Also, if their meeting has a dial in number, please put it in the purple book.

**17. Sponsorship:** The chair position for this committee is still open. Melissa A. stated that the World Service Business Conference has designated the third Saturday in August as Sponsorship Day.

**19. 12<sup>th</sup> Step Within:** Carolyn S. has a broken knee, so she was unable to attend. Sue B. reported for her that the *Twelve Step Within* committee is planning two events. The first will be at Unity Minneapolis on June 24 from 9am to noon. The speaker will be Joanne C., and the theme will be Back to Basics. They are also planning a fall retreat at the Arboretum on September 23 from 9am to 4pm. The theme for the retreat will be the ABCs of Abstinence. The committee asked that all representatives bring handouts to their meetings and that they encourage at least three people to attend.

**20. Big Book Study:** Jane Z. reminded everyone that the Big Book Study will be held on May 19, 20 and 21 at North Hennepin Community College, and she encouraged everyone to attend. She also stated that anyone who cannot attend can listen to the webcast if they have a Chrome or Firefox browser.

**21. Buffalo Retreat:** The 2018 Buffalo Retreat will be held on April 6, 7, and 8, which is the weekend after Easter.

**22. Region 4:** The Region 4 Chair Annette P. stated that the Region 4 Assembly was held at the end of April in Wichita, Kansas. She felt that it was a very good assembly, and everyone was very enthusiastic and energetic. Melissa A. stated that she attended the assembly too, and that she is on the outreach committee. The outreach committee determined that they would be more effective if they gave support to the Intergroups by helping them to improve their speaker lists and sponsorship activities, instead of creating speaker lists and sponsorship events for them. The Region 4 Vice Chair Bob S. stated that he also attended the assembly and he is also on the outreach committee. He felt the committee had been floundering in the past, but he feels better about it now after this change in approach. He also noted that the ways and means committee has decided to sell OA themed jewelry and collapsible measuring cups as fundraisers to help support Region 4 activities. Jill S. noted that our Intergroup was able to send 6 representatives, because we have 62 meetings. Other Intergroups, such as South and North Dakota, have only one representative because they have very few meetings in their states. She realized how lucky we are to have so many meetings in Minnesota. Mary T. noted that Northern Serenity Intergroup has about 4 meetings up north. She asked that we think about financing their representative to go to Region 4 or give up one of ours so theirs could go instead. We will discuss this in more detail at the next meeting.

**World Service:** Pat W. stated that she was never a representative beyond the Intergroup level, but now she gets to attend the World Service Business Conference, where she gets to meet with 188 voters from 20 countries. She noted that there are so many different groups represented at World Service too, such as those who have lost over 100lbs, those who are GLBT, those who have had bariatric surgery and others. Pat W. is co-chair of the public information committee. Her committee has recently passed the third edition of the 12x12. Bob S. is part of the bylaws committee for World Service. He stated that there are tons of free materials that we can download from the World Service website to use for Intergroup and our meetings. He noted that people from other countries that do not speak English have to get a license to translate World Service materials for download. His committee is currently trying to create a work-around to get rid of this barrier for people who speak other languages.

**23. Literature:** Dawn S. will be bringing boxes of books for the Big Book Study. If literature is needed, please notify her two weeks before the Intergroup meeting.

**24. Email and Event:** Howard W. agreed to cover this for now until someone is interested in taking the position.

**25. Hot Line:** Nancy K. stated that this month she sent a list of the meetings out to a few people who were not computer savvy.

**26. Printing:** Cal N. stated that he would like to buy a new electric stapler and the Intergroup approved the purchase.

**27. Web:** Beth K. was not able to attend. Mary T. stated that the website is up and running. There are still some improvements that need to be made by Nancy.

**28. Teleconference:** Lance R. stated that he needs to give up this position. Cheryl R. volunteered to do it for June and July, and Cathy G. volunteered to take the position after this for the rest of the term.

**29. Social Media:** Howard W. explained that Google ad words are our main way to reach people looking for help with compulsive overeating. When they google certain "ad" words related to compulsive overeating, they will be led to our OA website. He noted that Google gives nonprofit organizations \$329 worth of ad words for free.

**28. Adjournment and Serenity Prayer:** Debbie N. made a motion to adjourn the meeting, Lance R. seconded this, and motion passed.