


Unity Intergroup Meeting Minutes

September 10, 2022

ATTENDEES: Jean K, Jane S, Cathy G, Annette, David, Amy R, Kendra S, Betty C, Amanda A, Christi, Anne G, Peg M, Bonnie S, Mary B, Peggy, Sarah U, Nikki C, Farhiya, Val,

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 9: Jean read, and Jane pitched on Tradition 9.
3. Secretary's Report: Jean presented the minutes of the July meeting. After the review, it was noticed that the Quick Steps dates were noted in item 6 but still read TBD under upcoming events, this edit was made. A motion was made by Peg M to pass the July minutes as amended with the mentioned edit, it was seconded by Cathy G and the motion was passed.
4. Treasurer's Report: Annette presented the July 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. Annette presented the August expenses. A motion was made by Peg M, it was seconded by Christi and the motion was passed.
5. Newsletter: Monthly articles will correlate with the month, i.e. October is the 10th month so articles can focus on the 10th step, 10th tradition, 10th 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. October articles are due on September 27th. Meetings volunteering for future monthly newsletter articles: October – Golden Valley 10am Saturday; November – Monday Night Virtual Robbinsdale; December – TBD
6. Intergroup Business:
 - The MN State Convention is back!! Planning has begun for the 2023 convention. Thank you Betty C and Joni for stepping up as co-chairs!! 
 - Ideas were discussed on what IG can do with the extra funds above the prudent reserve – ask group for uses, etc. Jane made a motion to take all the discussed items back to the next board meeting to create a proposal to bring to Octobers IG meeting, Peg seconded, all in favor, motion passed.
 - Discussion was had to consider going back to in person, which would include a hybrid format, for IG meetings. It was determined that there are some additional action items that need to happen, topic was tabled.

- 12 Step within help with cleaning up meeting lists
 - Unity IG Is committed to the 2024 Region Convention – Glamping event
7. 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, Anne, Amanda
 - After discussion it was decided that a Survey Monkey will be created and sent out via the Constant Contact distribution list. The survey will consist of questions regarding what attracted people to OA and if they came through advertisements, what types of public information or displays were the most effective for them. Nikki will work on creating the survey and sending to Nikki and Amanda for input.
 - Professional Outreach:
 - Sarah U. reported that we are all set and signed up for the Mental Health Fair at Temple Israel in Oct. 23 9:30-3. Expectations of event are; table must be set up by 9:15 and should include sign and literature, must have person present at table from 9:15-10:15 and 12:45-1:30.
 - Group decided that everyone would be reaching out to people in our home groups to see if anyone would be able to volunteer for the Mental Health Fair and that Sarah U. would be the contact person for them.
 - Peg. M confirmed that Family Medicine Conference in Sept is not open to having OA at their conference.
 - Jane S. found out that the Healthy Living Fair Inver Grove Heights is going to have a health fair this Nov and that she is going to further look into our potential participation
 - Peg M. learned that the Minnesota Association of Social Workers' fair in Jan will only be virtual so we will be opting out. She says she will follow through to see in the MASW will have other in-person opportunities in the future.
 - Twelve Step Within:
 - No update received
8. OA Events/Carrying the Message:

Update on recent events: NA

Unity Intergroup upcoming events:

- 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.
- 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.
- ***Cancelled*** Workshop Picnic – October 8, 2022 (location TBD)

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

- Community Conversation – September 18, 2022 (3rd Sunday of every month at 5pm CST via zoom)

9. Announcements:

- We will be working with the Duluth Intergroup on planning the 2024 Region 4 convention.

10. Closing: A motioned was made by Cathy G to close the meeting, it was seconded by Peg. Closed with the Responsibility Pledge. Committees then met in breakout sessions; committee updates are listed under item 7.