

Unity Intergroup Meeting Minutes

December 10, 2022

ATTENDEES: Jean K, Annette P-R, Amanda, Amy R, Cathy G, Deb C, Joe, Christi, Wendy, Betty, Val, Amy D, Mary B

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 12: Jean read and Val pitched on Tradition 12.
3. Secretary's Report: Amanda presented the minutes of the November meeting. After the review, a motion was made by Cathy G to pass the October minutes with the edit to change September to October, it was seconded by Betty, and the motion was passed. Edit has been made and updated version will be sent to be posted online.
4. Treasurer's Report: Annette presented the November expenses. After the review, a motion was made by Joe to pass the expense report, it was seconded by Wendy and the motion was passed.
5. Newsletter: Monthly articles will correlate with the month, i.e. January is the 1st month so articles can focus on the 1st step, 1st tradition, 1st 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. November articles are due on November 27th. Meetings volunteering for future monthly newsletter articles: January – Eden Prairie Saturday Morning; February – Anoka Monday Night; March – TBD
6. Intergroup Business:
 - Amanda will work on getting the replacement laptop/software purchased and available to the newly elected secretary by February's meeting.
 - It was previously discussed returning to the library to make the IG meeting hybrid. The library is no longer open on Saturday. Returning to the library will be tabled while other meeting locations are looked at.
 - The scholarship committee is still in progress. Jane S will be replacing Annette as chair of this committee. The committee will be working on offering scholarships for special events and has been formed to determine the specifics around 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.

7. Event Reports:

- Buffalo Retreat – Planning is under way. Volunteers to help with planning are needed!
- MN State Convention – contract has been signed! It will be at Crown Plaza West in Plymouth October 6-7, 2023. The planning committee needs volunteers! Reach out to Betty C or Joni for more information.
- Quick Steps – Next meeting is January 7 & 21, 2023

8. Announcements:

- Upcoming Elections – these are held in January. Our current Chair and Vice-Chair are willing to continue in their positions. Secretary and Treasurer will need to be filled.
- Committee Report Highlights (from previous month): 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. Each committee provided a brief update of last month's reports before breaking out today. Full updates can be found in last month's meeting minutes or talking points.

9. Closing: The meeting closed with the Responsibility Pledge. Committees then met in breakout sessions; committee updates are listed under item 10.

10. Committee Reports:

- Public Information / Professional Outreach – Chair position is open:
 - 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 – Chair Penda:
 - 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.

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: (oaregion4.org for more information)

- Community Conversation – December 18, 2022 & January 15, 2023 (3rd 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.