

Unity Intergroup Meeting Minutes – January 13, 2024

Attendees:

UIG Trusted Servants: IG Chair Jean K.; temp Treasurer Betty C. IG Bookkeeper; Sarah S. IG Secretary; Cathy G. IG web coordinator & WSBC delegate

IG Reps: Rasha K.; Katherine B.; Lisa K.; Jackie K.; Marque, Lynn H.; Theresa; Barb; Lori K; Jon W-K; Coleen R.; Vicki

Welcome:

1. Tradition 1- Jean K. shared about Tradition 1.
2. Review December Minutes – Cathy moved to accept December minutes Second from Betty. Minutes approved.
3. December Treasurer’s Report: Betty reviewed the receipts and expenses. The \$20,000 donation was made to WSO. We are running at a loss based on the original budget which did not include the WSO donation. Rasha K. moved to accept the treasurers report, Cathy G. seconded. Treasurer’s report approved.
4. Newsletter: We need a newsletter editor (see requirements below) Training will be provided. Sarah’s email is the temporary email address for newsletter submissions. Temporary email address for submissions will be corrected on website.
 - February: Tuesday Morning HOW meeting
 - March: Circle Pines Group
 - April: Open
 - Send your stories to: sarahmgs@comcast.net
5. Intergroup Business:

Unity Intergroup By-laws related to Intergroup Board position requirements:
Section 3 - Qualifications for the Intergroup Board A. Working the Twelve Steps of OA and regular attendance at an active OA meeting for a minimum of one year prior to their nomination for office. B. Familiarity with the Twelve Traditions of OA. C. Familiarity with the Twelve Concepts of OA Service. D. Maintaining a minimum of 1 year of current continuous abstinence, as currently defined by the World Service Business Conference. E. Served as an Intergroup Representative for at least three months. It does not need to be consecutive, or provisionally holding the position until the Intergroup Representative has attended three months of Intergroup meetings. The Representative can then be voted into the position on the Board. However, this should only be done when it is clear the position will not be filled without this provision.

 - Open positions:

Jean discussed the by-laws and requirements for service positions. Terms of office is One year with the option to serve a second year. Maximum service on the board is 4 years.
 - Chair- Sarah was nominated and declined, no other nominations
 - Vice Chair-Sarah put herself forward for Vice Chair, there was discussion. Sarah elected Vice Chair.

- Treasurer: Jean put herself forward for Treasurer, discussion. Jean elected Treasurer.
- Secretary-Rasha is Interested the Secretary position but cannot commit today. She will let us know by the next Intergroup meeting.
Committee appointments:
Cathy G. discussed Region Rep position. A region rep would become a part of whichever region we decide to join. There are 3 region rep openings. There is one open World service rep positions.

Coordinator and Service Positions:

- Big Book Study – Lori K will remain Chair
- By-Laws Chair- Open
- OA Quick Steps Chair-Jackie will continue as Chair
- Hotline Responder-Judy M. & Betty will share this position
- Literature Coordinator-Open
- Newsletter Editor-Open
- Zoom Meeting Manager-Open

Follow this is the link to view the IG service positions document with full job descriptions & requirements: https://overeaters.org/wp-content/uploads/2021/01/unity-Intergroup-Service-Positions_Jan-2021.pdf 2 people have stepped up to be Convention Chairs Mary T. and Dawn.

By-laws need to be updated, Jean K. recommended that we remove the region number in the by-laws and change in to region (without a number) Jean discussed updating the By-laws to require that Convention and Retreat chairs meet the same abstinence requirements of the IG board. This has been done in practice but is not in the By-laws. We will vote on this at the February Intergroup Meeting and the change will be put on the website for the fellowship to review.

- This link is from our Region Chair and is the current information about the timeline and steps for choosing a new region: The New deadline for selecting our new intergroup in February 29th. <https://overeaters.org/wp-content/uploads/2023/12/Deadline-to-choose-new-Region.pdf> Send questions to Jean and she will bring them to the community conversations meetings held monthly on Zoom by Region 4. Region reps who are elected will be representing us at region 4 and continue as a rep with whichever Region we join.

6. Events/Committee reports:

- Buffalo Retreat- Jean K and Jane S are co-chairs of the retreat. Dates are April 12 -14th 2024. Help is needed in all areas of planning.
- Twelve Steps Within: Jean shared that this committee helps to carry the message to our members in meetings who need support and may still be struggling with OA.
- PIPO: Betty gave an overview of the service of this committee does for the newcomers on the meeting. She mentioned speaking with Pharmacists as a new group of providers that could help the still suffering compulsive overeater. Getting the word out to

professionals/health care providers. MSSA is the next event where OA may have a presence.

7. Announcements:

Next Region 4 Community Conversations meeting is on January 21st at 5pm CT. The Zoom link is: <https://us06web.zoom.us/j/91896335029?pwd=anM0WHQ4aDFhMGxjUnBHemFodU5tZz09>.

Relapse meeting would like speakers.

OA quick steps will be setting the upcoming workshop dates for the New Year.

8. Betty moved to close the meeting, Rasha seconded, meeting closed. Jean led closing with the responsibility pledge.

Committee meetings

Twelve Steps Within:

Short discussion of December workshop. No new business discussed.

PIPO:

- T called a local TV station in Mankato to ask if they would air OA's new PSA. They agreed to air it when they don't have any paid spots!
- C said she will reach out to local TV stations (Twin Cities, Edina, Bloomington, North Metro, etc.)
- R suggested contacting Twin Cities' chem/dep treatment centers to offer OA presentations to staff and residents. R will reach out to Tapestry Treatment Center, Nuway Alliance, Meridian Behavioral Health. (One of us will reach out to House of Hope in Mankato.)

Respectfully submitted,
Sarah S. Unity IG secretary