

Unity Intergroup Meeting Minutes – March 9, 2024

Attendees:

UIG Trusted Servants: Jean K., IG Treasurer; Cathy G., IG web coordinator & WSBC delegate; Betty C., IG Bookkeeper & Hotline volunteer; Amanda, Region 4 rep & Region 4 2024 Convention Chair,

IG Reps: Liz Z., Chad T., Judy M., Maryann W., Marque, Lynn H., Jonathan M., Ruth N., Lori K.

Welcome:

1. Introductions
2. Tradition 3- Judy M. shared about Tradition 3.
3. Review February Minutes – Betty C. moved to accept January minutes, second from Judy M., February minutes approved.
4. February Treasurer's Report: Money coming in from Buffalo retreat registrations. Cash balance is \$29,149 plus \$15,000 in reserve. Cathy G. moved to accept the treasurers report, Chad T. seconded. February Treasurer's report approved.
5. Newsletter: editor position is still open. Sarah and Jean are temporarily accepting the articles and putting the newsletter together.
 - April: Golden Valley Group submitting articles
 - May: Wednesday St. Paul Zoom meeting
 - June: opportunity is open
 - Send your stories to: sarahmgs@comcast.net
6. Intergroup Business:
 - Open elected positions:
 - Chair – Marque volunteered
 - Secretary – Liz Z nominated
 - Vote taken affirming Marque and Liz in those roles.
 - Region Reps (2)
 - WSBC Delegate (1)

Coordinator Service Positions:

- Buffalo Retreat co-chair -
- By-Laws Chair – (occasional – just updated last month)
- Newsletter Editor –
- Zoom Meeting Manager –

Unity Intergroup meeting audit update – in connection with move from Region 4 to Region 5, needed to do an audit of meetings listed on WSO website. The team are pretty much done with revising the list.

Newsletter – is it being shared and read? Not sure how much it is being accessed on website. It is an important tool but not sure if it is getting to people. Some like the format of having it available online and easy to share the link, but some have difficulty with online access. Share during announcement time in meetings.

7. Events/Committee reports:

- Buffalo Retreat- coming up April 12-14. Registration is open now. Link to register online and download flier. Note that the cost has increased because of retreat center operating costs, but there is scholarship money available to help people attend. There is info about how to request scholarship in the flier. Theme is Practicing Principles in All Our Affairs. If questions, or willing to help, contact Jean K. Please share in meetings.
- Big Book Study might be in-person this year. Tentatively looking at first weekend in May. Laurie C. speaking again. Will be discussed at April UIG meeting if budget is needed.
- April Intergroup meeting will be held in-person at the Buffalo retreat April 13th with a hybrid option. It will be at 4 pm (later in the afternoon than usual to fit with retreat schedule). Jean will make an announcement in advance. Cathy will post on website.
- Thursday evening 6 pm Recovery from Relapse Zoom meeting is looking for speakers with experience recovering from relapse. Also encouraging participation from sponsors willing to come and sponsor fellows who are still suffering.
- Recent Quick Steps had 16 people signed up and 12 completed the course. No dates yet for next session. Lots of people from out of state and country

at the most recent session so not sure if next one will be in-person or virtual.

- 2024 MN Convention Oct. 25-26. Same location as last year.

8. Announcements/Action Items:

- April 13th intergroup meeting 4 – 5:30 pm hybrid
- Circle Pines OA HOW is celebrating their 20th meeting anniversary IN PERSON on April 20th from 8 am to 10 am. The meeting is held at Our Savior's Lutheran Church in Circle Pines. The address for Our Savior's Lutheran Church is 9185 Lexington Avenue N. Circle Pines, MN 55014. There will be special festivities. All are welcome.

9. Closing: Jean led closing with the responsibility pledge.

10. Committee meetings:

- Professional Outreach/Public Information (PIPO)
 - **Unity will not have a presence at the 2024 MSSA Conference.** Cathy shared that their basic exhibitor fee increased to \$595.00 for the 3-day event. Given that booth traffic plummets after the first day and that the majority of attendees are case managers for compromised adults, MSSA may not be the best use of our volunteer and financial resources at this time.
 - **Outreach to dentists and primary care physicians.** Fellows shared that they mention their OA recovery to NPs, PCPs, dental hygienists, and some show B/A photos. Our website has two downloadable pamphlets for health care professionals and Amy D. just ordered a supply of the “When to Refer to OA” pamphlet. We also have business cards with our hotline # and URL. *Question: how can OA members get their hands on these?*
 - **Discussions:**
 - Why don't we attend public events like Pride and the Women's Expo? *Members shared their experiences—some positive but mostly negative.*
 - Could we have a presence at Art-a-Whirl? *Lynn will research.*
 - Could we participate in events hosted by community or faith-based organizations? *Judy will research.*
 - Outreach to counselors? *Jonathon will research.*

- Twelfth Step Within
 - Will there be anything at the Buffalo Retreat related to Twelfth step within? Nothing specific planned but there will be time on Sunday related to 12th step.
 - Chad shared that his meeting holds a 1st step meeting as a breakout every time there is a newcomer at the meeting. Anyone can join.
 - Idea to write an article for the newsletter with ideas for what groups do to support newcomers. Chad volunteered to write something up about what his meeting does.

Respectfully submitted,

Liz Z. newly elected UIG Secretary