

## Unity Intergroup (UIG) Meeting Minutes – May 11, 2024

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### Attendees

#### UIG Trusted Servants:

Marque N, IG Chair; Sarah S, IG Vice-Chair; Jean K., IG Treasurer; Cathy G., IG web coordinator & WSBC delegate; Betty, IG Bookkeeper and Hotline

#### IG Reps:

Lou L., Molly, Vicki M., Marianne W., Jon W-K., Karen NP., Judy M., Dru

#### Welcome:

1. Introductions
2. Tradition 5- Betty shared about Tradition 5.
3. Review April Minutes – Betty was also at the April UIG meeting and should be added to list of attendees. Betty moved to accept April minutes as amended; second by Sarah. April minutes approved.
4. April Treasurer's Report: Buffalo income was around \$24,000 and expenses were about \$22,000. Did a little better than break even on retreat. There were some donations and reductions in cost because of rooms we did not need to use. Survey about retreat will go out soon. Annual expense for insurance. Year to date looks like there was a large loss but that was because of a sizable donation to World Service Office. Fiscal year ends June 30<sup>th</sup>. We will look at the 2024-25 budget next month. Please submit all expenses and proposed budget items ASAP. Lou moved to accept the treasurer's report; second by Jon. April Treasurer's report approved.
5. Newsletter: editor position is still open. For now, Sarah is accepting the articles and Liz is putting the newsletter together. Need to have attended at least 3 intergroup meetings and have 90 days abstinence to take service position. There haven't been any Constant Contact email blasts in the past few months. Board members are talking with Howard about getting that going again. Vicki is willing to be newsletter editor. She may need help during the fall months.
  - June: Saturday Eden Prairie hybrid meeting
  - July: Chaska Thursday Big Book meeting (Vicki M)
  - August: Wednesday PM Joan of Arc meeting (Vicki M)
  - September: Tuesday AM in-person HOW meeting (Karen NP)

- Send submissions to: [sarahmgs@comcast.net](mailto:sarahmgs@comcast.net)

#### 6. Intergroup Business:

- Elected positions are filled. Still have positions open for Region 5 reps and for World Service delegates.
- Also looking for someone to organize the Big Book Study, a Bylaws Chair, and a Zoom meeting manager (for Intergroup meetings only). Please bring these opportunities to your groups. The more service positions are filled, the more smoothly we operate.
- We will be part of Region 5 beginning June 1<sup>st</sup>. Donations can be sent to Region 5 as of June 1<sup>st</sup>.

#### 7. Events/Committee reports:

- Unity Intergroup 2024 MN Convention will be Oct. 25-26 at same hotel as last year (Crowne Plaza, Minneapolis West). Save the date notice was sent out and will be added to newsletter and shared around. \$75 per person (early bird registration) with scholarships available (includes lunch on Saturday). Additional \$10 for registrations after Oct. 10<sup>th</sup>.
  - If someone registers and can't come, we will try to connect them with someone on the wait list to take the spot.
  - Special convention rate for hotel rooms. Make your own arrangements.
  - Details are on the Save the Date flier.
- 2024 Buffalo retreat had 91 participants. Speakers were recorded and recordings are available as a free resource on the overeaters.org website. Look under recordings within events. Please share with your groups. Grateful for those that did service. It was a wonderful retreat.
- Already have 2 fellows that stepped up to chair the 2025 retreat.
  - Signed contract for April 4-6, 2025 retreat.
  - Cost has gone up considerably for next year.
  - There will be scholarship money available again.
- World Service update- Cathy was not able to go this time. Decisions have not yet been announced on the proposals that intergroups were asked to discuss in advance.
- Quick Steps update – team had a meeting this week. Planning a session either in September or November this year. Hope to do it in person, although recently have been doing it online. Will be meeting again next week to finalize the dates. Last session had 16 people. It was very successful. Good feedback. Quick Steps is asking if Unity would print 5 copies of facilitator manuals. Marque will bring the cost estimate to the meeting next month.

#### 8. Announcements/Action Items:

- After the retreat, Betty got a call from someone she met at MSSA conference over a year ago when OA had a booth there. The person said she has been in program since talking to Betty. Never know who you will help when you do outreach. Also, two fellows will be presenting to some pharmacists in late May about OA.
  - Marianne – Said she would contact someone from the AA intergroup to see if OA could have some literature or a table at one of their big events. Have not been able to follow up on the contact. Perhaps try for next year.
9. Closing: Marque led closing with the responsibility pledge.
10. Committee meetings:
- Public Information/Professional Outreach (PIPO)
    - Jon W. suggested we explore having a presence at the MN Psychological Association Conference in April 2025. He’s going to look into exhibitor costs.
    - Marianne W. asked about having a table at the AA Gopher State Roundup in May 2025. She’s going to see if that’s a possibility.
    - We discussed returning to the MN Social Services Association (MSSA) in March 2025. One challenge is recruiting enough fellows to staff the booth for 2.5 days at the Mpls Hilton. In the past, OA volunteers have canceled at the last minute due to illness or haven’t shown up for their shift. To prevent burnout and frustration, we’d need the full involvement of the PIPO committee to rally fellows from their meetings.
    - For future PIPO events, we want to set up a Signup Genius account. Although that won’t ease recruitment or boost follow-through, it’ll help with organization and scheduling.
    - Once we’re officially part of Region 5, we plan to tap into their collective social media marketing experience and expertise.
  - Twelfth Step Within
    - Improves recovery
    - Relapse Meeting
    - On Zoom from Dec. 2023
    - Write up ideas how to reach out to newcomers, newcomer packets, ways to implement Tools of Recovery

Respectfully submitted,

Liz Z. Secretary