

Unity Intergroup (UIG) Meeting Minutes – June 8, 2024

Attendees

UIG Trusted Servants:

Marque N, IG Chair; Jean K., IG Treasurer; Cathy G., IG web coordinator & WSBC delegate; Jackie K., Quick Steps Chair; Betty C., IG Bookkeeper and Hotline; Amanda, Region 5 rep.

IG Reps:

Annette, Rita, Dru F., Lou L., Chrissy M., Rasha K., Sherica, Joe W.

Welcome:

1. Introductions
2. Tradition 6 – Cathy G. shared about Tradition 6.
3. Review May Minutes – Jean K. moved to accept May minutes; second by Rasha K. May minutes approved.
4. May Treasurer's Report: Total year is showing a deficit because of the 1-time large donation to WSO. Money was taken from excess funds from prior years. Currently we have \$15,000 in reserve account. Our current overall balance is \$35,203.34. There are a number of annual expenses that have not been taken out that will come out in June. Dru moved to accept the report; second by Rita. May Treasurer's report approved.
5. Newsletter: Vicki is our new newsletter editor. The new email address to submit articles has been posted on the website. Articles usually match the step or tradition for the month, but can be any topic sharing experience, strength and hope.
 - 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)
 - October: Tuesday Shokopee meeting (Joe)
 - November: Brothers in Recovery Sunday night group (Lou)
 - Submit articles to RecoveryVM23@gmail.com
6. Intergroup Business:

- Elected positions - Still have positions open for Region 5 reps and for World Service delegates. We have one rep to Region 5, and two to World Service. We can have up to 4 for each, so there is room for more.
 - WSO delegate – annual meetings alternate between in-person and virtual. Next meeting will be virtual. Everyone signs up for one of the sub-committees. It is a great experience, and a way to connect with delegates from around the world. Need 12 months of abstinence and experience serving above the group level for at least 2 years.
 - Region rep – similar to WSO but at the region level. Join a sub-committee and be part of planning for OA as a whole. Typically, the region has 2 assemblies per year. July 20th conference, and September 6-8 in person convention in Cleveland. Fall assembly will be Nov. 1-3 in person in Indiana. As a rep, you get to travel to those places with expenses paid for by intergroup.
- Additional coordinator service positions available:
 - Big Book Study chair – did not hold an event this year. Hoping to have one spring of 2025 if a chair is identified.
 - Bylaws Chair is open
 - Zoom meeting manager
 - Requirement to serve is 90 days abstinence, regular attendance at OA meetings, and 3 months intergroup experience.
- 7th tradition donations can be made to Region 5 as of June 1st.

7. Review and discuss 2024-2025 budget proposal.

- June is the end of our fiscal year. Betty put together a draft budget based on previous years with minor adjustments.
- Income is from 7th tradition, literature sales, retreat, Quick Steps, convention.
- Expenses include doing the business of the intergroup (banking, Constant Contact, insurance, licensing fee, mailbox), literature costs, costs for putting on events, support for new meetings, office expenses, professional services, professional outreach, storage facility, voice mail, scholarship fund (to assist people in attending events), website hosting, expenses for region reps and WSO delegates.
- There is room in the budget for us to make changes if needs arise. We can also change donation amounts to region and WSO based on actual income. Individual groups make regular donations to the region and WSO. The Intergroup only donates if there is excess money at the end of the fiscal year.

We made the large donation this year because we had excess money from the last few years because of lower than expected costs and fewer events.

- Joe made a motion to accept the proposed budget; second by Cathy G. 2024-2025 budget as proposed was approved.

8. Events/Committee reports:

- WSBC update – in February, there were many proposals raised that would be discussed at the WSBC. Here are some decisions made at the meeting.
 - Proposal to change to definition of abstinence to remove reference to weight did not pass. Definition will remain as it was.
 - Clarified service longevity for delegates and officers.
 - Proposal to eliminate the pronoun “Him” and replace with “God”. Motions were withdrawn.
 - Set a 2-year schedule alternating in-person annual WSBC meeting in Albuquerque and meetings via virtual platform.
 - Income was down from donations and literature but budget was met because of investments. Auditor recommended we keep 2 years of prudent reserve. Also recommend hiring more service staff at WSO office.
 - Starting to use AI to translate literature into different languages.
 - Total number of OA meetings (including virtual): 6,273 across 75 countries, with 333 service bodies
 - World Service Convention (recovery event) in 2025 in August in Orlando at Sea World. Theme “Walking in the Sunlight Together.” August 21-23, 2025, Renaissance Orlando at SeaWorld, 6677 Sea Harbor Drive, Orlando, FL 32821 USA. Those who attended the WSO convention when it was held in MN found it to be a profound experience.
- 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 via Constant Contact and put in newsletter.
- Big Book study in spring 2025 is being discussed.
- Twelfth step within committee is hosting a Sponsorship workshop December 8. It will probably be virtual.
- Buffalo Retreat 2025 - Chrissy and Amanda said they are willing to chair the retreat next year. Service requirement is to attend 3 intergroup meetings to be officially appointed but they will act as the presumptive chairs until they meet the requirement.
- In May, PIPO committee presented about OA for 40 minutes to 75 pharmacists in Twin Cities. Told them about OA and shared resources.

- Quick Steps – Virtual workshop scheduled for Nov 9th and 23rd. Looking at in-person or hybrid in 2025, but thought we could offer it to Region 5 folks virtually to reach a wider audience.

9. Announcements/Action Items:

- Jean will send all contact info from the chat to Howard to include on the Constant Contact email list.

10. Committee meetings:

- Public Information/Professional Outreach (PIPO)
 - Discussion topic: how can we create more opportunities to introduce OA to health professionals?
 - Rasha volunteered to reach out to chemical dependency counseling/treatment providers: Meridian, North Star, New Way, and Nystrom & Associates. Could we present at one of Nystrom's monthly one-hour CEU-accredited seminars?
 - Sherica volunteered to research requirements for developing CEU-accredited presentations.
 - Based on Cathy's research, WSO doesn't have any presentations created for a professional audience. There's a multi-page overview/deep dive that's not at all presentation-friendly and a PPT that talks about abstinence. However, OA.org does have good resources (now on overeaters.org).
 - Betty volunteered to reach out to contacts in the health care community.
- Twelfth Step Within
 - Introduced new intergroup members to what the committee does
 - Discussed December 8th workshop on sponsorship.

Respectfully submitted,

Liz Z. Secretary