

Unity Intergroup (UIG) Meeting Minutes – October 12, 2024

Attendees

UIG Trusted Servants: Jean K., IG Treasurer; Liz Z., IG Secretary; Amy D., World Service Delegate

IG Reps: Dru F., Joe W., Diane G., Barb L., Clare C., Betty, Jane L., Lou L. Cathy W., Rasha K., Rita, Christine M., Chrissy M.,

Welcome:

1. Introductions
2. Tradition 10 – Betty shared about Tradition 10.
3. Review September Minutes – 1 typo was corrected. Joe W. moved to accept September minutes as amended; second by Rasha. September minutes approved.
4. September Treasurer's Report:
 - Income is from donations from groups and income from convention.
 - Expenses: bank charges higher than normal because of credit card fees when people to pay for convention. Haven't spent much yet because we don't pay the hotel until after the convention is done.
 - Question asked about registration numbers for convention. We break even at 190 registrants. We are at about 160 now. Please promote the convention at your meetings. Remind people that scholarships are available so don't let lack of funds be a reason not to go.
 - Joe W. moved to accept the report; second by Amy. September Treasurer's report approved.
5. Newsletter: The following groups signed up to write articles for the upcoming months:
 - November: Brothers in Recovery Sunday night group (Lou)
 - December: open
 - January: open
 - Submit articles to RecoveryVM23@gmail.com
 - Anyone can submit articles at any time. It is not limited to the group that signed up or to the step or tradition usually covered in that month. If a group signs up, they commit to getting people to submit articles. Please ask your groups at a business meeting if they will do an upcoming month.
6. Intergroup Business:

- Elected positions - Still have openings for three Region 5 reps, and two more World Service delegates.
 - Intergroup requirement for WSO and region are the same as for being on the UIG board (1 year abstinence and 3 months service above the group level).
 - Most meetings are virtual. Maybe 1-2 in person meetings. Cost to attend the meetings is covered by the intergroup.
 - WSO is the group conscience of Overeaters Anonymous. Joe found it moving to be part of and encourages others to try it.
- Need to make a few changes to our bylaws to update the region (a few got missed) and to align with Region 5.
- Region 5 did a sponsorship workshop last Sunday by Zoom. Jean attended. They had different people speak about how they sponsor. It was very good. Region 5 has a lot of opportunities to connect with the broader OA community. There are a lot of events and resources on their website.
- Additional coordinator service positions available:
 - Big Book Study chair – usually has been held in May. Has been in person and on Zoom. Didn't do it last year because no one stepped up to lead it. If interested, Jean can put you in touch with folks that have organized it in the past.
 - Zoom meeting manager – Help with keeping the UIG meetings smooth and quiet. Joe W. volunteered and was elected unanimously.
 - More information about service positions [here](#).

7. Events/Committee reports:

- Unity Intergroup Oct. 25-26, 2024 Convention. Registration will not close until 20th. Please promote at your meetings.
- Quick Steps – Virtual workshop Nov 9th and 23rd. 9 am -12:30 pm Central. Information on the overeaters.org website.
- November 16th 9 – 10:30 am “Serenity and Celebrations” Eden Prairie OA group special meeting. We talk about spiritual, emotional and physical recovery through the holidays. There will be 3 speakers and a craft activity and fellowship after. It will be hybrid on Zoom and in-person. Contact Jean for Zoom info.
- Twelfth Step Within committee holding a workshop on sponsorship December 8th via Zoom.
 - How to be a sponsor, what to do as a sponsor, how to be a sponsee, and what the relationship looks like. Sunday 1 – 3 pm. Speakers all lined up.

- Buffalo Retreat April 4-6, 2025
 - Committee has been meeting monthly. We will share a flier at the fall convention. We lost the registration coordinator so could use help with that if anyone is interested. The job can be shared. A team effort makes everything feel easier. It is a fun committee to be involved with.

8. Announcements/Action Items:

- Election for UIG board and service positions is in January. If you go to overeaters.org website, there is a document you can find about service position guidelines and responsibility ([here.](#)). It is a good place to find out more about the different positions we need to serve our member meetings. It includes estimated amount of time, responsibilities, etc. Rotation of service in Bylaws means no one can serve in a position more than 2 years, and no one can be on the board for more than 4 years. It is good for individuals and the group to rotate service. We get the OA we show up to create. We get to take responsibility for how strong OA is by how we show up.
- Unity Intergroup insurance covers liability insurance for OA groups. Insurance agent can provide a form if your location requires it.

9. Committee meetings:

- Public Information/Professional Outreach (PIPO)
 - Had an opportunity to do outreach this month. Hotline call received about a recovery event at MCTC. Cathy and Betty participated on Sept. 19th 10 – 2. Organizers were very enthusiastic but the event was not well attended. They did it annually before the pandemic and this is the first year back in person. Betty and Cathy made some connections.
- Twelfth Step Within
 - Zoom workshop December 8th. Speakers are lined up. Will have a panel of speakers and time for Q & A and participant sharing. Will include a discussion of how to find a sponsor and asking for available sponsors.
 - Flier is posted on the website with link on how to sign onto the meeting. Fliers will be printed for convention and other upcoming events.
 - No cost to join. No pre-registration.
 - If people want to make a 7th tradition donation, they can donate to UIG.

Respectfully submitted,
Liz Z. Secretary