

Unity Intergroup (UIG) Meeting Minutes – December 14, 2024

Attendees

UIG Trusted Servants: Marque N., UIG Chair; Jean K., Treasurer; Sarah S., Vice-chair; Liz Z., Secretary; Cathy G., WSO delegate and website content manager.

IG Reps: Maryann W., Judy M., Barb L., Diane G., Dawn S., Dru F., Chrissy M.

Welcome:

1. Introductions
2. Tradition 12 – Maryann W. shared about Tradition 12.
3. Review November Minutes – Clarification made regarding website spot where people can send a message. Messages about the newsletter are getting to Cathy, but not sure if messages about getting on email list are also getting to Howard. Dawn reported from the Convention that there were 190 registered and 160 attended (it had been reported as fewer attendees at the November meeting). Sarah S. moved to accept November minutes as amended; second by Jean K.. November minutes approved.
4. November Treasurer's Report:
 - Intergroup made a little bit of money from the Convention (\$800). The cost of the telephone line is an annual charge that was paid in November. The prudent reserve is at \$15,000, and operating balance of \$37,529.24. Overall, UIG received about \$1,000 more in income than expected.
 - Dru F. moved to accept the report; second by Cathy G.. November Treasurer's report approved.
5. Newsletter: The following groups signed up to write articles for the upcoming months:
 - January: St. Cloud Whitney group (Dru)
 - February: Monday night Eagan group (Marque)
 - March: Friday OA HOW Zoom
 - Submit articles to RecoveryVM23@gmail.com
6. Intergroup Business:
 - Showed service positions that are still available.
 - All board positions and service positions will be open for election in January (Chair, Vice Chair, Secretary, Treasurer, Region 5 delegates, World Service delegates, Big Book study chair, Bylaws chair, Quick Steps chair, Hotline

responder, Literature Coordinator, Newsletter Editor, Zoom meeting manager).

- Abstinence requirements: board officers, region reps, WSO reports, convention chair(s), Buffalo retreat chair(s) all require 1 year abstinence. Other positions require 90 days abstinence.
- All positions are for a 1-year term starting in January.
- You can serve 2 years in one board position and up to 4 consecutive years on the board but not in the same role. Marque, Jean and Liz are willing to serve another year. Sarah is stepping aside. Jean wants to hear from anyone interested in the treasurer position in the future. You must have attended at least 3 UIG meetings (does not need to be consecutive).
- Take the information back to your groups about board and service positions. Full descriptions of positions are on the overeaters.org website [here](#).

7. Events/Committee reports:

- Unity Intergroup 2024 Convention wrap up from Dawn. 190 registered and 160 attended. Got good feedback. Program committee put together an electronic survey (paper surveys were entered electronically also) which provided very helpful feedback.
 - 92.4% liked the Friday evening, Saturday schedule.
 - Friday sessions were less liked than Saturday, but might have been from lower attendance. Body image was the most popular topic. Several suggestions given for future topics.
 - Suggestions for improvements: bathroom situation (got reduced bill due to bathroom issues), cold room (old building so suggest everyone dress warmly).
 - 94.6% liked the facility location
 - 95.7% liked the lunch (much improved from previous year)
 - 9.8% want to help next year.
 - Lots of positive comments about interactivity. Also worked well to emphasize anonymity and reaching out to unfamiliar people.
 - Payment system for literature did not work well. Might have missed a few payments, but not much.
 - Hotel was very responsive and helpful. Rate for rooms was unchanged from the previous year, and cost of lunch only increased \$2.
 - Mary and Dawn will support next year's chairs. Really fun service to take on. Have not signed a contract with the hotel to have the convention again and won't until there are committed chairs. Please put it out in your meetings. Locating chairs needs to happen fairly soon.

- Question asked about holding a virtual convention. Still a heavy lift to do a virtual event and we have trouble filling positions for Zoom events. Face to face is important for a convention.
- Other comments from meeting participants:
 - Convention was well-designed and constructive. Loved that the schedule allowed for interaction and connection.
 - Harder to get people out of their homes and volunteering for committees. Something systemic. Find out from Region what is working to draw people into service.
 - Convention is a time for me away from distraction. Not about speakers and fellowship, but devoted program time.
- Twelfth Step Within committee workshop on sponsorship December 8th attended by 25-29 people. Feedback was very positive. Panel spoke about sponsorship and sponsees. Q & A and discussion about resources. Feedback: Very interactive and well done. No magic bullet and you don't have to be an expert. Good for me as a sponsor and sponsee. Very well done. A safe place to be. Very thoughtful. Run it again, maybe not in December? December is hard for scheduling, but fits well with the 12th step in the 12th month.
- Quick Steps workshop report. Quite a few signed up but only a few showed up. Good workshop and those there got a lot of value. Great workbook. Hope to offer again in spring and summer.
- Buffalo Retreat April 4-6, 2025 – Chrissy reported that the committee met December 4th. All coordinator roles are filled. There is a flier for registration. Registration will be opened in January through March 10th. Scholarships will be available. Next meeting is January 29th. Contact committee by email at oabuffaloretreat2025@gmail.com.

8. Announcements/Action Items:

- Intergroup elections at January meeting. Must be there to be voted in.
- Convention speaker recordings are available on the overeaters.org website.
- Intergroup documents were sent out yesterday by Constant Contact. Check your email and SPAM folder.

9. Committee meetings:

- Public Information/Professional Outreach (PIPO) – no report received
- Twelfth Step Within
 - Interest in repeating the sponsorship workshop again.
 - Do a body image workshop in late spring. Jean will check with Meg who put on a body image workshop years ago.

Respectfully submitted,
Liz Z. Secretary