

Unity Intergroup (UIG) Meeting Minutes – November 9, 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: Joe W., Dru F., Betty C., Michele M., Sherica, Cathy W., Jon W-K., Liz J., Diane G., Jackie K.

Welcome:

1. Introductions
2. Tradition 11 – Sarah S. shared about Tradition 11.
3. Review October Minutes – Cathy G. moved to accept October minutes as amended; second by Sarah. October minutes approved.
4. October Treasurer's Report:
 - Convention receipts, expenses and literature sales. Did not get final invoice from hotel until November so expenses will be greater next month.
 - Dru F. moved to accept the report; second by Cathy G. October Treasurer's report approved.
5. Newsletter: The following groups signed up to write articles for the upcoming months:
 - December: Eden Prairie (Jean)
 - January: St, Cloud Whitney group (Dru)
 - February: Monday night Eagan group (Marque)
 - Submit articles to RecoveryVM23@gmail.com
 - Typically groups match the topic with the step or tradition for the month, but Vicky will take articles on anything. Anyone can submit at anytime. We ask groups to sign up so there are cheerleaders encouraging articles. It is a good way to get credit for using the writing tool.
6. Intergroup Business:
 - Elected positions - Still have openings for three Region 5 reps, and two more World Service delegates. Take it back to your groups to encourage people to sign up
 - WSO conference will be virtual this year in May (alternating with in-person meetings every other year). It is a business meeting. You get to see how things get done. You meet people from all over the world. All delegates are asked to join one of the committees. You meet with subcommittees and as a big group

to vote on amendments. In February, you get sent a list of amendments to consider for discussion at WSO. Need 1 year of abstinence and to have served above the group level for at least 3 months.

- Additional coordinator service positions available:
 - Big Book Study chair – usually has been held in May. Friday evening, all day Saturday and part of Sunday. Has been in-person and on Zoom. Didn't do it last year because no one stepped up to lead it. The coordinator recruits a committee and they arrange for a location, decide on dates, coordinate with Lawry, do registration and figure out costs, etc.
 - More information about service positions [here](#).

7. Events/Committee reports:

- Unity Intergroup Oct. 25-26, 2024 Convention. As an attendee, it was wonderful. Unfortunately, there were 190 people registered with 9 scholarships but only 130 attended (at December meeting, the number of attendees was corrected to 160 of the 190 registered). Don't know why there wasn't the enthusiasm that there was last year. It is remarkable to experience the fellowship and in-person connections.
 - It appears we will be breaking even financially or having a slight income.
 - The program was excellent. They encouraged participation and mingling.
 - Had a little issue with technology for credit card payments for literature. The tablet would not maintain a charge, so sporadic Wifi and we don't know if all charges actually went through. Will send an email to participants to ask people to check if charges went through.
- Quick Steps – Virtual workshop Nov 9th and 23rd. 9 am -12:30 pm Central. Very good first session. Many no shows. Those that came really needed to be there and felt safe.
- November 16th 9 – 10:30 am “Serenity and Celebrations” Eden Prairie OA group special meeting. Fliers were shared at convention and on UIG website. We will have speakers on maintaining physical abstinence through the holidays and spiritual and emotional abstinence as well. In-person will include a simple crafting project. Jean is the contact if you want info and Zoom link.
- Twelfth Step Within committee holding a workshop on sponsorship December 8th via Zoom 1 – 3 pm.
 - Panel of 3 sharing on sponsorship, and panel of 2 on being a good sponsee.
 - Hoping it will strengthen sponsorship relationships.
 - Zoom link is posted on the website. No need to register.
- Buffalo Retreat April 4-6, 2025

- Had a flier at fall convention.
- Amanda and Chrissy are chairs. Cathy will reach out to get a save the date flier to post on the website.

8. Announcements/Action Items:

- All UIG service positions are up for re-election in January. Jean can serve 1 more year on the board and is willing to continue as treasurer, but also willing for anyone who wants to step up and serve.
- Question raised about Constant Contact email process. Can Zoom links for special events be sent out in email reminders? That process is being worked on and updated.
- There is a spot on the website where people can send a message. The messages regarding signing up for the newsletter are getting to Cathy G., but not sure if messages about getting on the email list are being received or responded to by Howard. Marque will reach out to Brian (who did recording at Convention) to see if he might be willing to help out with other tech roles.

9. Committee meetings:

- Public Information/Professional Outreach (PIPO)
 - Discussed ordering an OA-branded table cover for PIPO events: light purple to match banner, with OA logo with our url and hotline #; Cathy will contact graphic artist who designed our pop-up banner
 - Liz J. attended the 2024 Mental Health Education Conference and recommended we participate; (we've been part of the resource fair in past years but no one on the PIPO committee pursued it this year); Cathy will reach out to the Jewish Community Center about the 2025 conference
 - Betty recommended that we participate in the 2025 MSSA Conference (MN Social Services Association) at the "friend" level (\$595); Cathy and Betty will pursue; persistent challenge is getting OA members to volunteer for service.
 - Sherica shared that the OA Public Service Announcement (PSA) is running on the local Mankato TV station
- Twelfth Step Within
 - Discussed the draft outline for the Dec. 8th event
 - After welcome and introductory comments, there will be 2 panels: one on sponsoring, the other on being a good sponsee
 - Panel speakers will share a little then answer questions selected by the facilitator from participants and list of prepared questions (reading the room)

- Time for Q & A and sharing
- Review of available tools for sponsoring
- Time for connecting sponsors with sponsees
- Jackie will send reminder to panelists with speaker guides and the questions that could potentially be asked.
- Suggestion that the committee consider submitting articles to newsletter regularly regarding 12th step within. Joe W. is willing to commit to submitting something for the next 6 months.

Respectfully submitted,
Liz Z. Secretary