

## Unity Intergroup (UIG) Meeting Minutes – January 11, 2025

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### Attendees

**UIG Trusted Servants:** Marque N., UIG Chair; Jean K., Treasurer; Sarah S., Vice-chair; Liz Z., Secretary; Cathy G., WSO delegate/website content manager/IG rep; Betty C., UIG bookkeeper and Hotline, Amanda, Buffalo Retreat Co-chair

**IG Reps:** Judy M., Dru F., Joe W., Barb L., Betsy H., Lori K., Rita L., Diane H., Marlena W., Maryann W.

### Welcome:

1. Introductions
2. Tradition 1 – Dru F. shared about Tradition 1.
3. Review December Minutes –
  - Cathy G. moved to accept December minutes; second by Betty. Minutes approved.
4. December Treasurer's Report:
  - Income and expense. Income from 7<sup>th</sup> step donations. Constant contact is an annual fee that gets paid in December. Slight loss on the month because of large annual expense, but total for the year income is above expenses. Operating account balance is \$36,901 and prudent reserve account is always at \$15,000. 7<sup>th</sup> step donations were especially light in December, below our typical monthly expenses.
  - Prudent reserve never gets touched. It is for emergency fund if there is a big unexpected expense. Operating account is to fund things that we are doing (downpayment for retreat or convention, etc.). If we hold too much money in operating account, it gets sent to Region and WSO. UIG is in good financial position. We have lots of ideas of things we want to do. We need people to step up and make it happen. We have the financial resources to support lots of things to help carry the message. We need people to do those activities.
  - WSO trustees send out a notification of a change of recommendations for groups making 7<sup>th</sup> step donations above the group level. For a long time, recommendation has been for 60% to intergroup, 30% to WSO and 10% to Region. They have changed the recommendation to 50% to intergroup, 40% to WSO, 10% to Region. Letter from Trustees stated that costs are going up for storage of materials, paying people to send out materials, translating literature to make it more available, and meeting more requests for WSO to provide support and services. More details are in the January newsletter. Please take the information back to your meetings.
  - Sarah S. moved to accept the report; second by Rita L. Treasurer's report approved.
5. Newsletter: The following groups signed up to write articles for the upcoming months:
  - February: Monday night Eagan group (Marque)
  - March: Friday OA HOW Zoom (Liz)
  - April: Thursday OA HOW Zoom meeting (Diane H)
  - Submit articles to [RecoveryVM23@gmail.com](mailto:RecoveryVM23@gmail.com)
  - Find newsletters on [www.overeaters.org](http://www.overeaters.org) and look for link for Newsletters. Working on having newsletters sent out by Constant Contact monthly. Concern that people that sign up via the website to receive newsletters, the info is not really getting to anyone. Board is working on it.

- Articles do not have to be long. A few sentences or a paragraph of experience, strength and hope is plenty.

#### 6. Intergroup Business:

- Elections for board officers and service positions
  - Abstinance requirement for board officers is 1 year abstinance and at least 3 times attending intergroup meetings (does not need to be consecutive).
  - Vote completed by online ballot.
    - Chair – Marque N.
    - Vice Chair – Amanda
    - Treasurer – Jean K.
      - Wells Fargo account. Must go in person to get added to the account and be authorized signer. Works closely with bookkeeper. Fiscal year July-June. Helps develop budget. Helpful to be familiar with Quickbooks and basic accounting.
    - Secretary – Liz Z.
  - Region 5 delegates – Amanda and Liz
    - Service requirement – 2-year term. 1 year abstinance. Room for more reps.
  - WSO delegates – Cathy G has 2 years left, Amy has 1 year left that they can serve. Can have up to 2 more. Currently alternating in person and virtual meetings, but a motion will be voted on soon to change to always holding virtual meetings (would help with access for delegates from other countries, and translation services, and cost for intergroups with limited resources).
  - Big Book study chair – open
  - Bylaws chair – Amy D to continue?
  - Quick steps chair – Marque and Jackie
  - Hotline responder – Betty C. and Judy M.
  - Literature Coordinator – Amy D to continue?
  - Newsletter editor – Vicky to continue?
  - Zoom meeting manager – Joe
- 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 Retreat (held in Buffalo) April 4-6, 2025 – Please promote it as being sponsored by the Unity Intergroup. Buffalo Retreat is a known entity. For newer people, they might not understand who is hosting it. Don't need to rebrand it today but can talk about it in meetings as being sponsored by UIG.
  - Link is open for registration. On the website. Already have people registered to come. Next planning meeting at the end of this month. A few people have had to step away so can use others to help with planning (decorations, volunteer coordinator).

#### 8. Announcements/Action Items:

- WSO trustees re: new 7<sup>th</sup> tradition recommendation
- Still looking for chairs for the fall 2025 Convention. Can't sign a contract without chairs willing to step up and make it happen. So no date or location.
- World Service Business Conference has proposed motions and amendments that cover a variety of different topics. In February, UIG will go through the proposed motions. We will

not discuss whether we are in favor or opposed but whether or not it deserves to be discussed at the WSBC meeting in May. It is up to individual meetings whether they want to have input into what gets discussed or not. They can entrust the WSO delegates to make the decisions. The articles that will be discussed are all on the [World Service website](#).

- 2024 Convention speaker recordings are available on the [overeaters.org](#) website.
- OA Birthday party in LA is going ahead next weekend despite fires.

9. Committee meetings:

- Public Information/Professional Outreach (PIPO)
  - Reviewed graphic design options for OA table cover for outreach events; chose color, layout, size, and fit; Cathy will communicate decisions with Kathy, OA member who designed our pop-up banner and table cover.
  - Registered for the [Minnesota Social Services Association](#) (MSSA) Expo, 2-day event at Mpls Convention Center March 26 & 27, 2025. Cost: \$605.00. Need a total of 10 volunteers to cover five shifts—2 per three-hour shift. Betty will set up, Cathy will strike. Betty, Judy and Cathy will hustle to fill slots. WE WELCOME EVERYONE WHO WANTS TO BE OF SERVICE! (Those who would like to be reimbursed for parking can submit request to Unity Intergroup, attention: PIPO committee.)
- Twelfth Step Within
  - Committee would like to do a body image workshop (popular topic at Convention) maybe in May or June.
    - Another intergroup in Northern Virginia did a workshop on the topic (recording on their website) from 2014.
    - Recording available of body image speaker at fall Convention
    - Could follow the new OA book. Would like workshop to be trauma-informed – lots of helpful experience in the new book around trauma. Lots of people went through really rough stuff that set us up to be compulsive overeaters.
    - Possible date May 4<sup>th</sup> 1 – 3 pm on Zoom.
    - Let Region 5 know about it once firm date.
    - Before next month, listen to recordings and come with ideas on what to include in workshop.

Respectfully submitted,  
Liz Z. Secretary