

Unity Intergroup (UIG) Meeting Minutes – February 8, 2025

Attendees

UIG Trusted Servants: Marque N., Chair; Amanda M., Vice Chair and Buffalo retreat co-chair; Liz Z., Secretary; Jean K., Treasurer; Betty C., UIG bookkeeper and Hotline; Cathy G., WSO delegate and website content manager.

IG Reps: Barb L., Rita L., Lou L., Diane H., Sarah S., Marianna S., Marlena W., Dru F., Lori K.

Welcome:

1. Introductions
2. Tradition 2 – Jean K. shared about Tradition 2.
3. Review January Minutes –
 - Cathy G. moved to accept January minutes; second by Betty C.. January minutes approved.
4. January Treasurer's Report:
 - Bank charges higher than normal because of PayPal charges and credit card charges for retreat registrations. More income than usual also because of retreat registrations.
 - Question about UIG income. Mostly 7th tradition donations and registrations for retreat and conventions, etc. We are self-supporting through our own contributions. Occasionally get donations from individuals.
 - Dru F. moved to accept the report; second by Sarah S.. January Treasurer's report approved.
5. Newsletter: The following groups signed up to write articles for the upcoming months:
 - March: Friday OA HOW Zoom (Liz)
 - April: Thursday OA HOW Zoom meeting (Diane H)
 - May: Saturday Eden Prairie (Marque)
 - June: Thursday Chaska Big Book meeting
 - Submit articles to RecoveryVM23@gmail.com
6. Intergroup Business:
 - Board officers elected at January meeting:
 - Chair – Marque N.
 - Vice Chair – Amanda M.
 - Treasurer – Jean K.

- Secretary – Liz Z
- Reps and Service Positions:
 - Region 5 delegates – Amanda M and Liz Z - Room for more delegates if anyone is interested.
 - WSO delegates – Cathy G. and Amy D. Can have up to 2 more.
- WSBC bylaw changes and questions to put forward for discussion. The articles are all on the [World Service website](#).
 - Any group or committee can put forward a proposal. There are a total of 13 items this year. All that we are deciding today is whether or not the WSBC should discuss the item in May. UIG is the group conscience for the groups that are part of the intergroup so it is not essential that individual groups vote on this. We have Cathy and Amy representing UIG in hearing the discussion and vote their conscience.
 - Proposal 4 – To insist on a 55% response rate of all groups is unrealistic. Proposal to change back to original bylaws to get approval from those groups that respond. This only applies to making changes to the steps and traditions. Approved having it be discussed.
 - Proposal 5 – this was proposed last year but pulled. Proposal is to change references to God in the steps and traditions to be gender-neutral. Changes would be made as books and pamphlets come due for review. Some groups have already made the changes, but that is in violation of OA bylaws. Approved having it be discussed.
 - Proposal 6 – Changing WSBC meetings from alternating in person and virtual to being all virtual. Do not want it to be discussed.
 - Proposal A – yes to discussing name change.
 - Proposal B – Wording to not try to convince any member or visitor to adopt a belief in God. Concern that it is badly written but an important concept. Cathy can put detailed responses in the agenda. The sentiment is a good one but the wording is problematic. Cathy will discuss with Amy. Vote majority said yes to discussing it.
 - Proposal C – Change language to take out specific mention of bariatric surgery and replacing it with general mention of weight management strategies. Approved having it be discussed.
 - Proposal 1 – Cleaning up mention of regions because of closing Region 4 and some changes in geographical affiliations. Approved for discussion.

- Proposal 2 – Qualifications for trustees. Adding language that trustees should express some ideas so delegates can get to know their priorities. Approved.
- Proposal 3 – Number of trustees. Approved for discussion.
- Proposal 7 – Allowing volunteers to address the conference. Staff and interpreters are already allowed. Approved for discussion.
- Proposal 8 – schedule for WSO should be sent out in advance. Approved for discussion.
- Proposal 9 – regarding trustee endorsements. Approved for discussion.
- Proposal 10 – Some groups don't affiliate with an intergroup. They may choose to affiliate with a geographic region or virtual region. Groups can choose their service body affiliation. Approved for discussion.

7. Events/Committee reports:

- Unity Intergroup Retreat in Buffalo April 4-6, 2025
 - Weekend of recovery but with retreat. \$360 for lodging, meals, and recovery. We have lots of scholarship money available. Can help with up to half of the cost of the retreat. 35 people already registered. Need 70 minimum to hold the retreat. Please tell meetings about it to get the word out. Can hold up to 100 people. There is using the tools to escape the 3 ring circus of addiction.

8. Announcements/Action Items:

- 2025 MN Convention chairs needed. If we don't have chairs, we will not sign a contract. Take it back to your meetings.
- Region 5 Spring Assembly March 7-9 in Chestertown, IN.
- Region 5 Spring Convention May 23-25 in Brookfield, WI Five hour drive from Twin Cities.
- World Service Convention (Walking in the Sunlight Together) August 21-23 in Orlando, FL
- Coordinator Service Positions Needed:
 - Big Book Study – open
 - Bylaws Chair – open
 - OA Quick Steps Co-chairs – Jackie and Marque
 - Hotline responders – Betty C and Judy M
 - Literature Coordinators – open
 - Newsletter Editor – Vicki
 - Zoom Meeting manager – Joe
- Website question – We have a list of UIG-affiliated groups. Perhaps we could list the special interests that have groups, but not put links to all of the special

interest groups or websites. There is an Excel spreadsheet on UIG website that lists the meetings that are part of UIG. Have a link to WSO website and tell how to search for special interest groups but not try to keep up with all the websites and links.

- Agenda for UIG meetings is posted on overeaters.org website before the meeting.

9. Committee meetings:

- Public Information/Professional Outreach (PIPO)
 - In addition to the 10 OA members who volunteered to staff the OA table at MSSA (March 26 & 27), we now have one alternate!
- Twelfth Step Within
 - May 4th Body Image workshop.
 - Work out of the new book on body image.
 - Journaling, affirmations, mirrors
 - 3 speakers, someone of color or with a disability if possible
 - Jean will try putting together an agenda
 - Hearing from participants – including affirmations

Respectfully submitted,
Liz Z. Secretary