

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

Attendees

UIG Trusted Servants: Jean K., Treasurer; Betty C., UIG bookkeeper and Hotline; Cathy G., WSO delegate and UIG website content manager.

IG Reps: Sherica, Joe W., Marlena W., Rita L., Diane H., Marianna S., Lori K., Kathy W., Betsy H., Judy M., Dru F.

Welcome:

1. Introductions
2. Tradition 3 – Betty C. shared about Tradition 3.
3. Review February Minutes
 - Correction to February minutes – misspelled the word “theme” referring to the Buffalo retreat. Cathy G. moved to accept January minutes as corrected; second by Betty C.. February minutes approved.
4. February Treasurer’s Report:
 - Income includes registrations for Buffalo retreat, literature sales (largely at Convention), donations from groups. Income is ahead of expenses so far because registrations are coming in and we have not paid anything for the retreat yet. Operating account balance is \$57,215.35. Prudent reserve is \$15,000.
 - Cathy G. moved to accept the report; second by Rita L.. February Treasurer’s report approved.
5. Newsletter: The following groups signed up to write articles for the upcoming months:
 - April: Thursday OA HOW Zoom meeting (Diane H)
 - May: Saturday Eden Prairie (Marque)
 - June: Thursday Chaska Big Book meeting
 - July: open
 - August: open
 - Submit articles to RecoveryVM23@gmail.com
6. Intergroup Business:
 - Constant Contact update – Marque, Jean and 2 others recently got trained to send out Constant Contact emails (in addition to Howard). The 4 who just got trained plan to send out emails. Howard will do the database maintenance. They did some testing. If you go to the UIG website (overeaters.org) and fill

out the request to get newsletters and emails and event notifications, you are automatically added to Constant Contact. If reps put their email address in the UIG meeting chat, Jean will be able to send out UIG documents to the group of reps who have attended at least one meeting.

- Coordinator service positions open
 - Big Book study – has not been held for a few years
 - Bylaws chair
 - Literature coordinator
 - (Hotline responders – Betty and Judy will continue)
 - Convention chairs – if no one steps forward very soon, we will not have a convention in 2025.
 - Recommend that we let go of convention for this year. Anyone considering the position can look towards 2026.
 - Suggestion to consider making it a 1-day Zoom event. Even if we make it a Zoom event, would need to have chairs and work out logistics. May want to consider in the future.
 - Take it back to groups to see if anyone is willing to put energy into a convention-type event whether in person or virtual.
 - Abstinence requirement for convention chair is 1-year abstinence. For Zoom and other service positions, we ask for 90 days abstinence.
 - Motion from Betty C. to cancel any consideration of holding a convention in 2025. Second by Cathy G.. Motion passed.

7. Events/Committee reports:

- Unity Intergroup Retreat in Buffalo April 4-6, 2025. Registration deadline is March 10th. We have to guarantee 70 participants. Doing a big push to get people registered. Don't want to cancel for low registration if some are waiting to register. If anyone is considering going, they should register ASAP. There are still scholarships available. Make sure people in your meetings know there are scholarships available.
 - If we are within 2 people of the minimum, the board may decide to cover that. But we would rather have people there enhancing recovery.
- Quick steps – Held a class in February. No further details available.

8. Announcements/Action Items:

- 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.

9. Committee meetings:

- Public Information/Professional Outreach (PIPO)
 - MSSA Expo: Cathy will send reminder texts to fellows who will be staffing the OA booth on March 26 – 27.
 - Caregiver resources: Dru will research opportunities to share OA info with the Dementia Central Action Network in support of founder’s philosophy that “sugar is the enemy of the brain”.
 - Diabetes education/conferences: no upcoming events at the Convention Center or other Twin Cities locations. The St. Paul Jewish Community Center hosted a diabetes program in February. Cathy will contact them in the fall for 2026.
 - Discussed possible approaches for in-person meetings to reach newcomers:
 - List in the church/community center directory and newsletter
 - Advertise in free community newspapers
- Twelfth Step Within
 - Planning for May 4th Body Image workshop 1 – 3 pm via Zoom
 - Would love to have 3 diverse speakers representing recovery across meeting formats, gender, age, ethnic backgrounds
 - Other roles: facilitator, Zoom host, promotions
 - Rita will do a flyer by March 19. Jean will send flyer out via Constant Contact to the events distribution list.
 - Fleshed out detailed schedule for the workshop: welcome and introductions, reading and writing, speaker 1 & 2, journaling/reflection, speaker 3, affirmations, sharing, closing

Respectfully submitted,
Liz Z. Secretary