

Unity Intergroup (UIG) Meeting Minutes – April 12, 2025

Attendees:

UIG Trusted Servants: Marque N., President; Jean K., Treasurer; Liz Z., Secretary; Betty C., UIG bookkeeper and Hotline; Cathy G., WSO delegate and UIG website content manager.

IG Reps: Joe W., Judy M., Karen M., Sherica, Lynn H., Barb L., Molly, Marianna S., Lisa H., Dru F.

Welcome:

1. Introductions – Jean showed how new reps can sign up to receive emails on overeaters.org website.
2. Tradition 4 – Judy M. shared about Tradition 4.
3. Review March Minutes
 - Two typos corrected from March minutes.
 - Betty C. moved to accept corrected March minutes; second by Cathy G. March minutes approved.
4. March Treasurer's Report:
 - Total income for the year is at \$58,000. Expenses do not yet include the Buffalo retreat expenses. Next month will reflect all retreat expenses.
 - Prudent reserve is at \$15,000. Operating account is over \$60,000. Will go down next month.
 - It appears that we will do slightly better than break even on the Buffalo retreat.
 - Molly moved to accept the report; second by Liz Z. March Treasurer's report approved.
 - If any committees have expenses or expect expenses for the next fiscal year, please let Betty or Jean know so it is included in the next budget. We will start to consider the budget in May and complete it in June.
5. Newsletter: The following groups signed up to write articles for the upcoming months:
 - May: Saturday Eden Prairie (Marque)
 - June: Thursday Chaska Big Book meeting
 - July: Tuesday morning Mpls OA HOW (Judy)
 - August: open
 - Sept: open

- October: Mankato (Sherica)
- If your group signs up to do a newsletter, it means that people from your group are volunteering to write reflections on recovery. Usually, it follows the step or tradition for the month, but can be on any recovery topic. See past newsletters on overeaters.org.
- Submit articles to RecoveryVM23@gmail.com

6. Intergroup Business:

- Coordinator service positions open
 - Big Book study – it will not be held this year. If you are interested in doing it, we can help you get in touch with those that have organized it in the past.
 - Literature coordinator – not much to do this year. There is a lot of literature and multiple copies of things in storage. Quite a bit of literature was sold at Buffalo retreat. Need to update inventory of what is available.
 - Convention chairs for 2026
 - Amy D. is willing to continue as Bylaws chair this year.
- Cathy G showed pictures of the storage unit. Betty and Cathy went through 60% of the stuff in the storage unit. No need to purchase another sharpie pen or post it note, etc. There are lots there. There are many measuring cups and scales. Betty is working on labeling boxes. Cathy is happy to meet people who are holding events at the storage unit to pick up materials.

7. Events/Committee reports:

- Region 5 Assembly report – Liz
 - WSO experiences 3 million hits on the “find a meeting” feature. It is important to have meeting information accurate and current. Cathy noted that when UIG groups send updates, she updates the UIG website but does not pass along the info to WSO. Groups making updates should send to both UIG and WSO. Jean reminded us that last summer, prior to transition from Region 4 to Region 5, UIG updated all meeting information.
 - Region 5 is looking for groups to host future in-person region Assemblies.
 - Spread the word about the Region 5 Convention May 23-25. They are doing a la carte pricing so registration and meals to keep costs low.
 - Region is focusing on supporting contact between intergroups to share resources and events, and create connections. Region 5 wants to support our intergroup. We can invite officers to work with us.

- Region 5 website – creating list of resources members can use to pass along to professionals.
- Please include your meeting number when making 7th tradition donations to Region 5.
- They are looking for a location for the 2027 Region 5 convention. We could host and join forces with Region 5.
- PIPO at MSSA Convention – Cathy G.
 - UIG had 10 volunteers at the convention during shifts. People I talked to had a good experience. Not lots of conversations but those that came to the table were really interested. There was better sense of privacy for conversations. We gave away all of the “Where do I start” brochures. Gave lots of business cards. Will give out pens next time.
- Unity Intergroup Retreat in Buffalo April, 2025. 78 people were there. It was a fabulous time. Leaders stepped up for next year. Joni, Karen and Jean are interested in leading next year. Many stepped up to join a committee. Dates are April 17-19, 2026.
 - Betty is curious about why there is reluctance to step forward to organize the convention. Experience gives confidence. Would love to have a champion for convention. Abstinence requirement might be an issue. Also being out state creates some challenges.
- May 4th 1 – 3 pm Body Image Zoom workshop
- Quick Steps update – Scheduled for Oct. 11 and 25, in person only. Location TBD. For Zoom meetings, lots of people sign up but not many come, so we will be trying an in-person meeting.
- Jean will send the list of UIG officers and trusted servants to those who are UIG reps. We will not post it on the website or send by Constant Comment because of privacy concerns.

8. Announcements/Action Items:

- No MN 2025 Convention
- 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)
 - Mankato Marathon: discussed having a table at registration/health fair on Oct. 17 – 18; however, based on past experiences at public events (e.g., Pride, Women’s Expo, Diabetes Fair), decided not to pursue.
 - NAMI: Molly will research cost and offerings of exhibitor fair at Walk event

- Mental Health Education Conference: no info available yet for 2025 (Cathy will monitor)
- Literature: Betty will order more “Where Do I Start” pamphlets – we gave away our entire inventory at MSSA!
- Twelfth Step Within
 - Need one additional speaker.
 - Need someone to facilitate the session.

Respectfully submitted,
Liz Z. Secretary