

Unity Intergroup (UIG) Meeting Minutes – June 14, 2025

Attendees:

UIG Trusted Servants: Marque N., Chair; Amanda M., Vice Chair; Liz Z., Secretary; Betty C., UIG bookkeeper and Hotline; Amy D., WSO Rep

IG Reps: Lou, Joe, Jackie, Sherica, Marianna S., Lynn H., Molly, Lori K, Dru F., another unnamed person

Welcome:

1. Introductions –
2. Tradition 6 – Betty C. shared about Tradition 6.
3. Review May Minutes
 - Betty C. moved to accept May minutes; second by Lou. May minutes approved.
4. May Treasurer's Report:
 - Made a reservation payment for next year's Buffalo retreat. We paid for 3 years of mailbox service to keep a lower rate. Also paid insurance for the whole year. Income is about \$4,600 more than expenses.
 - Liz Z. moved to accept the report; second by Lou. May treasurer's report approved.
5. Newsletter: The following groups signed up to write articles for the upcoming months:
 - July: Tuesday morning Mpls OA HOW (Judy)
 - August: Open
 - Sept: Brothers in Recovery (Lou)
 - October: Mankato Thursday mtg (Sherica)
 - Nov: Open
 - Dec: Circle Pines HOW meeting (Lynn H)
 - Submit articles to RecoveryVM23@gmail.com
6. Intergroup Business:
 - 2025-2026 UIG Budget
 - Estimating income based on what has happened so far this year
 - Made adjustments to proposed budget for Buffalo retreat, Quick Steps in-person and possible Big Book study in 2026
 - Constant Contact – trying an adjustment for just 5 users instead of unlimited users. Will reassess next year.

- PIPO – talking to professionals about reaching out to clients, so will change the brochures that get handed out at events.
- Cash balance at about \$30,000 right now. Excess cash we can pass along to Region 5 and WSO.
- Money available to support in-person events if there are chairs to lead
- Estimated budget is short about \$1640 but we will be prudent about outgoing donations.
- 3 new pieces of literature approved at WSO. Will want to buy some for in-person events. Increase budget amount.
- In July, we will look at total 2024-2025 budget and make a decision about donations to Region 5 and WSO.
- May had no PayPal donations to UIG, and only a few in June. 7th tradition donations to UIG are down for the year. Next month, we will look at year to date and consider donations to next levels up.
- Will vote on the final 2025-2026 budget at July UIG meeting.
- New in-person meeting Wednesday 6 – 8 pm (Poll discussion)
 - Will use OA HOW format
 - Looking at 169 – 394 area near Golden Valley
 - Contact Amanda if there are questions

7. Events/Committee reports:

- Region 5 Convention update – no report
- 2026 Buffalo retreat 1st committee meeting June 24th. They are already starting work. Dates will be April 17-19, 2026.
- Quick Steps in-person workshop – October 11 and 25. Will start advertising soon. It is an event that helps participants get through all 12 steps in 2 weeks. Work on steps 1 – 4 on the first date. Do a 5th step in the weeks between. Cover steps 6 – 12 on second date. Specific to OA. Past events were in Zoom but there were lots of no shows. Jackie K is co-chair and point of contact.
- World Service Business Conference update
 - Amy got to attend. Virtual conference this year. It is much more fun to be in-person. There were 199 delegates from 27 countries and 17 languages spoken.
 - Passed Motions/Amendments:
 - Change committee name from Young People to Young Adult
 - In keeping with tradition 10, OA has no opinion on surgical or other medically recommended methods of weight management
 - Unity with Diversity Policy (paragraph 3) – The Fellowship respects the rights of members, groups, and service bodies to follow a particular concept of recovery within OA and

encourages each member, group and service body to respect those rights as they extend the hand of fellowship to those who still suffer.

Reduced total number of trustees from 17 to 16.

Allow groups that are not affiliated with an intergroup or national service board to choose its region affiliation.

- Failed Motions/Amendments

Request to use gender-neutral language relating to God

Suggestion to host all future WSBC virtually

- Three new pieces of literature approved:

Just For Today wallet card was revised. New manuscript will replace Just For Today at meetings.

Sponsorship in OA: Guiding Others into Recovery replaces A Guide for Sponsors and Sponsoring through the 12 steps.

To the Man Who Wants to Stop Eating Compulsively, Welcome (revised)

- Amy is done with her term as WSO for Unity Intergroup. She says you meet amazing people from all over the world and it feels amazing to be part of it.

8. Announcements/Action Items:

- World Service Convention (Walking in the Sunlight Together) August 21-23 in Orlando, FL. Early bird registration is now open until July 2nd. Registration does not include meals or hotel.
- World Service appeal letter
- Coordinator service positions needed:
 - Big Book Study coordinator
 - Bylaws chair
 - Literature coordinators

9. Committee meetings:

- Public Information/Professional Outreach (PIPO)
 - No report
- Twelfth Step Within
 - Usually put on 2 workshops per year
 - Join with Region 5 effort to put on a 12th step within event on Dec. 12? Liz will take it back to the Region 5 planning group to see if they are open to the idea of combining forces.
 - Ideas for strengthening our membership – focus on the steps that focus on connection with Higher Power (HP). Could involve meditation. We like the idea of a meditation workshop on how to connect with HP. Fits in with

“Serenity in Celebrations” workshops often held in December (Eden Prairie meeting hosts).

- Liz will bring the idea of a meditation workshop to the Region 5 group. If they don’t want to join forces, UIG will plan for a December Zoom event on meditation and connecting with Higher Power.

Respectfully submitted,
Liz Z. Secretary