

Unity Intergroup (UIG) Meeting Minutes – December 13, 2025

Attendees:

UIG Trusted Servants: Marque N., Chair; Amanda, Vice Chair; Jean K., Treasurer; Liz Z., Secretary; Cathy G., WSO delegate and UIG web content manager

IG Reps: Molly, Michele G., Judy M., Michele K., Johni B., Sherica M., Karen M., Lynn H., Marianna S., Lori K.

Welcome:

1. Introductions
2. Tradition 12 – Karen M. shared about Tradition 12.
3. Review November minutes
 - Cathy G. moved to accept November minutes; second by Jean K. November minutes approved.
4. November Treasurer's Report:
 - We are in the black for the year. Budgeted income of \$1,800 per month. We are a little bit behind our projected but not badly behind.
 - Operating account has \$28,069.67. Prudent reserve account always has 15,000.
 - Question about what professional services includes: website hosting, financial auditors, web content manager (stipend), book keeper (stipend), Constant Contact manager (stipend). Stipends help with particular skills that make it hard to rotate service position. They are like special workers. Expertise is extremely helpful. If others want to learn the skills to take those roles, they can express interest.
 - Negative balance on YTD because of large contributions to Region 5 and WSO to spend down our excess balance. It will balance out over time.
 - Cathy G. moved to accept the report; second by Liz Z. November treasurer's report approved.
5. Newsletter: The following groups signed up to write articles for the upcoming months:
 - January: Tuesday morning OA HOW (Judy M)
 - February: Monday night Eagan (Marque N)
 - March: Monday Night Anoka (Michele K)
 - April: open
 - Submit articles to RecoveryVM23@gmail.com. Submit articles by the 27th of the prior month.
6. Intergroup Business:
 - January 2026 we will have UIG elections for officers and service positions. Newsletter coordinator, and board positions. Spread the word in your meeting. Full descriptions of positions are on the overeaters.org website [here](#).

- Groups are asked to confirm their meeting information on OA.ORG under Find a Meeting. Let us know which meetings have been checked so we can be efficient about following up.

7. Events/Committee reports:

- “Practicing Connection in the Here and Now” Zoom workshop held Dec. 7th. Nice turnout of about 35 people. We had 3 speakers on
 - Coming to believe in a power greater than ourselves,
 - Two-way prayer and opportunity to practice,
 - Meditation and time to practice.
 - Then had time for sharing. Good feedback.
- Buffalo retreat planning report (April 17-19, 2026). Committee met last week. Registration will open up in late January and close in late March. Will be reaching out to groups re: raffle items. We will be having speakers and larger breakout sessions on different topics than what speakers have shared. “Rockin’ Into Recovery” is the theme so expect some music-related content. We have several different generations represented on the planning committee so will speak to a variety of styles. Working on finding speakers.
 - Cost per person will be \$390 for shared room, \$470 for a single room. Scholarships will be for up to 50%. Cost to attend without staying there is \$150 with meals. We need to promote having people come and stay because we have to guarantee a certain number of overnight participants.
 - Buffalo retreat committee will be calling each meeting to let them know about the retreat. We will add to the script to ask meeting contacts to check their meeting info on oa.org and make updates.
- 2028 Region 5 Convention – UIG offered to host (responsibilities are to identify a venue, act as welcoming committee). We will need a committee to work on this when the time comes.

8. Announcements/Action Items:

- Coordinator service positions open:
 - Big Book Study coordinator
 - Bylaws chair
 - Literature coordinators
- Thursday meeting is trying to figure out how to support people who are in an institution. Their participation was denied for the Dec. 7th workshop because the institution thought there was not enough information in the workshop flyer.

9. Committee meetings:

- Public Information/Professional Outreach (PIPO)
 - Continued discussion re: OA workshop details required by Mankato correctional facility in order to allow incarcerated people to attend.
 - No template exists on oa.org
 - Sherica volunteered to ask the facility what details they’re looking for (goals/objectives? Agenda? Other?)

- Twelfth Step Within
 - Did not meet

Respectfully submitted,
Liz Z. Secretary

Which meetings have been checked for accuracy:

1. Sunday Mankato
2. Monday OA HOW virtual #89258
3. Monday Night Anoka 7 pm
4. Tuesday morning OA HOW Minneapolis
5. Wednesday OA HOW Joy of Recovery in Golden Valley
6. Thursday Mankato
7. Friday evening OA HOW virtual #46950