

Unity Intergroup (UIG) Meeting Minutes – January 10, 2026

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; Betty C., UIG bookkeeper and hotline; Jackie, Quick Steps Co-chair; Karen M., Buffalo Retreat Co-chair

IG Reps: Michele G., Molly, Joe W., MaryAnn W., Bonnie H., Naiya, Julie K., Deborah N., Amy, Scott P., Marianna S., Sherica M., Johni B., Dru F., Rita L, Roberta M., Barb L.

Welcome:

1. Introductions
2. Tradition 1 – Dru F. shared about Tradition 1.
3. Review December minutes
 - Question raised about 12th step within committee because it did meet briefly last month. No content discussed so no notes included in the minutes.
 - Cathy G. moved to accept December minutes; second by Betty C. December minutes approved.
4. December Treasurer's Report:
 - Still showing a negative balance because of the one-time contributions to Region 5 and WSO early in the fiscal year. Not behind budget. Contributions are made once per year. We typically make the donation decision early in the new fiscal year after we have complete the financial report for the whole fiscal year.
 - Operating account has \$28,628.38. Prudent reserve account always has \$15,000.
 - Dru F. moved to accept the report; second by Michele G.. December treasurer's report approved.
5. Newsletter: The following groups signed up to write articles for the upcoming months:
 - February: Monday night Eagan (Marque N)
 - March: Monday Night Anoka (Michele K)
 - April: open
 - May: open
 - Submit articles to RecoveryVM23@gmail.com. Submit articles by the 27th of the prior month.
6. Intergroup Business:
 - Elections: UIG board officer requirements: 1-year current abstinence, attending a regular weekly meeting, attended at least 3 UIG meetings at some point.
 - Chair – Amanda nominated and elected
 - Vice Chair – Liz Z nominated and elected
 - Treasurer – Michele G nominated and elected
 - Secretary – open – no nominations

- Region 5 Reps (1-4 plus alternative) – 2-year commitment
 - Intergroups from about 11 midwestern states
 - Twice annual business meetings: one virtual and one in-person
 - Also get involved on committees
 - No nominations. Liz Z. will continue to serve second year of her term.
- WSBC Delegates (1-4 plus alternative) – 2-year commitment
 - One year of abstinence and 2 years of service beyond the group level.
 - Meet once per year alternating every other year virtually or in-person in Albuquerque. 2026 will be in-person. Fascinating and amazing to see how the organization is kept focused. People from all over the world come. As a delegate, you are involved in a committee with regular meetings.
 - All expenses are paid by UIG
 - WSO is the “group conscience” of the whole of OA
 - Jean K was nominated and elected
- For any position that does not get filled today, we will continue to ask at future monthly UIG meetings.
- Coordinator service positions open: 2-year rotation of service per bylaws. 90-day abstinence requirement, attending weekly meeting, working OA program. Request that you attend monthly UIG meetings to give updates.
 - OA Quick Steps co-chairs – Jackie and Marque have been serving as co-chairs for several years. There are 9 people who are trained as facilitators. Jackie suggesting that Scott be named chair and Jackie will serve as his assistant.
 - Scott is willing to serve as chair – elected
 - Hotline responder – Judy and Betty have each done 2 years on this service. Anyone who loves talking program can do the hotline. Nice to have more than one person doing it to share the service.
 - Call the hotline and put in the code. Many times, there are no messages. If there is a message, direct people to resources the best you can. Delightful form of service. You don’t need to have all the answers.
 - Roberta is willing to serve – elected
 - Newsletter editor – you do not need to use fancy graphics. There is a template to use. Those that have done it in the past are willing to help with learning how. Solicit groups to submit articles. Set up an email to accept articles. If no articles submitted, can take stories from the Lifeline blog.
 - Maybe 3-4 hours per month to compile newsletter. Good position for busy person.
 - Sherica is willing to serve – elected
 - Zoom meeting manager – when in a Zoom meeting, sign in as the host. Share documents via share screen. Mute people if lots of background noise. If there

is a Zoom-bomber, remove them from the meeting. Nothing to prepare. Need to be at the UIG meeting as much as possible.

- No nominees this month
- Big Book study – has been open for a long time. Role is to plan a weekend of Big Book study. Usually have Laurie C. as speaker. Can be in-person or online. Might do it as a one-time event instead of an annual offering. Jackie is interested in doing it as some point, but can't commit at the moment.
 - No nominees this month.
- Bylaws chair – has been open for a long time. Bylaws are in pretty good shape with a few updates that could be made. Last updated when we moved to Region 5 in February 2024. Small time commitment usually.
 - Cathy G. is willing to serve – elected. Good fit with WSO rep.
- Literature coordinator – UIG has a storage locker near Target Field. Role is keeping UIG stocked with enough literature for Buffalo retreat, conventions, and other in-person events as needed. Not difficult. There is currently a surfeit of literature. Coordinate with literature chairs for each individual event. Could consider sharing literature with new in-person meetings to help get them started.
 - No nominees this month
- Convention chair – MN state convention. Did not have a convention in 2025. Betty spoke about her experience. We had many people stepping up to give service. Just manage the organizing meetings. Truly a team effort. Planning meetings all on Zoom. Easy to keep it simple and move things along. Rewarding and fun experience.
 - Require a year of abstinence for convention chairs and Buffalo retreat chairs.
 - Works best with co-chairs.
 - If we will do a convention in 2026, needs to start planning soon and look for venue.
 - No volunteers this month
- Jean will update the trusted servant list that gets shared with the UIG board. UIG board member contacts are on the overeaters.org website. Contact one of them if there is a question about who is currently in a service position. Could send it to the list of group reps or send it out via the Constant Contact email list.
- Full descriptions of positions are on the overeaters.org website [here](#).

7. Events/Committee reports:

- Quick Steps
 - Now have 9 facilitators and recruited 2 new facilitators. Really important to have abstinence requirement so committee requires a year of abstinence.
 - Scheduled in-person workshop May 2nd and 16th in Minneapolis. Will have another one virtually if there is interest (not concurrent)

- Fall Quick Steps will be virtual. Always try to offer twice per year.
- New opportunity – have led 2 retreats specifically for people coming out of food recovery programs. No charge but we ask them to donate.
- Last Quick Steps asked \$20 so there was some skin in the game and it worked to get people to commit and stay.
- Scott will announce the May Quick Steps at Buffalo retreat.
- Buffalo retreat planning report (April 17-19, 2026).
 - Met and continue planning. Registration form finalized and hope to open registration end of January.
 - We will start asking for donations for the raffle. When talking with groups, will ask them to check meeting details on OA.ORG
 - If interested in being part of the committee or volunteering, contact Karen M..
 - Lots of excitement around the retreat this year because of it being the last year it will be at the Christ the King retreat center.
 - Hope to find another retreat center or stay there if they find a buyer, but the future of retreats is uncertain.

8. Announcements/Action Items:

- Share the info about coming to UIG monthly meetings and encourage people to come and be part of it.

9. Committee meetings:

- Public Information/Professional Outreach (PIPO)

Outreach opportunities:

- Info required by Mankato-based treatment facility to grant residents/patients permission to attend OA workshops and events? (Sherica)
- Cost to participate as an exhibitor at Walk for Recovery in October (Amy)
- Permission to post OA pamphlet, biz cards and/or poster with tear-off slips at Allina Isles Clinic and Walker Library (MaryAnn)
- MSSA Expo: March 11, 8AM–4PM and March 12 8AM–3:30PM at Mpls Convention Center. Concerns include:
 - \$675.00 cost which would put us \$575 over budget
 - Need 12–16 volunteers for 15.5 hours plus set up and strike
 - Need an event coordinator* to schedule 12–16 volunteers, pick up display/literature from storage, arrange for set up and strike and return to storage (*after 9+ years, Cathy and Betty are handing over these tasks)
 - Ran out of time so we'll discuss this at the February IG meeting
- Twelfth Step Within
 - Would we want to consider sponsoring the Big Book study as a committee? The committee makeup changes every month based on who comes to UIG. Might be too big of an event for this committee to take on. We usually do workshops, not events. This committee has sometimes focused on writing up 12th step within resources that could be shared in a newsletter.

- Would like to commit to another December workshop again. And perhaps a workshop in May.
 - Sunday May 17th starting at 3 pm. Body Image workshop again? Big topic. Can look at 12th step within workbook for info about body image.
 - Looked at flier and agenda from last year. 2 hours. Like the format of having literature, speakers, time for self-reflection, more content, sharing and pitches. Similar format. New speakers.
 - Body dysmorphia, aging bodies. Jean is willing to facilitate a meditation.

Respectfully submitted,
Liz Z., Secretary

Which meetings have been checked for accuracy on OA.ORG 'Find a Meeting':

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
8. Saturday 9 am Eden Prairie
9. Wednesday 6:30 pm Prior Lake in person mtg