

Unity Intergroup (UIG) Meeting Minutes – May 8, 2026

Attendees:

UIG Trusted Servants: Amanda M., Chair; Liz Z. Region 5 Rep, Vice Chair; Michele G., Treasurer; Chris C., Secretary, Region 5 Rep, Cathy G., Intergroup Web designer, WSBC delegate

IG Reps: Roxanne S., Jean K., Molly, Michelle, Sherica M., Liz Z., Janice M., Marianna, Betty, Amy M., Katherine C., Cathy G, Johni B,

Welcome:

1. Introduction

2. Tradition 5 – Molly shared on Tradition 5

3. April minutes

- Chris C made a motion to accept the April minutes as presented; second by Cathy G. All in favor, none opposed. **April minutes approved.**

4. Treasurer's Report

- Michelle gave the April report explaining the flow and accounting of the funds.
- Unity Intergroup YTD has received \$51866 and has paid \$63,716 in expenses. This results in a Cash Basis loss of \$11,850.
- Strong financial position based on the balance in the bank: \$43,372
- Cathy G made a motion to accept the Treasurers report and second by Jean K. All in favor, none opposed. **April treasurer's report approved.**

5. Newsletter:

Be sure to sign up to receive the newsletter on <https://overeaters.org/>

Cathy G gave Sherica kudos for creating a great newsletter.

The following groups signed up to write articles for the upcoming months:

- June: Friday Night OA How
- July: Saturday Circle Pines
- August: Monday night Eagen
- September:
- October: Mankato
- November: Saturday Golden Valley
- Submit articles to unity.intergroup.newsletter@gmail.com. Submit articles by the 27th of the prior month.

6. Intergroup Business

1. Open positions

- Region 5 Rep – Amanda nominated Chris C and Chris accepted nomination. All agreed Chris C is to be one the Region 5.

Committee Chairs:

- ● Big Book Study Chair –
- ● Convention Co-Chairs –

Coordinator Service Positions:

- ● Hotline Responder –Check the phone line daily. Take messages off the voice mail, return calls to answer people’s questions. Cathy G & Michele G. have agreed to share rotation. **More people can join and share the rotation.**
- ● Literature Coordinator –
- ● Zoom Meeting Manager –
- Full descriptions of positions are on the overeaters.org website [here](#).

2. Region 5 2027 Convention

Pam, Chair of OA, contacted Liz Z to say Unity Intergroup are the Coordinators for Region 5 Convention! Now that Chris C is a Region 5 rep planning can begin.

3. World Service Business Conference – Cathy G & Jean K

See their reports at the end of these minutes

7. Events/Committee reports

- Buffalo Retreat was a great success
- Quick Steps May 2 & 16 – 10 people attended
- Unity Community Builders Events
 - June 13 | 2:00–5:00 PM — Hosted by Mankato Meeting
 - July | Date TBD — Hosted by Anoka Monday Night Meeting
 - August | Date TBD — Hosted by Wednesday Joy of Recovery OA HOW Meeting
- Unity Spring (Buffalo) Retreat April 9-11, 2027 – located in Franciscan Retreat in Prior Lake

8. Announcements/Action Items:

- Region 5 Convention September 4-6, 2026, in Indianapolis, IN
- Region 5 Fall Assembly October 23-25, 2026, in Chesterton, IN

9. Committee meetings:

- Public Information/Professional Outreach (PIPO)
 - Region 5 has funds to support Intergroups on their PIPO
 - Walk for Recovery 9/12, 10 - 3 at the Capitol. We would need 3 - 4 people to staff the booth for 2–3-hour shifts. **Amy M is the contact**
 - Education Conference – **Cathy G**
 - November NAMI again – more information to follow
 - Consider Bathroom posters – what would the financial needs
- Twelfth Step Within
 - Looking at an event on the 12/12 date and the first three steps and possibly some world service events to connect with.
- Unity Community Builders
 - The June event coincides with the Unity Intergroup meeting! Games and fellowship follow the Unity Intergroup meeting at 2:00. Plan to attend.
 - July and August are covered
 - September event could be the recovery walk

The meeting ended with the Pledge of Responsibility.

At 2:00 the UI group split into small groups to do committee work.

Respectfully submitted,
Chris C., Secretary