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

Attendees:
UIG Trusted Servants: Amanda M., Chair; Liz Z., Vice Chair; Michele G., Treasurer; Chris C., Secretary and Region 5 Rep; Jean K., Region 5 Rep.

IG Reps: Roxanne S, Liz Z, Michele G, Chrissy M, Marianna S, Daniel M, Molly, Amy M, Johni B, Scott P, Amanda M, MaryAnn W,

Welcome:

1. Introductions were made.
2. Johnni B led the reflection on Tradition 8.
3. **Review** June minutes
    - Chris C moved to accept June minutes as presented second by Cathy G. June minutes approved.
4. June and July Treasurer's Report
    - Unity Intergroup YTD has received $54,310 and has paid $64,457 in expenses. This results in a Cash Basis loss of $10,147
    - Unity Intergroup has provided $5,000 to Region 5 and $10,000 to World Service, using prior year(s) receipts.
    - Unity Intergroup is budgeted to lose $16,490 this fiscal year; however, we remain in a strong financial position. This is evidenced that we have $46,434.13 total assets.
    - Tax returns are complete and will be mailed soon.
    - July is a new fiscal year. Income of $2408.12 with $1663.77 in expenses making a YTD surplus of $744.35 with a balance of $47,178.00 in the bank with no anticipated expenses in the future.
    - Our next large expense will be the Spring Retreat.
    - Cathy G made motion to approved June & July treasurer's report seconded by Johnni. Approved June & July treasurer's report.

5. Newsletter: The following groups signed up to write articles for the upcoming months:
    - September – Johni (Tradition 9) Molly will submit an article
    - October – Mankato
    - November – Saturday Golden Valley
    - December - OPEN

    Submit articles to unity.intergroup.newsletter@gmail.com. Submit articles by the 27th of the prior month.
6. Intergroup Business

Open positions

- Elected Service Positions:
    - Region 5 Reps (allowed up to 4 + alternate)
    - WSBC Delegates (allowed up to 4 + alternate)
- Committee Chairs:
    - Big Book study co-chair
- Coordinator Service Positions:
    - Literature coordinator –

        - Zoom meeting manager –
    - Full descriptions of positions are on the overeaters.org website here.

Region 5 2027 Convention update

- Planning meetings are at 6:00 – 7:00 on the 3rd Sunday of the month using the Intergroup Zoom information. Our focus has been on hotels, the theme, and program outline. Volunteers are needed for these subcommittees: program, registration, and volunteer coordinators.
    - Approved Theme: Rooted in Recovery
    - Approved Date: Friday October 1, - Sunday, October 3, 2027, Minneapolis MN
    - Two Hotels Proposed to Region 5
- If you are interested or have questions about serving on the planning committee, please contact Chris C (chrischell@gmail.com)
- Please announce this in your meetings we have a lot of subcommittees to fill so join in the fun!

Creating a social media presence

Unity Intergroup is not currently on any media. Could we consider having a social media "chair" for getting the information out. It would be a public page to get the word out. Anonymity is up to the person who engages and/or shares information. The PIPO manual has a lot of information on this.

- It would be a success only if there was an administrator – the presence would be helpful.
- Someone in Region 5 has a person that could help guide an administrator.
- Consider a private and public group. Michele G is willing to investigate Facebook.
- Admin is easy it is more struggle to consistently put out content to get the return for our effort.
- It is a wonderful idea. The ability to advertise an event would be powerful.
- What would be a good cadence for posting to keep a presence? We don't need to be influencers but would want to keep a presence.

Michele G will find more information about a private and public groups and report next month.

7. Events/Committee reports

    PIPO

    - Chrissy has stepped up to be PIPO chair
    - PIPO is aiming to bring posters to libraries community resource center throughout the Metro area.
    - Attend and volunteer at the Walk for Recovery (8-9am set up, walk starts at 1:45, ends at 3:00)

    12 Step within Committee – nothing to report

    Unity Community Builders – reported that the events have been well received. The intergroup budget is $100 per month for reimbursement of expenses. Online events are a great idea and could be pursued. OA fellowship around a special topic (cars, baseball, crafting)

8. Announcements/Action Items:

Unity Community Builders Events:

- September 12| 10:00 AM – 3:00 PM | Walk for Recovery — MN State Capitol Grounds
- October – Open
- November – Crafting and Serenity Eden Prairie

New Meeting** Mondays at 7:00 PM | Incarnation Church, 38th & Pleasant, South Minneapolis, Traditional Format.

Region 5 Convention — September 4–6, 2026 | Indianapolis, IN "Flutter into Freedom"

Region 5 Fall Assembly — October 23–25, 2026 | Chesterton, IN
Unity Spring (Buffalo) Retreat — April 9–11, 2027 | Prior Lake, MN
Region 5 Convention – October 1 – 3, 2027| Minneapolis MN

The group broke into small groups PIPO and 12th Step Within – the Unity Community Builders were together in a room.

Respectfully submitted,
Chris C., Secretary