

Unity Intergroup (UIG) Meeting Minutes – September 12, 2026

Attendees:

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

IG Reps: Chrissy M, Marianna S, Jackie, Bonnie H, Roxanne S, Betty C.

Welcome:

1. Introductions were done through an Ice Breaker – what is your favorite season.
2. Cathy G led the reflection on Tradition 9.
3. Review August minutes
 - Chris C moved to accept August minutes as amended with Cathy G added to the attendee list. Motion Seconded by Betty C. August minutes approved.
4. August Treasurer's Report
 - **YTD** income is \$3697.05 with \$2411.73 in expenses making a YTD surplus of \$1285.32 with a balance of \$47,791.45. Of that \$47,791.45 there is \$32,791.45 in Operating Account and \$15,000 in Reserve Account.
 - Cathy G made motion to approved August treasurer's report seconded by Liz Z. Approved August treasurer's report.
5. Newsletter: The following groups signed up to write articles for the upcoming months:
 - October – Mankato
 - November – Saturday Golden Valley
 - December – OPEN
 - January - OPENSubmit 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 – Keep track of inventory and assist when literature is taken for events
 - Zoom meeting manager – for Intergroup meeting
- 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. Volunteers are needed for these subcommittees: program, registration, and volunteer coordinators.
 - Rooted in Recovery

- Friday October 1, - Sunday, October 3, 2027, Minneapolis MN
- Crown Plaza, Minneapolis
- If you are interested or have questions about serving on the planning committee, please contact Chris C (chrischell@gmail.com)

Creating a social media presence

- Michele has tried to connect with some people around this topic with no avail. She will work on this again in the next month and report back.

Constant Contact – event registration process, admin people

- Intergroup members met to automate the event registration process. This might be ready within the next month.
- Looking to have more people administer Constant Contact
- Working to update the Eblast template.
- Updated the meeting lists from spreadsheets to google sheets on the Website

7. Events/Committee reports

PIPO

- October 8: Living Well Resource Fair in Brooklyn Park
- October 11: Mental Health Education Conference at Beth El Synagogue in Mpls
- November 6: NAMI Conference at The Park Event Center in Waite Park

12 Step within Committee – nothing to report

Unity Community Builders – Sept 12 Walk for Recovery – great foot traffic

8. Announcements/Action Items:

Quick Steps

- Nov 7 & 21 – virtual
- March 6 & 20 - in person @ Lake Nakomis Presbyterian Church

Unity Community Builders Events:

- October – Open
- November – Crafting and Serenity Eden Prairie
- December - Open

Region 5 Convention in Indianapolis

- Jackie attended and had a wonderful time, met people, great speakers & topic offerings
- Liz attended, representing the 2027 Minneapolis Convention, took notes for program committee and attended the dance because she was told it's a must have.

Region 5 Fall Assembly — October 23–25, 2026 | Chesterton, IN (Liz Z and Chris C attending)

Unity Spring (Buffalo) Retreat — April 9–11, 2027 | Prior Lake, MN

Region 5 Convention – October 1 – 3, 2027 | Crown Plaza Minneapolis MN

The group broke into small groups PIPO and 12th Step Within and Unity Community Builders

Respectfully submitted,
Chris C., Secretary