

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

Attendees:

UIG Trusted Servants: Amanda M., Chair; Michele G., Treasurer; Cathy G. Website, WSBC delegate

IG Reps: Chrissy M, Julie K, Roxanne S, Sherica, Betty C, Marianna S, Harry L, Cathy, Liz, Molly, Katherine, Amy M, Mary G, Roxanne S, Dru F

Welcome:

1. Introductions were done through an Ice Breaker – one thing that made you smile
2. Roxanne S led the reflection on Tradition 10.
3. Review September minutes
 - Betty C moved to accept September minutes. Motion Seconded by Cathy G. September minutes approved.
4. August Treasurer's Report
 - September income \$1705.26 with September expenses of \$3,673.79 for a monthly loss of \$1968.53
 - **YTD** income is \$5402.31 with YTD expenses of \$6085.52 creating a YTD loss of \$683.00 with a balance of \$45,822.92. The downpayment for the Spring Retreat was paid.
 - Cathy G made motion to approved September treasurer's report seconded by Harry L. Approved September treasurer's report.
5. Newsletter: The following groups signed up to write articles for the upcoming months:
 - November – Saturday Golden Valley
 - December – Rochester &
 - January – Chaska
 - February – EPOA
 - Anyone is welcome to submit any articles any timeSubmit 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)
 - **Nomination for Julie K to be a Region 5 Representative. All approved the nomination. Julie K is now a Region 5 Representative**
 - WSBC Delegates (allowed up to 4 + alternate)
- Committee Chairs:
 - Big Book study co-chair
- Coordinator Service Positions:
 - Literature coordinator – Need someone to fill this role (keeping track of inventory and assists when literature is taken for events)
 - Zoom meeting manager –
- Full descriptions of positions are on the overeaters.org website [here](#).

Region 5 2027 Convention update (October 1-3, 2027, Crown Plaza – Rooted in Recovery)

- Our planning group met with Indiana planning group that hosted the 2026 R5 Convention. Helpful and encouraging information was shared and will be incorporated into our planning.
- Contract is signed for the Hotel
- Chair for the Volunteer Coordinator has been identified
- The planning group meets 3rd Sunday of the Month 6:00 – 7:00
- If you are interested or have questions about serving on the planning committee, please contact Chris C 612.386.4669 (text is okay) email: chrischell@gmail.com

Creating a social media presence

Michele G shared ideas on social media and led a discussion on this topic

- Creating a page on Facebook – 12 step – Carrying the Message (public)
- Create a private page on Facebook for UIG – allowing OA members to interact with each other
- She has investigated setting up both groups. These are both allowable by OA.
- There was a great amount of discussion and other platforms offered/suggested
- There are two goals to social media: **Outreach** it was recommended to use multiple platforms. **Social** – private and invite only likely on Facebook or What's App
- Suggest developing a working committee to sort through this and make recommendations. Promote this workgroup in the Newsletter (pros/cons listed)
- OA does not show up on the Google search – we need to increase visibility. How to do that is what this committee would do.
- Pushing forward with the public page and not the private group is easiest way forward.
- A private page could be discussed and led by PIPO
- People can ask their groups for feedback or ideas, and we can discuss this at the next meeting for about 10 minutes.

Constant Contact – This contract has been signed. Mostly internal changes. Registration processes will be streamlined.

7. Events/Committee reports

PIPO –

- November 6 is the NAMI event in St Cloud
- Email PIPO at pipo@gmail.com with ideas and suggestions
- Great resources to share with your professionals
- Planning to conduct an Impact survey to find out how people found OA

12 Step within Committee –

We talked about past events put on by the committee, and topics presented at the Region 5 convention which could be turned into a workshop event. Possible ideas: emotional sobriety, working steps 6 & 7, relapse prevention, steps 1, 2, 3. Because of the small size of the group and existing service commitments, we could only do something fairly simple and/or using material prepared for other events. Consider trying to put on a workshop in March 2027, depending on if we can get others interested in helping. Or focus on finding suitable virtual events being planned by other organizations (other intergroups, region 5, World Service) and spreading the word to UIG members.

Unity Community Builders – no report

8. Announcements/Action Items:

Quick Steps

- Nov 7 & 21 – virtual (9:00 – 12:00) Registration will be available soon.
- March 6 & 20 - in person @ Lake Nakomis Presbyterian Church

Unity Community Builders Events:

- November – November 14 - 9:00 – 12:00 at Pax Christi in Eden Prairie Serenity & Celebration – how to get through the holidays (Speakers, Craft) (Hybrid event) **Website for details**
- December - Open

Region 5 Fall Assembly — October 23–25, 2026 | Chesterton, IN (Liz Z, Julie K, 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