

GROUP CONSCIENCE: A DESIGN FOR LIVING INTERGROUP

Sunday 4th December, 2022 8.30am – 9.15am

Via ZOOM Meeting

A DESIGN FOR LIVING INTERGROUP [website: www.ad4l.info](http://www.ad4l.info)

To contact AD4L please email admin@ad4l.info

All members are welcome to attend the monthly Group Conscience. It is set for the first SUNDAY of the month, after the regular AD4L meeting
8:30am-9:15am

Present:

Executive Committee:

Co-Chairs: Janie and Stef

Co-Treasurers: Joanne and Audinga

Service Positions:

Minute Taker: Lynn F

Intergroup Rep: Hana - Excused

Group Members Present:

459,614, ***916, Carla H, Carol L, Cheryl, Chris M, Chuck J, Emma, Eva, Jamie, Joanne, Judith, Kevin, Lee Ann, Lila, Linda C, Lynn F, Mary, Mary Ann, Mary N, Michaela S, Mikki F, Richard, Rita, Robyn, Rhonda J., Stef, Susan M, Sue M, Val B, Violet

Apologies:

Hana

The meeting was opened by Co-Chair Stef with the reading of the Serenity Prayer, and the reading of Tradition 2 by Mikki F.

- 1) **Previous Minutes** – Acceptance of Draft Minutes from the Sunday, 5th November, 2022, Group Conscience.

Motion: That the Minutes from November 2022 Intergroup Meeting as circulated be accepted as true and accurate record.

Moved: Rhonda **Seconded:** Kevin

MOTION CARRIED

2) Reports

i. **Co-Chair Report**

Report: Stef and Janie

See report below

ii. Treasurer Report

Report: Joanne and Audinga

See Report Below

iii. Virtual Region Report

Report: Hana (submitted after Group Conscience)

See Report Below

3) Carried Forward Business

- a. To start a new series of Workshop Events (Big Book Step Workshops/Speaker Events/Special Events) for 2023 that does not impact the regular AD4L meeting.**

MOTION: To authorize the AD4L Co-Chairs to co-ordinate and support holding and recording AD4L Speaker Events and Workshops as open OA Workshops with experienced Big Book Speakers, and to be scheduled so as not to impact the daily AD4L meeting slot.

Moved: Joanne **Seconded:** Janie

For: 19 Against: 0 Abstentions: 2

MOTION CARRIED

4) General Business

- a. Consider an amount of money to set aside for a Delegate to represent AD4L at the 2023 Work Service Business Conference in Albuquerque, New Mexico USA.**

MOTION: A travel account, starting with \$3000 Australian dollars, be put into prudent reserve to cover the costs for a AD4L Delegate to attend the 2023 World Service Business Conference

Discussion:

- As AD4L is an international group, the final costs will be determined based on where the delegate will be traveling from. A delegate has not been chosen at this time.
- Virtual Region has scholarships that can assist with costs if needed – however we have missed the deadline of November 1, 2022

Moved: Rhonda **Seconded:** Joanne

For: 10 Against: 0 Abstentions: 2

MOTION CARRIED

5) New Business

- a. To mention and acknowledge the Service position “Timer” in the AD4L meeting format.**

MOTION: To add "Today our Daily Timer is _____ "to the Format

Moved: Kevin **Seconded:** Stef

For: 14 Against: 0 Abstentions: 0

MOTION CARRIED

6) Items Carried to February 2023 Group Conscious Meeting

- a. Discussion: Service Position Description amendments – available to review as a draft via the AD4L website.**
- b. A member requests a discussion to lengthen the sharing time from 2 minutes to an extended time (3-5 minutes). The Fellow that suggested the change was not present.**

NOTE: Our next Group Conscious Meeting is Sunday, February 5th 2023 (8.30am Melbourne time).

Meeting Adjourned with the Serenity Prayer

CoChairs Report for December 2022

We like to start our Report with a THANK YOU to all fellows in our Intergroup. For your ongoing support, regular Service at the meetings and for sharing your Experience, Strength and Hope!

It is wonderful to have all the AD4L Intergroup Service Positions filled:

- Virtual Region Rep – is Hana
- Co Treasurer joining Joanne – is Audinga
- CoChair – joining Janie - is Stef

Thank you for fellowship and community!

The November Speaker meeting had an attendance of around 120 fellows. The feedback and gratitude about the topic “Finding Higher Power in Relapse”, and the quality of how the Speakers shared and presented their experience has been overwhelmingly assuring. You will find the latest audio file, in addition with the slide presentation, uploaded on our website.

Already, our Speaker Seeker Committee (thank you to Cheryl H and all Committee members!) have booked the Speakers up to March 2023. We are looking forward to the upcoming events.

The New Years Eve/New Years Day Marathon Event Committee have been meeting regularly. The schedule has been confirmed for the AD4L 5 hour slot.

Training Sessions to help with Host and Web Security will be starting next week, and the details are shared in the Announcements in our daily AD4L meetings. If you wish to support this group effort – please email admin@ad4l.info

The details of the Event have been submitted to several OA Regions websites to be shared. With the upcoming holiday season and possible challenges, we aim to be helpful and supportive as an OA Intergroup. Please feel free to share the pdf flyer in your meetings. We are grateful for your support in carrying the message!

With reverting our Group Conscience Meeting back to Sunday (Melbourne time), we hope it enables our AD4L fellows outside Australia to attend more easily. We are grateful for the time from all members in attending the monthly Group Conscience Meeting.

NOTE: Our next GC Meeting is Sunday, February 5th 2023 (8.15am Melbourne time).

In gratitude and service,

Stef and Janie

AD4L Treasurers Report 3rd DEC 2022:

WELCOME to Audinga who has joined Joanne and Co-Treasurer. This month we were able to meet twice, where Audinga has received the induction. The current DECEMBER report has been prepared by both co-treasurers.

This month AD4L received \$753.41 AUD in generous contributions from the members. On behalf of our fellowship our sincere thank you to everyone who donated.

AD4L has not made a donation to the wider OA, since restarting the PayPal account a few months ago. As discussed in the last Group Conscience the amount remains reserved to being able to send a representative to the World Service Business Conference (in New Mexico). Once the cost of sending the representative to the WSBC has been agreed, we could consider donating the balance to wider OA. *Yours in gratitude and service, Jo B and Audinga B*

3rd DEC 2022 (all money is in AUD)			
		Cash on hand 5th NOV 2022	\$4,244.18
Plus	Income Received	PayPal-Contributions*	\$733.41
		Bank Interest	\$0.03
		Others	\$20.00
Less	Expenses paid	Zoom	(\$77.00)
		Website	\$0
		Donations	\$0
		Bank fees	\$0
		Other	\$0
		Cash on hand on 3rd DEC, 2022	\$4,920.62
		Prudent Reserve –	(\$850)
		Upcoming financial commitments –	\$0
		OTHER –	
		Total AVAILABLE cash on hand – 3rd DEC, 2022	\$4,070.62

*Amount shown is net after PayPal withdrawal fees of 1%.

Virtual Region Representative Report

November 2022

General Information

The Virtual Region of Overeaters Anonymous (OA Virtual Region - Region 11) is the service body/intergroup with which our AD4L Intergroup is affiliated.

OA Virtual Region supports OA virtual meetings and intergroups (like AD4L). The OA Virtual Region website is <https://oavirtualregion.org/> - where you can find information and flyers about OA Virtual Region upcoming Assemblies, workshops, phone marathons, speaker series and other OA events across the Virtual Region.

There are many, many opportunities to do service at the OA Virtual Region - from support for their monthly Workshops and Conventions to speaking at the Workshops and participating on Committees and at Assembly. - Please check the website for service opportunities or reach out to the VR Representative.

Current VR Business

Virtual Region Assembly

The Virtual Region Assembly (Group Conscience/Business Meeting for the VR) was held for November 19 and 20.

Minutes pending.

Service Opportunities

1. Vice-Chair Description in the Policies and Procedures Section V

Main duties:

1. Assumes all duties of the chair in their absence.
2. Maintains the Virtual Region Calendar and reports on usage of the Virtual Region Media Platform.
3. Other duties as assigned.

For more information or to apply go to: https://oavirtualregion.org/vice-chair_application/

2. Digital Communications Committee is in need of:

- Audio creation and modification – Audacity
- Analytical / Proofreading / Planning
- Internal Website – Google Sites
- External Website – WordPress

- Flyers – Canva
- Forms – WPForms
- Forms – Google Forms
- Newsletter + Blog – Constant Contact
- Newsletter + Blog – WordPress
- Social Media
- Video creation and modification – Technology Currently Unknown

You do not need to be a member of the Virtual Region, a Region Representative, or a Member of an intergroup.

All skill levels are needed so if you are anywhere between ‘just want to serve’ through to ‘an expert’ please come and join us.

Please email info@digital.oavirtualregion.org for more information or to join the committee.

3. Interpreters

Members who are multilingual can find many ways to carry the message within and without OA.

YOU DON'T HAVE TO BE A PROFESSIONAL.

For more information or to apply go to:
<https://oavirtualregion.org/interpreters-registration/>

Upcoming Events

Virtual Region Workshop - Topic: Sponsorship

Every 2nd Sunday of the month

- DECEMBER 11TH 2022
- 8:00 pm UTC

More info: <https://oavirtualregion.org/2nd-sunday-of-the-month/>

Virtual Region Digital Communications Business Meeting

All Welcome

- Dec 6 2022,
- 8:00pm UTC Zoom

link:

https://us02web.zoom.us/j/88091850985?pwd=LzhOUm8zTIRTbnRwUXVWVWhh_zUTRldz09

Meet the Virtual Region Chair

All Welcome, Bring your QUESTIONS and IDEAS!

- Dec 23rd 2022, 5pm UTC
- Dec 24th 2022, 1.30am UTC

More info: <https://oavirtualregion.org/meet-chair/>

Public Information Professional Outreach - Public Outreach

All Welcome - Committee meeting to discuss upcoming events

- Dec 17 2022
- 7pm UTC Zoom

link:

https://us02web.zoom.us/j/88091850985?pwd=LzhOUm8zTIRTbnRwUXVWVHh_zUTRldz09

For more information and a full list of upcoming events and service meetings, please see the **VR Events Calendar**, where events will be displayed in your local timezone:

<https://oavirtualregion.org/vr-calendar/>

Other News

World Service Business Conference (WSBC)

To be held April 25-29, 2023 in Albuquerque, New Mexico, USA

- Face-to-face attendance only. No virtual attendance.
- Online registration will open in January 2023
- Deadline for funding closed on Nov 1st
- Calling for volunteers *“The World Service Business Conference Needs You! Your service can make a difference at the Conference Support Committee desk, in the business meetings as pages and timers, and in a variety of other roles.”*

More info: <https://oa.org/world-service-business-conference/>

For more information about Virtual Region Business, you can contact Marie S, Secretary of the OA Virtual Region at secretary@oavirtualregion.org

In loving service, Hana K.