

GROUP CONSCIENCE: A DESIGN FOR LIVING INTERGROUP

Sunday 5th February, 2023 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:

*367, *396, *460, *517, *659, *703, *746, *816, *822, *916, *930

Barb, Cathy R, Cheryl C, Chris, DJ, Ella, Eva, Francesca, Jess(a), Joanna, Julieanne, Kevin, Lisa, Mary, Mel, Mikki F, Patricia, Pauline S, Rhonda, Robyn, Sean M, Val B

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

- 1) **Previous Minutes** – Acceptance of draft minutes from the Sunday, 4th December 2022, Group Conscience.

Motion: To accept the Minutes of the 4th December 2022, Group Conscience Meeting

Moved: Janie **Seconded:** Eva

MOTION CARRIED

2) **Reports**

i. Co-Chair Report

Report: Stef and Janie

See report below

ii. Treasurer Report

Report: Joanne

See Report Below

MOTION: To donate \$2000AUS.

Moved: Joanne **Seconded:** DJ

For: 23 **Against:** 0 **Abstentions:** 1 **MOTION CARRIED**

MOTION: To donate the entire amount (\$2000AUS) towards OA World Service.

Moved: Janie **Seconded:** Francesca

For: 20 **Against:** 1 **Abstentions:** 2 **MOTION CARRIED**

iii. Virtual Region Report

See report below

3) Carried Forward Business

a. Service Position Description amendments

MOTION: To accept the position description amendments as posted this month through the AD4L website.

Moved: Rhonda **Seconded:** Val T

For: 16 **Against:** 2 **Abstentions:** 3 **MOTION CARRIED**

4) Length of Time Sharing

No discussion at this point. Member not present.

5) General Business

a. AD4L Birthday, March 17 Marathon

MOTION: To host a Marathon on March 19, 2023 (AUS)

Moved: Joanne **Seconded:** DJ

For: 18 **Against:** 0 **Abstentions:** 2 **MOTION CARRIED**

6) New Business

- a. Gender neutrality

7) Items Carried to March 2023 Group Conscious Meeting

- b. Gender neutrality:
Consider our meeting format changed from he/her into they, etc.

The meeting was closed with a moment of silence and the Serenity Prayer

CoChairs Report for February 2023

It is two months since we had our last Group Conscience.

We had an exciting event to end 2022 and begin 2023.

We held the New Year's Eve/Day Marathon "Restoration to Sanity". Many participated and supported this – THANK YOU all!

The feedback we received afterwards has been very positive, and the content of the Marathon seems to have sparked a catalyst for change for several members.

All the recordings are available on the AD4L website and on your favourite podcast streaming platform .

We were pleased to see that changing over our Group Conscience meeting day from Saturday to Sunday (Melbourne time) meant that more AD4L members from around the World were able to attend in December.

AD4L will be reaching the milestone of a 3rd Birthday in March. We hope to have a Celebration of some sort, possibly another Marathon of meetings including new Speakers, Panellists and Topics.

We look forward to seeing AD4L blossom in 2023!

Kind regards,

From Stef and Janie

AD4L Treasurers Report 4th FEB 2023:

Since the last Group Conscience we have had two months of meetings and a NYE Marathon.

At the date of writing this report AD4L has received \$1618.45 AUD in generous contributions from the members. On behalf of our fellowship our sincere thank you to everyone who donated.

At the December Group Conscience there was a vote to hold (at minimum) \$3000 as a reserve for the upcoming WSBC in March. That was passed. The minutes were then not clear on what to do with the remaining money. This month we suggest a vote to distribute/donate a sum to the wider OA community. Available for donation is \$2,513.75 AUD.

Note: it is not clear what the \$148.41 AUD charge was for. This will require a conversation with the bank and will be described in next months report. The \$77 is a month-by-month charge for a large (more than 100 members) room in zoom.

Yours in gratitude and service, Jo B and Audinga B

4th FEB 2023 (all money is in AUD)			
		Cash on hand 3rd DEC 2022	\$4,920.62
Plus	Income Received	PayPal-Contributions*	\$1618.45
		Bank Interest	\$0.09
		Others	\$50.00
Less	Expenses paid	Zoom	(\$77.00)
		Website	\$0
		Donations	\$0
		Bank fees	\$0
		Other	(\$148.41)
		Cash on hand on 4th FEB, 2023	\$6363.75
		Prudent Reserve –	(\$850)
		Upcoming financial commitments –	(\$3000)
		OTHER –	
		Total AVAILABLE cash on hand – 3rd DEC, 2022	\$2,513.75

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

Virtual Region Representative Report

February 2023

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 last Virtual Region Assembly (Group Conscience/Business Meeting for the VR) was held in November 2022.

Minutes are now available here (this is a draft to be approved at next assembly):

<https://oavirtualregion.org/assembly-minutes-11-20-2022/>

More info on all business conducted in 2022 available here: <https://oavirtualregion.org/post-assembly-3-2022-items/>

3 Virtual Region Assemblies are projected to be held in 2023. Dates pending. More info available here:

<https://oavirtualregion.org/post-assembly-3-2022-items/>

All Board meeting minutes available here: <https://oavirtualregion.org/board-mtg-minutes/>

Service Opportunities

1. VR Convention Committee (Convention held March 3rd, 4th & 5th)

Positions needed

- Service Co-Chairs (2)
- Welcome Room Co-Chairs (2)
- Registration Co-Chair (1)

Join us at the next Convention Committee Meeting

Sunday, January at 1:00PM ET (6:00PM UTC)

Zoom: 786 171 7713

Passcode: 120916

For Questions, email:

service1@convention.oavirtualregion.org

Flyer for circulation: <https://drive.google.com/file/d/1ZQg280kONiaT6ZLMg2eIIM8LdKhSL-x9/view>

2. Bylaws Committee

Looking for team members to help prepare updates to our current and future bylaws and policies.

Will also be preparing a workshop, to be held before the next assembly, to help our members learn more about bylaws, policies and parliamentary procedures.

Contact Cyndy L. at chair@bylaws.oavirtualregion.org

FLYER FOR CYRCULATION: https://drive.google.com/file/d/1pvkj4FQcB7Wu_QoCP-7wVNB0GJ7dN0rq/view

3. 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.

4. 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

OA Virtual Region 2023 Convention

There Is A Solution

- March 3-5

More info: <https://oavirtualregion.org/convention2023/>

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

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.
- **NEW REGISTRATION DEADLINE: March 17, 2023 – Register here:** <https://form.jotform.com/223056580880155>
- Hotel Reservations: shorturl.at/pIJ68
- 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.