

# GROUP CONSCIENCE: A DESIGN FOR LIVING INTERGROUP

Sunday 6<sup>th</sup> August, 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](mailto: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: Stef

Janie

Intergroup Rep: Hana - Excused

Co-Treasurers: Joanne

Audinga– Excused

## **Service Positions:**

Minute Taker: Cheryl M

## Group Members Present:

\*\*\*379, \*\*574, Cheryl M, Chris M, Dennis, Emma, Eva W, Gerry, Janie, Jerry, Joanne, Kevin P, Kristen C, Linda C, Lisa, Mikki, Nikki, Rhonda J, Richard, Rod S., Roy, Stef, Sue M, Ze

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

### **1) Previous Minutes** – Acceptance of draft minutes from the Sunday, 2<sup>nd</sup> May, 2023, Group Conscience.

**MOTION:** The Minutes of the 2<sup>nd</sup> July, 2023, Group Conscience Meeting be accepted as submitted.

**Moved:** Stef **Seconded:** Mikki

**MINUTES ACCEPTED AS SUBMITTED**

### **2) Reports**

#### **i. Co-Chair Report**

**Report:** Stef

See report below

#### **ii. Treasurer Report**

**Report:** Joanne

See Report Below

#### **iii. Virtual Region Report**

**Report:** Submitted by Hana  
See Report Below

### 3) General Business

#### a. Gender neutrality

**MOTION:** Consider our meeting format changed from he/her into they, etc.

**Moved:** Ze    **Seconded:** Rhonda

**Yes:** 19    **No:** 0    **Abs.:** 0

**MOTION CARRIED**

#### b. Service Rotation – Nomination/Open Positions

- I. Schedule Officer
- II. AD4L Intergroup Rep to Region 11
- III. AD4L Intergroup GC Minutes Officer
- IV. Virtual Region E-Blast Officer(s)

*We ask that all nominees for open positions contact [admin@ad4l.info](mailto:admin@ad4l.info) before our next Group Conscience 3<sup>rd</sup> September. Thank you all for your service!*

#### c. Consider hosting a Holiday Season Marathon 2023

Discussion was held to host a Holiday Season marathon 2023.

**The meeting was adjourned with a moment of silence and the Set Aside Prayer.**

## **AD4L Co-Chair Report – August 2023**

Ad4l has kept steady attendance over the past month.

We are so grateful for everyone who has recently stepped up to give service, and completed training, and been rostered on. It is really helping to have a bigger group of people to help keep the meetings running smoothly.

With it being the Summer Season in the Northern Hemisphere, more ad4l members are travelling, and it is wonderful to see people getting together with each other in different countries. The photos shared have been heartwarming. Ad4l is such a diverse family, representing several continents.

The Speaker meeting was well attended, and we are looking forward to the upcoming Speaker event on 13 August.

Keep safe and well.

From Janie and Stef.

AD4L Treasurers Report 4<sup>th</sup> AUG 2023 (all currencies are in AUD):

Since the last Group Conscience in JULY, AD4L has received \$791AUD (net of PayPal withdrawal fee). On behalf of our fellowship, our sincere gratitude to everyone who continues to support through donations.

The previous group conscience was to donate \$1432.08AUD to [www.oa.org](http://www.oa.org). The donation of \$1389.90AUD has left our blank account. The amount isn't exact as it requires predicting the USD-AUD exchange rate that the bank will use and we have left a buffer for bank fees, which would show up in the next month's statement.

We currently have \$4707.59AUD in a Bendigo Bank Account. After removing our reserves (\$850 and \$3500) we have \$357.59.

*Yours in gratitude and service, Jo B and Audinga B*

<b>4<sup>th</sup> AUG 2023</b>	
	<b>Cash on hand 1<sup>st</sup> JULY 2023</b> <b>\$5782.08</b>
<b>Plus Income Received</b>	<b>PayPal-Contributions*</b> <b>\$761.00</b>
	<b>Donations to bank account</b> <b>\$30.00</b>
	<b>Bank Interest</b> <b>\$0.04</b>
	<b>Other</b> <b>\$0</b>
<b>Less Expenses paid</b>	<b>Zoom</b> <b>\$475.63</b>
	<b>Website</b> <b>\$0</b>
	<b>Donations</b> <b>\$1389.90</b>
	<b>Bank fees</b> <b>\$0.00</b>
	<b>Other</b> <b>\$0</b>
	<b>Cash on hand on 4<sup>th</sup> AUG, 2023</b> <b>\$4707.59**</b>
	<b>Prudent Reserve –</b> <b>(\$850)</b>
	<b>WSBC Reserve–</b> <b>(\$3500)</b>
	<b>OTHER –</b>
	<b>Total AVAILABLE cash on hand–4<sup>th</sup> AUG, 2023 –</b> <b>\$357.59</b>

\*Amount shown is net after PayPal withdrawal fees

\*\*All of which is in Bendigo Bank Account

# Virtual Region Representative Report

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August 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. Digital Content Coordinator

#### **Position description:**

- a. Oversee the region Digital Communications Committee
- b. Ensures the website is maintained.
- c. Coordinates social media/outreach strategy such as Blogs, ad campaigns etc.
- d. Other duties as assigned.

**Qualifications:**

1. Two years of service beyond the group level,
2. Two years of continuous recovery in Overeaters Anonymous as evidenced by:
  - a. Two years of current abstinence
  - b. It shall be a requirement that the officer shall demonstrate continued recovery, including abstinence and working towards or maintaining a healthy body weight throughout the entire term(s) of office.
  - c. Each person shall be the judge of their recovery,
3. Having worked the Twelve Steps and having a working understanding of the Twelve Traditions and Twelve Concepts of OA Service.
4. Have attended at least one prior VR assembly within the past 36 months as a voting member or service volunteer.
5. When a board position cannot be filled in line with these qualifications the qualifications may be set aside by a two thirds majority of the Virtual Region Board or Assembly.

**To apply go to: <https://oavirtualregion.org/digital-content-coordinator-application/>**

**2. VR Secretary****Position description:**

- a. Takes minutes of all assembly and board meetings.
- b. Following assembly:
  - i. A copy of the unapproved minutes shall be posted on the Virtual Region website within 30 days.
  - ii. Send application forms of trustee nominees to WSO within one week of affirmation of candidates.
- c. Additionally, secretary shall:
  - i. Create a digital copy of all Virtual Region documents for storage on the appropriate platform.
  - ii. Maintain a contact list of all representatives, intergroup chairs, committee chairs and board members including but not limited to their name, phone, email and time zone.
  - iii. Be responsible for keeping and giving out passwords for all digital platforms to those authorized by their position, unless restricted or otherwise assigned.
  - iv. Be responsible for preparation of registration and Virtual Region business assembly-related materials.
  - v. Be responsible for updating credentials and roll call for and at the Virtual Region business assembly.
  - vi. Review updates resulting from motions at the Virtual Region business assemblies and then submits Bylaws and P&P for posting within 25 days of the business assembly.
  - vii. Works with the data coordinator as needed to accomplish the goals of the region.
  - viii. Other duties as assigned

### **Qualifications:**

6. Two years of service beyond the group level,
7. Two years of continuous recovery in Overeaters Anonymous as evidenced by:
  - a. Two years of current abstinence
  - b. It shall be a requirement that the officer shall demonstrate continued recovery, including abstinence and working towards or maintaining a healthy body weight throughout the entire term(s) of office.
  - c. Each person shall be the judge of their recovery,
8. Having worked the Twelve Steps and having a working understanding of the Twelve Traditions and Twelve Concepts of OA Service.
9. Have attended at least one prior VR assembly within the past 36 months as a voting member or service volunteer.
10. When a board position cannot be filled in line with these qualifications the qualifications may be set aside by a two thirds majority of the Virtual Region Board or Assembly.

**To apply go to: <https://oavirtualregion.org/secretary-application/>**

### **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 VR Events**

### **1. Sponsorship Workshop**

- August 19<sup>h</sup> & 20<sup>th</sup>, 5pm ET (UTC -4)

### **2. Carrying the Message Workshop**

- Saturday, August 26<sup>th</sup>, 6pm ET (UTC-4)
- Sunday, August 27<sup>th</sup>, 12pm ET (UTC-4)  
(same workshop offered twice)

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/>

**For more information about Virtual Region Business, you can contact Marie S, Secretary of the OA Virtual Region at [secretary@oavirtualregion.org](mailto:secretary@oavirtualregion.org)**

In loving service, Hana K.