

GROUP CONSCIENCE: A DESIGN FOR LIVING INTERGROUP

Sunday 1st October 2023, 8.30am – 9.15am

Via ZOOM Meeting

A DESIGN FOR LIVING INTERGROUP

www.ad4l.info

To contact AD4L please email admin@ad4l.info

(Co-Chairs, Janie and Stef, are available to answer any questions at above email)

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: Hanna - Apology

Co-Treasurers: Joanne
Audinga

Service Positions:

Minute Taker: Julieanne C

Group Members Present: Rhonda J, Julieanne C, Mikki F, Stef F, Chris M, Tali, Leslie, Catherine, Donily C, Skye, Lorraine S, Janie, Rod S, Kathy L, Ceri, Sim, Rashell, Joanne, Eva, Sue M, Kristen C, 6140***530, 6143***459.

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

- 1. Previous Minutes** – Acceptance of draft minutes from the Sunday, 3rd September 2023 Group Conscious

MOTION: The minutes from the Sunday, 3rd September 2023 Group Conscious Meeting be accepted as submitted.

Moved: Rhonda J

Seconded: Rod S

MOTION CARRIED

2. Reports

a. Co-Chair Report

Report: Janie
See report below.

b. Treasurer Report

Report: Jo
See report below. Includes report what the current monthly operating costs for AD4L are as requested from September meeting.

- c. **Virtual Region Report**
Report: Apology from Hana
Report tabled by Stef.

3. General Business

a. Event-Committee Coordinator

- I. **Consider hosting a Holiday Season Marathon 2023.**
MOTION:

Yes: No: Abs:

POSTPONED UNTIL NOVEMBER

b. Open Service Position: Speaker Seeker and Event Committee Coordinator

- I. Event Committee Coordinator:
We are looking for a Coordinator and a team. No volunteers for Event Committee Coordinator - Leave as standing item.
Catherine V, Lee Ann and Richard volunteer to be part of the team.
- II. Speaker Seeker for 2024:
We are looking for a Speaker Seeker for our monthly speaker meetings. Please email ad4l if you would like to volunteer.

- c. **Consider sending a Delegate to WSBC May 7-11, 2024 Albuquerque, New Mexico.**
Please send an email to admin@ad4l.info if you are interested in becoming the AD4L Delegate

4. New Business

- a. **MOTION:** Donate the amount of \$1580.97.

Moved: Stef F **Seconded:** Jo M

Yes: 13 **No:** 0 **Abs:** 1

MOTION CARRIED

- b. **MOTION:** Donate the amount of \$1580.97 to oa.org

Moved: Stef F **Seconded:** Janie and Tali

Yes: 13 **No:** 1 **Abs:** 1

MOTION CARRIED

- c. **MOTION:** Hold the Zoom reserve at \$850 until early 2024 and then revisit the motion.

Moved: Jo M **Seconded:** Rod S

Yes: 11 **No:** 0 **Abs:** 0

MOTION CARRIED

Meeting closed with the 3rd Step Prayer read by Stef F.

Co Chair Report for October 1st 2023

We welcome everybody to this months Group Conscience meeting – here we go again 😊.

Here we are confronted with the Merry-go-round of **Daylight Savings**. The Southern Hemisphere has made a good start: New Zealand a week ago, parts of Australia caught up overnight. This will be followed in a couple of weeks by Europe, and finalized with the United States. Stability and routine is ahead for another 6 months afterwards. To reduce confusion and being bamboozled, please check the world clock converter (<https://www.timeanddate.com/worldclock/converter.html>).

Service rotation is in full swing! Thank you again to everybody stepping up and in. If you are interested in any service position, please let us know via mail (service@ad4l.info) . We welcome you anytime!

After more than 1 year of service Cheryl feels it is appropriate to hand over the role of **Speaker Seeker**. We appreciate the richness of the Speakers that have been brought to our monthly series. THANK YOU so much for all you have done in this role!

With the festive season approaching we welcome a team of fellows to consider and forming an events committee. Due to personal reasons Violet asks to step back of the role as **Coordinator**. If you enjoy coordinating and planning an End of Year event, please let us know.

In Gratitude and service,
Janie and Stef.

AD4L Treasurers Report 30th SEP 2023 (all currencies are in AUD):

AD4L has received \$638.66AUD (net of PayPal withdrawal fee) in contributions this month. On behalf of our fellowship, our sincere gratitude to everyone who continues to support AD4L. We currently have 1580.97AUD which is available for donation.

AD4L also maintains two reserves amounts: Annual World Service Business Conference (3500AUD); and the ZOOM administration (850AUD).

A question was raised at last month's Group Conscience around the reason for a reserve of 850AUD for ZOOM. Looking at the past AD4L Minutes, we see that it was established to be able to support two zoom administration annual accounts (~450AUD per year), and to enable the option of large meetings size (~77AUD per month - ~920AUD per year). The group at that time settled on 850AUD as a reserve that would allow us at least 6 months of running costs if there was no other income.

NOTE: Upcoming expense for annual tax report and government document due JANUARY 2024 (~250AUD).

Yours in gratitude and service, Jo B and Audinga B

30th SEP 2023	
Available CASH on 2nd SEP 2023	
	\$942.31
Plus Income Received	PayPal-Contributions* – \$598.66
	Donations to bank account – \$40.00
	Bank Interest – \$0.00
	Other – \$0.00
Less Expenses paid	Zoom – \$0
	Website – \$0
	Donations – \$0
	Bank fees – \$0
	Other – \$0
Available CASH on 30th SEP, 2023	
	\$1580.97
	Prudent Reserve – \$850
	World Service Business Conference Reserve – \$3500
	Other Reserve – \$0
Total AVAILABLE including Reserves – 30th SEP, 2023 – \$5930.97**	

*Amount shown is net after PayPal withdrawal fees

**All of which is in Bendigo Bank Account at time of writing

Virtual Region Representative Report

October 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 March 2023.

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

<https://oavirtualregion.org/assembly-minutes-3-20-2023-draft/>

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

Upcoming VR Events

- 1. Virtual Region Assembly**
 - November 18-19, 2023
 - For more information and registration: <https://oavirtualregion.org/assembly/>
- 2. OA Virtual Region 2024 Convention (March 1-3) – CALL FOR SERVICE!!**
 - There Is a Solution: The Joy of our Diverse Membership United in Recovery

3. A Relapse and Recovery Workshop

- Saturday, September 30 - 3:00 P.M. EST (-4 UTC)

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

In loving service, Hana K.