

GROUP CONSCIENCE: A DESIGN FOR LIVING INTERGROUP

Sunday 2nd March 2025, 8.20am –8.50am

Via ZOOM Meeting

A DESIGN FOR LIVING INTERGROUP

www.ad4l.info

To contact AD4L please email admin@ad4l.info

(Chair Stef is 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:

Chair: Stef

Intergroup Rep: Roy

Co-Treasurers: Joanne

Nikki - Absent

Service Positions:

Minute Taker: Linda

Group Members Present: Sim, Tali, Joanne, Violet, Stef, Linda C, Sarah, Julieanne C, Rita, Katrina, Caro, Sue M, Debbie P, Michael L, Mikki, Sian, David, Marlene, Roy.

The meeting was opened by Chair Stef with the reading of the Serenity Prayer and by Sim reading Tradition.

1. **Previous Minutes** – Acceptance of draft minutes from the February Group Conscious
 - a. **MOTION:** The minutes from the February Group Conscious Meeting be accepted as submitted.
Moved: Debbie P **Seconded:** Tali

MOTION CARRIED

2. **Reports**
 - a. **Chair Report**
Report: Stef
See report below.
 - b. **Treasurer Report**
Report: Joanne
See report below.

c. Virtual Region Report

Report: None

d. Special Event Committee

Report: None

MOTION: Donation to OA World Service of \$1,635.01

Moved: Stef **Seconded:** Tali

Voting: Accept 11 Decline: NIL Abstain: NIL

MOTION CARRIED

3. General Business:

a. Upcoming Positions open, opening up, or recently filled

1. Co-Chair
2. VR REP
3. E-Blast Officer

b. MOTION: To vote Michael L as meeting Secretary

Moved: Stef **Seconded:** Violet

Yes: 16 No: 0 Abstain: 0

MOTION CARRIED

c. AD4L Marathon (April 27th) – This will be organised by the events committee. Called for volunteers

Meeting closed with Rozeanne's Prayer by Stef

Chair Report for February 2, 2025

The Forward of the Second Edition of the Big Book includes the following question: „Could these large numbers of erstwhile erratic alcoholics successfully meet and work together?“

As a Co-Chair of AD4L for over 2 years am grateful to say „YES!! Here with us, in AD4L.“

Thank you for another month to the AD4L community for their consistent effort and service.

This weekend OA Virtual Region hosted it's „Roadmap to Recovery“ 2025 Virtual Convention. Within this, AD4L hosted a workshop on Step 2 & 3. A small team of „erstwhile erratic" compulsive overeaters came together to fill the roles of Speakers, Moderators, Hosts and Co-Hosts, Timer and Greeter. AD4L shared wisdom and strength and definitely had a wonderful message. I was proud to be a part of that outreach opportunity. THANK YOU to everyone who turned up and who helped out in any way. There was a recording of the event which we will post to our website resources when we get it. Thank you again everyone!

A Design for Living - Big Book OA Intergroup is our official intergroup title registered with Virtual Region OA and OA.ORG. In this role of Intergroup, we will be hosting an OA Marathon! That will be 5 hours of meetings/workshops/community/fellowship! See the flyer attached in the chat and to the meeting minutes for the exact times in your timezone.

NOTE: We need you all to help share the flyer with other groups and other OA communities. Thank you in advance!

NOTE: We will be looking for tech support, meeting chairs, greeters, moderators, timers and speakers. In preparation AD4L will be offering additional service training - please check the announcement to find out when. We would love to see you there!

DAYLIGHTSAVINGS

Spring forward and Fall backwards is the topic for March and early April. We are heading into the period of Daylight Savings around the world. Please check the times as your area goes through daylight savings. All our world wide meetings are going to be changing times depending on where the meeting is based. AD4L is based in Melbourne, Australia - it is always 6.30am Mon to Fri and 7.30am Sat & Sun.

IMPORTANT REMINDER: I began this WONDERFUL journey as Co-Chair and now Chair for AD4L in November 2022. It is time for me to be training the next in line to Chair or be Co-Chair. Rotation of service is a vital tradition. It is time for me to step down. Those of you with the patience and the skills please speak to me privately - I am happy to train and support the next generation or AD4L Chairs in any way that I can. A life beyond my wildest dreams!

In Gratitude and Service,

Stef F
AD4L Chair

AD4L Treasurers Report 2nd March 2025

AD4L has received **\$550.31 AUD** (net of PayPal Withdrawal Fee) in contributions since our last group conscience. On behalf of our Fellowship, our sincerest gratitude to everyone who continues to support AD4L.

This month, we made a donation through PayPal directly to OA.ORG of **\$1703AUD** (inclusive of bank fees and converting the currency to USD).

AD4L has **\$482.32 AUD** available for donation. It is our policy to wait until there is over \$1000 before making a new donation.

NOTE: AD4L maintains 2 reserve amounts: Annual World Service Business Conference (\$3500AUD); and the annual ZOOM Administration Reserve (\$850AUD).

1st MARCH 2025, in AUD \$\$			
Available CASH on 1st FEB, 2025			1,635.01
Plus	Income	PayPal-Contributions*	490.26
		Donations to bank acct	60.00
		Bank Interest	0.05
		Other	-
Less	Expenses	Zoom	-
		Website	-
		Donations**	(1,703.00)
		Bank fees	-
		Other	-
Available CASH on 1st MARCH, 2025			482.32
		Prudent Reserve	850.00
		World Service Business Conference Reserve	3,500.00
		Other Reserve	
Total CASH Including Reserves on 1st MARCH, 2025***			4,832.32

Yours in gratitude and service: Jo B, Nikki M

*Amount shown is net after PayPal Withdrawal Fees

**Donation made through PAYPAL and amount listed includes Transaction Fee

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