

Planting the Seeds of Recovery

The Yarraville Group and Melbourne Intergroup
invite you to spend the day at the March Share-a-thon

The Bridge Centre
12 Chapel St, St Kilda-Melways Ref 58 E6



SUNDAY 14TH MARCH, 2010

PROGRAMME FOR THE DAY

- 8.30am Registration \$15
- 9.00 am **'Self-Centeredness- that is the root of our Troubles...'**
- 10.00 am **The warning signs-**
How the disease presents itself Emotionally & Spiritually before Physical Effects
- 11.00 am Break
- 11.15 am **The Saving Grace of Abstinence-**
We say we are worth it, but do we work it for the Fellowship?
- 12.00 pm **Bi Annual General Meeting**
- 12.50 pm Lunch Break
- 1.30 pm **How to Live in the Real World...**
Working the program with family, co-workers & others
- 2.30pm **Grieving Food- Dealing with Grief in Recovery**
- 3.30pm Close and Serenity Prayer

PARKING:

Free parking available at centre plus street parking

PUBLIC TRANSPORT:

Public Transport via Tram No 78, 79 down Chapel Street (Stop 40)
Train: Go to Windsor Station via the Sandringham Line

BYO lunch or 5 min drive to cafes

INTERGROUP POSITIONS UP FOR ELECTION

Executive Positions	Abstinence Requirements
• Treasurer	Three months current abstinence
• Secretary	Three months current abstinence
• Public Information Coordinator	Three months current abstinence
• Literature co-ordinator	Three months current abstinence
• Region10 Representative	One Year current abstinence
• World Service Office	One Year current abstinence

Non Executive Positions	Abstinence Requirements
• September Share-a-thon	Commitment to abstinence
• Office Coordinator	Commitment to abstinence
• Outreach Officer	Commitment to abstinence
• Events Coordinator	Commitment to abstinence

Criteria for Executive Positions:-

- Be working the 12 Steps of recovery within Overeaters Anonymous for one year.
 - Working familiarity with the 12 Traditions.
- Regular attendance of an active group or groups for a period of 12 months.

Please Note:

- Members nominating for Executive Positions must be present at the Bi-Annual General Meeting.
- It is preferred that members nominating for all other positions be present at the Bi-Annual General Meeting. If you are unable to attend, nominations may be in writing to the Melbourne Intergroup Chairperson.
- Only Group Representatives and Executive Position Holders have voting rights at the Bi-Annual General Meeting.