

OA Melbourne Intergroup including Regional Victoria and Tasmania presents

# September 'Recovery Toolbox' Shareathon & Bi-Annual General Meeting

Sunday 19<sup>th</sup> of September 2021

## Program of Events

All meetings will take place on zoom <https://zoom.us/>

Meeting ID: **194 421 837** Passcode: **425 909**

Times are displayed as Australian Eastern Standard Time (GMT+10)



Time	Shareathon Meeting
9:30 – 9:40	<b>Welcome and settle in</b>
9:40am – 10:45am	<b>12 steps through sponsorship</b> What role has sponsorship played in your 12 step journey? Get a sponsor or sponsee. A life of sane and happy usefulness!
<b>Break: Time for a cuppa</b>	
11:00am – 12.15pm	<b>Recovery through service</b> ( <i>Windsor Sunday Meeting</i> ) How does service help recovery? How to get into service. Ask your service questions. Together we can!
<b>Break: A recovery podcast will be shared over lunch</b> Don't forget to check out IG job descriptions	
1:00pm – 2:00pm	<b>Bi-annual general meeting</b> Summary of Intergroup Activities for previous 6 months. Intergroup Elections - Executive and Non-Executive. Find out about OA!
<b>Break: Have a stretch</b>	
2:15pm – 3:30pm	<b>OA Zoom meetings</b> Learn about Zoom features to help host/attend OA meetings more effectively. Sharing experience, strength and hope!
3:30 – 3:40	<b>Closing and action plan</b>

### 7<sup>th</sup> Tradition

A donation of \$20 (*or what you can afford*) would help to spread the message to the still suffering compulsive overeater. Please mark donations as 'Shareathon'.

1. **Direct Deposit** (*best option within Australia*)

Account Name: Overeaters Anonymous Melbourne Intergroup

BSB: 033 067 ACC: 144 309

2. **PayPal** (*best option outside Australia*) <http://www.oa.org.au/7th-tradition/>

### Contacts

Please text or call Koula on +61 0412 724 125 if you have any Shareathon queries.

Please text or call Lauren +61 0401 960 109 if you have any technical difficulties on the day.

## Bi-annual General Meeting: Service positions up for election

The Bi-annual general meeting of Melbourne Intergroup presents a summary of the IG activities during the previous 6 months, a financial report and it includes the elections for intergroup service positions. As well, this meeting fulfils our legal obligations as required by the state in which we operate as an incorporated service body.

All OA members are encouraged to attend and to consider the opportunities for recovery through service.

Executive Intergroup Positions Role	Abstinence Requirements Current + continuous	Term of Service
Chair	3 months	6 months acting
Vice-Chairperson	3 months	1 year
Secretary	3 months	1 year
Treasurer	3 months	6 months acting
Literature Co-ordinator	3 months	6 months acting
World Service Delegate	12 months	2 years

### Criteria for Executive Positions

Be working the 12 Steps within OA for at least one year.

Working familiarity with the 12 Traditions of OA.

Non-executive Intergroup Positions Role	Abstinence Requirements	Term of Service
Intergroup Minute Taker/distributor	commitment to abstinence	1 year
Webmaster	commitment to abstinence	1 year
Events Co-ordinator	commitment to abstinence	1 year
March Shareathon Committee	commitment to abstinence	1 year
Convention Committee 2022	commitment to abstinence	until completion of convention

*\*other positions may be available, please contact [oa.melb@gmail.com](mailto:oa.melb@gmail.com) for a complete listing.*

### Please note the following:

- Members nominating for a **Melbourne Intergroup Executive position**, MUST attend and nominate during the **Bi-annual General Meeting**.
- Members nominating for all **other Melbourne Intergroup positions**, CAN attend and nominate during the **Bi-annual General meeting OR** CAN nominate by writing to the Chairperson of OA Melbourne Intergroup via [oa.melb@gmail.com](mailto:oa.melb@gmail.com)
- Voting during the **Bi-annual General meeting** is limited to Group Representatives AND members of the Melbourne Intergroup Executive. Observers are most welcome.

If you are interested in nominating, please email [oa.melb@gmail.com](mailto:oa.melb@gmail.com) for the service position job descriptions.

