

Celebrating 60 years of OA
Caledonian Intergroup
are delighted to host

OAGB's 35th National Assembly & Convention

Online

'A NEW WAY OF LIVING'

16-18th October 2020

oagbnationalassembly2020@gmail.com

 **OVEREATERS
ANONYMOUS**
GREAT BRITAIN

oagbnationalassembly2020@gmail.com

WELCOME

Welcome to our first ever virtual OAGB Assembly & Convention. We were hoping to hold this in Glasgow, Scotland this year and have done our best to recreate the feeling of the event via online Zoom meetings.

We're really excited that we can welcome participants who normally wouldn't be able to travel to the event and hope you enjoy the experience.

If you have any queries at all about the event, please don't hesitate to contact us at oagbnationalassembly2020@gmail.com

REGISTRATION

Assembly: If you are attending the Assembly on Saturday 17th Oct to vote on behalf of your group or intergroup, you will have to register online in advance via www.oagb.org.uk/national-assembly

Once you have 'arrived' on Zoom, please update your name using the following format:

Status code – First name followed by Surname initial, Group / Intergroup

(e.g. A – Mary S, Glasgow Monday / Caledonian IG)

Status codes:

- A = voting rep
- G = Guest (observer or volunteer)
- T = Technical support

We also ask **voting reps** to drop into a **sign-in desk** at one of the following times so we can check you in against our registration list:

- 6pm to 6:45pm on Friday
- 8am to 8:45am Saturday

Please remember to have packs 1 and 2 to hand throughout the Assembly. These can be found at www.oagb.org.uk/national-assembly

We are pleased to say that ALL other parts of the event are open to OA members without having to register.

7th TRADITION CONTRIBUTIONS

Friday night workshop & Saturday Assembly

Assembly registration fees this year only are by contribution directly to Overeaters Anonymous GB Ltd, Account no:12408441, Sort code 01-03-38. Please use payment reference "NA". Suggested contribution is a minimum of £5 each for the Saturday Assembly and the Friday night workshop.

Sunday Convention

Please note that contributions to Caledonian IG for the Sunday convention are via donation only, (no suggested amount) and should be made directly to Caledonian Intergroup Overeaters Anonymous, Account no: 00105672, Sort code 83-16-25

FRIDAY 16 th OCTOBER		
18:00 – 18:45	Sign in desk (voting delegates only)	Room 3 Meeting ID: 919 518 4135 - Passcode: Unity https://us02web.zoom.us/j/9195184135?pwd=TkprMjU0L2lSY1pQbEFVN05WTU0wZz09
19:00 – 21:15	Body Image workshop*	Room 2 Meeting ID: 546 658 5836 - Passcode: Unity https://us02web.zoom.us/j/5466585836?pwd=MGRsV0h0LzZZZG3L0dJbmNQeEZBUT09
21:30 – 22:20	Night Owl meeting	Room 3 Meeting ID: 919 518 4135 - Passcode: Unity https://us02web.zoom.us/j/9195184135?pwd=TkprMjU0L2lSY1pQbEFVN05WTU0wZz09
22:30 – 23:00	Bedtime meditation	Room 3 Meeting ID: 919 518 4135 - Passcode: Unity https://us02web.zoom.us/j/9195184135?pwd=TkprMjU0L2lSY1pQbEFVN05WTU0wZz09
NOTE: all times are British Summer Time (BST)		

OAGB's 35th National Assembly & Convention



Online

'BODY IMAGE WORKSHOP'

Friday 16th October
7pm – 9:15pm UK time

Zoom details
Meeting ID: 546 658 5836
Passcode: Unity

oagbnationalassembly2020@gmail.com

*A workshop using the 12 Steps to clear away shame and encourage us to love our bodies. Please bring a journal or notepad and pen. We will be working through the 12 Steps in relation to body image, journaling and sharing in small breakout rooms.'

SATURDAY 17th OCTOBER

07:30– 08:15	Early Bird Meeting	Room 2 Meeting ID: 546 658 5836 - Passcode: Unity https://us02web.zoom.us/j/5466585836?pwd=MGRsV0h0LzZZHq3L0dJbmNQeEZBUT09
08:00 – 08:45	Sign in desk (voting delegates only)	Room 3 Meeting ID: 919 518 4135 - Passcode: Unity https://us02web.zoom.us/j/9195184135?pwd=TkprMjU0L2lSY1pQbEFVN05WTU0wZz09
09:00 – 09:50	Pre-Assembly Workshop (Essential for voting delegates to attend)	Room 1 Meeting ID: 225 965 6159 - Passcode: Unity https://zoom.us/j/2259656159?pwd=NVCyZy9VaXh6MEgyZHNHUG1kdmZVUT09
10:00 – 13:00	OAGB National Assembly (please note that comfort breaks will be given regularly)	Room 1 Meeting ID: 225 965 6159 - Passcode: Unity https://zoom.us/j/2259656159?pwd=NVCyZy9VaXh6MEgyZHNHUG1kdmZVUT09
13:00 – 13:45	Break - join for a chat, eat your meals together, meet your fellows	Room 1 - Breakout room
13:45 – 17:00	OAGB National Assembly (please note that comfort breaks will be given regularly)	Room 1 Meeting ID: 225 965 6159 - Passcode: Unity https://zoom.us/j/2259656159?pwd=NVCyZy9VaXh6MEgyZHNHUG1kdmZVUT09
17:00 – 19:00	Break - join for a chat, eat your meals together, meet your fellows	Room 2 Meeting ID: 546 658 5836 - Passcode: Unity https://us02web.zoom.us/j/5466585836?pwd=MGRsV0h0LzZZHq3L0dJbmNQeEZBUT09
19:00 – 21:15	Saturday night entertainment* (not OA themed)	Room 2 Meeting ID: 546 658 5836 - Passcode: Unity https://us02web.zoom.us/j/5466585836?pwd=MGRsV0h0LzZZHq3L0dJbmNQeEZBUT09
21:30 – 22:20	Night Owl Meeting	Room 3 Meeting ID: 919 518 4135 - Passcode: Unity https://us02web.zoom.us/j/9195184135?pwd=TkprMjU0L2lSY1pQbEFVN05WTU0wZz09
22:30 – 23:00	Bedtime meditation	Room 3 Meeting ID: 919 518 4135 - Passcode: Unity https://us02web.zoom.us/j/9195184135?pwd=TkprMjU0L2lSY1pQbEFVN05WTU0wZz09

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*SATURDAY NIGHT ENTERTAINMENT

We welcome you to have a Saturday night in with us from 7pm to the wee sma' hours (as we say in Scotland) 😊.

Bingo – You bring a paper & pen, we'll bring the prizes!

Quiz – it'll have been a busy day so will make sure we put 'some' easy questions in here

Open Mic - Sing a song, read a poem, dance, play music, make us laugh with some comedy or share anything else that inspires you
(if you can carry a tune in a bucket, this is for you!!!)

No participation needed – come along and join us to make connections and have a laugh

oagbnationalassembly2020@gmail.com

SUNDAY 18^h OCTOBER		
07:30 – 08:15	Room 1 closed at this time	Early Bird Meeting Room 2 Meeting ID: 546 658 5836 - Passcode: Unity https://us02web.zoom.us/j/5466585836?pwd=MGRsV0h0LzZZHq3L0dJbmNQeEZBUT09
‘A NEW WAY OF LIVING’ CONVENTION*		
	Room 1 Meeting ID: 225 965 6159 Passcode: Unity https://zoom.us/j/2259656159?pwd=NVcyZy9VaXh6MEqVZHNHUG1kdMzVUT09 (Format: main share then open for shares around the room)	Room 2 Meeting ID: 546 658 5836 Passcode: Unity https://us02web.zoom.us/j/5466585836?pwd=MGRsV0h0LzZZHq3L0dJbmNQeEZBUT09 (Format: main share then small breakout rooms)
09:00 – 09:50	‘A-Z of abstinence & emerging from relapse’	‘Adapting to change in a virtual world’
10:00 – 10:50	‘Healthy sponsor/sponsee relationship’	‘Body image & healing shame’
11:00 – 11:50	‘Sexuality & diversity’	‘A new way of thinking & living’
12:00 – 13:00	Break - join for a chat, eat your meals together, meet your fellows	
13:00 – 13:50	‘Overcoming adversity (fear to love)’	‘Reacting v's responding to life (fantasy to reality)’
14:00 – 14:50	‘Toolkit for a new way of living’	Room 2 closed at this time
15:00 – 16:00	‘Inspirations for a new way of living’ & convention closing	
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*‘A NEW WAY OF LIVING’ CONVENTION

Celebrating 60 years of OA, we will explore a diverse range of current and traditional topics to develop your toolkit and inspire your thinking for ‘A new way of living’.

You will have the opportunity to choose between conference style main shares and smaller breakout rooms to participate in a way that works for you.

**“Adversity truly introduces us to ourselves.
But we need never deal with our adversities alone”**
Big Book ...p.530