



The OA Intergroup Netherlands
proudly presents

**ANNUAL
BACHARACH
RETREAT**

ONLINE

SEPTEMBER 11-13

2020

Welcome to our first ever **virtual** Bacharach retreat. We normally hold the retreat in Castle Stahlberg in the scenic village of Bacharach in Germany and we have done our best to recreate the feeling of the retreat as much as we can. We are excited that we are able to welcome participants who normally wouldn't be able to travel to Germany.

The theme of the retreat is the OA Promise:

I put my hand in yours, and together we can do what we could never do alone.

No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower.

We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

This pack should contain everything you need in order to make the most of the retreat:

1. The agenda of the retreat
2. How to join meetings and activities
3. Tradition 7
4. Our 'Get Together' space
5. Zoom guidance
6. Have a question or a problem?
7. Business meeting
8. Giving service at the retreat
9. How to give feedback about the retreat
10. Getting familiar with Zoom

1. The agenda of the retreat

Please see the timetable at the end of this document which gives details of each of the activities and meetings and the links so you can join them.

! Note: all times are Central European Summer Time (CEST) which is **GMT +02:00**

2. How to join meetings and activities

You do not have to register for the retreat or any of the meetings or activities; just join the correct Zoom link at the start time and join in.

You won't be asked for your contact details, but if you want to exchange contact details with anyone, you can do this via **private chat** in any of the meetings or in the 'Get together' space.

Fellows will be invited to read some readings during meetings. These will be shared on the screen and the chair will ask for volunteers to read them during the meeting.

3. Tradition Seven:

There are no dues or fees for OA membership; we are self-supporting through our own contributions.

In order to contribute to tradition 7, please make a payment to the PayPal account for our retreat.

PayPal link:

PayPal.me/Bacharach2020

If you would prefer not to use PayPal, you can pay direct into our bank account.

Bank account (IBAN):

NL80 RABO 0351 4706 46

Account name:

I.J. VAN HAASTER

If you have any questions, please email the treasurer: bacharachtreasurer@gmail.com

4. Our 'Get together' space

On the timetable, you will see a Zoom link for our 'Get Together' space. This is a space for connecting with your fellows to chat, share news, renew old friendships and meet new people. There are some scheduled break times built into the timetable when we encourage you to join your fellows in the Get Together space and eat your meal if you feel comfortable doing this.

Please note that there are no hosts in this Zoom space.

5. Sponsoring

You will see that we are holding a 'Sponsorship speed matching' session on Sunday morning. If you are a sponsor and are available to take on a sponsee, please join this session where you will be invited to present yourself in a 2-minute share. You might want to think about what you will say beforehand. Sponsees who are interested in connecting with you can do this during the remainder of the session.

6. Zoom guidance

In order to keep yourself and your fellows safe, we would ask you to follow this guidance:

- Keep your video on if you feel comfortable to do this
- Set your profile picture so that this shows if your video is off
- Set your display name to be your first name only
- Keep your microphone muted when you are not sharing

There will be at least one Zoom ‘host’ at every meeting or activity who will help the meeting run smoothly. Please contact them using the ‘private chat’ feature if you have any problems during the meeting/activity. They may mute participants who forget to mute themselves, or eject participants who are disruptive, etc.

7. Have a problem or question?

If you experience problems or have questions, please email the committee on: bacharachretreat@gmail.com.

8. Business Meeting

This retreat can only run because fellows are willing to give their time to organise and run it. You will see a business meeting on the timetable which is when we fill service positions for next year’s retreat. We encourage you all to join so you can help next year’s retreat to be a success.

9. Giving service at the retreat

If you would like to give service at the retreat, please email the committee on: bacharachretreat@gmail.com.

10. Feedback on the retreat

As this is our first ‘virtual’ retreat, we would love to hear from you about how it went and if there any improvements we can make next year. Please let us know by emailing the committee on bacharachretreat@gmail.com.

11. Getting familiar with Zoom

Please familiarise yourself with Zoom. In particular:

- How to mute/unmute yourself
- How to rename yourself
- How to turn your video on or off
- How to use the chat feature (private and public ‘to everyone’)

You can find help for the basic features here: <http://www.oaregion9.org/wp-content/uploads/2020/07/2020-Full-guidance-for-running-OA-meetings-on-Zoom-v1.1.pdf>.

OA Bacharach online retreat Schedule 2020

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Main retreat			Get together space (always running)	
Time	Event	Zoom link		
FRIDAY 11 Sep	17:00–18:00 CEST	Welcome & information (join at any time)		Retreat Room 1 https://us02web.zoom.us/j/81505531780?pwd=U3BDVDVqdU9lWUpXRWdQd25KSFVRdz09 Meeting ID: 815 0553 1780 Passcode: 123456
	(Mealtime break)			
20:00–21:30 CEST	Meeting 1 Reading: Excerpt from Overeaters Anonymous, Third Edition (brown book): 'Our Invitation to You'	Retreat Room 1 https://us02web.zoom.us/j/81505531780?pwd=U3BDVDVqdU9lWUpXRWdQd25KSFVRdz09 Meeting ID: 815 0553 1780 Passcode: 123456		
BREAK				
SATURDAY 12 Sep	07:15–07:45 CEST	Guided Morning Meditation		Retreat Room 1 https://us02web.zoom.us/j/81505531780?pwd=U3BDVDVqdU9lWUpXRWdQd25KSFVRdz09 Meeting ID: 815 0553 1780 Passcode: 123456
	(Mealtime break)			
	09:00–10:00 CEST	Meeting 2 Reading: Voices of Recovery 9th Jul		Retreat Room 1 https://us02web.zoom.us/j/81505531780?pwd=U3BDVDVqdU9lWUpXRWdQd25KSFVRdz09 Meeting ID: 815 0553 1780 Passcode: 123456

Join anytime for a chat, eat your meals together, meet your fellows

Retreat room 3
<https://us02web.zoom.us/j/81093726485?pwd=YiVlSQ3lrcnQ4N0RkWGxnazd3Rm1kUT09>
 Meeting ID: 810 9372 6485
 Passcode: 123456

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 Meeting ID: 810 9372 6485
 Passcode: 123456

09:00–10:00 CEST	Meeting 3 (LGBT+ focus)	Retreat Room 2 https://us02web.zoom.us/j/84740908186?pwd=MjRRcWI3enUxTE16MjVlYjI0Z09 Meeting ID: 847 4090 8186 Passcode: 123456
10:00–10:45 CEST	Business meeting	Retreat Room 1 https://us02web.zoom.us/j/81505531780?pwd=U3BDVDVqdU9lWUpXRWdQd25KSFVRdz09 Meeting ID: 815 0553 1780 Passcode: 123456
11:00–12:15 CEST	Workshop: eating disorder focus	Retreat Room 1 https://us02web.zoom.us/j/81505531780?pwd=U3BDVDVqdU9lWUpXRWdQd25KSFVRdz09 Meeting ID: 815 0553 1780 Passcode: 123456
11:00–12:15 CEST	Meeting 4 (Speaker)	Retreat Room 2 https://us02web.zoom.us/j/84740908186?pwd=MjRRcWI3enUxTE16MjVlYjI0Z09 Meeting ID: 847 4090 8186 Passcode: 123456
(Mealtime break)		
14:00–15:15 CEST	Meeting 5 (Speaker)	Retreat Room 1 https://us02web.zoom.us/j/81505531780?pwd=U3BDVDVqdU9lWUpXRWdQd25KSFVRdz09 Meeting ID: 815 0553 1780 Passcode: 123456
14:00–15:00 CEST	Podcast walk (we invite you to take a nature walk while listening to the podcast)	http://html5-player.libsyn.com/embed/episode/id/13427426 You may want to download the podcast Then please join Meeting 6 at 15:15 CEST
15:15–16:15 CEST	Meeting 6 (Reflection on the podcast)	Retreat Room 2 https://us02web.zoom.us/j/84740908186?pwd=MjRRcWI3enUxTE16MjVlYjI0Z09 Meeting ID: 847 4090 8186 Passcode: 123456

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16:30–17:45 CEST	Meeting 7 (Women’s focus)	Retreat Room 1 https://us02web.zoom.us/j/81505531780?pwd=U3BDVDVqdU9lWUpXRWdQd25KSFVRdz09 Meeting ID: 815 0553 1780 Passcode: 123456
16:30–17:45 CEST	Meeting 8 (Men’s focus)	Retreat Room 2 https://us02web.zoom.us/j/84740908186?pwd=MjRRcWI3enUxTE16MjVlYjIkdVl0Zz09 Meeting ID: 847 4090 8186 Passcode: 123456
(Mealtime break)		
20:30–22:00 CEST	 DANCE PARTY! Dance alone or with local fellows, enjoying music from our DJ	Retreat Room 1 https://us02web.zoom.us/j/81505531780?pwd=U3BDVDVqdU9lWUpXRWdQd25KSFVRdz09 Meeting ID: 815 0553 1780 Passcode: 123456
22:15–22:45 CEST	Bedtime meditation	Retreat Room 2 https://us02web.zoom.us/j/84740908186?pwd=MjRRcWI3enUxTE16MjVlYjIkdVl0Zz09 Meeting ID: 847 4090 8186 Passcode: 123456

BREAK

SUNDAY 13 Sep	Time	Event	Zoom link
	7:15–8:00 CEST	Guided Morning Meditation	Retreat Room 1 https://us02web.zoom.us/j/81505531780?pwd=U3BDVDVqdU9lWUpXRWdQd25KSFVRdz09 Meeting ID: 815 0553 1780 Passcode: 123456
	7:15–8:00 CEST	Theme walk (alone or with local fellows) “Together we can do what we cannot do alone”	Please join Meeting 9 at 10:00 to reflect on the theme
(Mealtime break)			

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Retreat room 3

<https://us02web.zoom.us/j/81093726485?pwd=YjVlYjIkdVl0Zz09MjVlYjIkdVl0Zz09>

[Rm1kUT09](#)

Meeting ID: 810 9372 6485
Passcode: 123456

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Retreat room 3

<https://us02web.zoom.us/j/81093726485?pwd=YjVlYjIkdVl0Zz09MjVlYjIkdVl0Zz09>

[Rm1kUT09](#)

Meeting ID: 810 9372 6485
Passcode: 123456

10:00–11:15 CEST	Meeting 9 (reflections on the retreat theme)	<p>Retreat Room 1</p> <p>https://us02web.zoom.us/j/81505531780?pwd=U3BDVDVqdU9lWUpXRWdQd25KSFVRdz09</p> <p>Meeting ID: 815 0553 1780 Passcode: 123456</p>
10:00–11:30 CEST	Sponsorship Speed-matching	<p>Retreat Room 2</p> <p>https://us02web.zoom.us/j/84740908186?pwd=MjRRcWl3enUxTE16MVVYijXdvI0Zz09</p> <p>Meeting ID: 847 4090 8186 Passcode: 123456</p>
12:00–12:30 CEST	Prayer, reflections and goodbyes	<p>Retreat Room 1</p> <p>https://us02web.zoom.us/j/81505531780?pwd=U3BDVDVqdU9lWUpXRWdQd25KSFVRdz09</p> <p>Meeting ID: 815 0553 1780 Passcode: 123456</p>

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