

For Today Meditation Meeting Group Conscience Agenda July 2, 2022

1. Introduction
2. Serenity Prayer
3. Tradition: Tradition 4: "Each group should be autonomous except in matters affecting other groups or OA as a whole."
4. Establishing Ground Rules: This meeting is held for one hour. The purpose of this meeting is to make decisions that affect our group. Decisions can be changed, amended, even thrown out. I encourage everyone here to participate. If a matter comes to a vote and you do not attend our meeting regularly or do not plan to, please consider whether it would be reasonable for you to vote. However, we welcome everyone's viewpoint; we can all learn from one another. Please remember Tradition Five: 'Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.' Therefore, anything we decide at this meeting must reflect that purpose. No matter what we believe as individuals, we must be united in our purpose to carry our message as best we can to the compulsive overeater who still suffers (The Newcomer). That person is our focus. May we do our best for them.

5. Minutes from the Previous Meeting: Are there any corrections or additions?
Is anyone opposed to approving last month's minutes as amended? No corrections or additions
Minutes approved as they are on the website.

6. Treasurer's Report - Motion to accept the Treasurer's report located on the For Today Meditation website? Maria gave an oral Treasurer's report and will be sending the written report to be put on the website.
\$187 collected for this month, \$87 sent to the World Service office and \$100 for prudent reserve.

7. Old Business: Motions: No Old Business

8. New Business Motions:

Claudia L: 1) Vote on whether we will incorporate the trial change on the meditation screen sharing portion of our meeting to either a 2 minute For today/3 minute Meditation Screen Share or 1 minute For today/4 minute meditation screen share. The Final option would be no change at all... Meditation screen up for a full 5 minutes.

Discussion: Ronna - have the reading up the whole 5 minutes, other meetings do this and it lets people meditate on it. Christy - encourages people to not buy the book. Ann - like to have reading up for the whole time. April - important to say we are in a 5 min. Meditation. Go with 2 min reading and 3 min. Of 5 min meditation. Jill - may be a financial hardship for some, offers to help with graphics, and copy and paste reading in chat. Kate - thinking of newcomer, not having the book or know to have this book. Ronna - keep it in the chat? Patsy - it is a bit of work to put it in the chat. Ellie - Meditation meeting is not a reading meeting. Ann - agrees with Ann - Robin - like the way it is. Susan -technology not there yet. Kathryn Louise - spend money
Christy 1st, Maria 2nd
5 min. Meditation the whole time.

Present: 18 Y: 10 N: Motion passed

2) Incorporate into our Script a "Newcomers Resource" section with links to valuable resources that will be copied and pasted into the chat towards the end of the meeting my suggestions would be at 8:45 when chat reopens. By posting it towards the end of the meeting it will be available for discussion in the after meeting and available for newcomers at that time as well. I have put something together that I will be using temporarily and can be voted on during GC meeting. Either as is or with changes.

NEWCOMERS Resources links:

Meeting website <https://www.fortoday8et.org>

Meeting WhatsApp group <https://chat.whatsapp.com/KmRmCJsl1vF8bRZqA95R14>

OA website <https://oa.org/>

OA Footsteps <https://oafootsteps.com/welcome-home/>

OA: A vision 4 You <https://www.avision4you.info/>

Two Way Prayer <https://www.twowayprayer.org/>

Discussion: Christy - what's app group not an official part of our group. Not affiliated with the other groups, maybe put this on the website for other groups, etc. Gloria - not conference approved things, should have OA conference approved items. Maria - support literature sales. Susan - keep it simple, basic things, Ann- question about putting these things on our website? Agree with OA.org. April - not ask after meeting people to deal with screen sharing, script for newcomer greeter keep it simple, our website, and OA.org. Patsy shared what is on our website for newcomers. Ronna - we don't need the footsteps link, we shouldn't be pushing any other program within OA. Keep it simple. Ann- we're not here to promote any other meeting, we can call people. Susan - keep footsteps, Kathryn Louise - after meetings are casual and people are responsive. Having an issue with formalizing the after meeting. Patsy - after meeting is not the meeting.

Present:15 Y: 5 N:6 Abstain: 4 Motion Denied

The other thing I would like to have re-evaluated is the including of our titles, I am not sure it is working the way we thought it would If the change to the screen share passes this would be my suggestion to the verbiage (italicized colored portion is the new part) on the script.

Discussion:

Some want it, some don't, some don't care.

Present: 15 Y: 12 N: Motion Passed

Gloria H: I'd like to resubmit this to the agenda that our group joins the Virtual InterGroup. A bonus to being part of an intergroup is that we have an opportunity to help Carry the message to those who still suffer. Within there are all kinds of committees, whether it's security, PI/PO (which is Professional Information/Public Outreach) which helps carry the message to those who still suffer.

Discussion: Gloria - helps patients know, posters, outreach. Patsy - clarify - join OA virtual and/or OAfootsteps. Claudia brought up questions. Footsteps doesn't have a slot for us. Ronna - doesn't understand why we need this? Maria - for joining an intergroup and a region, upgrading from being an island?- financial contribution. Ann- needs to be brought up before gathering info. Gloria - this won't change our meeting at all. This is information sharing today. This will help us carry the message. Pamphlet: handbook for members, groups and service bodies. Christy - opposed - like that we are an island. Claudia - like how our meeting is, but it's fact finding and considering it. Kate - we would have to send money to region and intergroup too? Does it make us more official? More volunteers? Ronna - agree I don't see any benefits. Gloria - what we send funds to is 7th tradition, we spend money on our needs first, we don't send anything we don't want to. It helps spread the word and to have a voice - a voting voice. Maria - the voting voice is important. Christy - if it's not broken, why fix it.

Call to vote - Christy, 2nd Ronna

Present: 11 Y:5 N:4 Abstain:2 Motion too close to call. Maria researching this if abstains goes to the No.

Gloria motion to rescind the vote, Michelle 2nd.

Present: 8 Y:8

Meeting voted to extend for 15 more minutes at 10:05 - Christy 1st, Kate 2nd, passed at 10:06

Motion to have a special GC session 8am, 15 min. 7/11 Kate 1st , 2nd Maria, Present: 8 Y:7 N:1

Kate: Revise and reorder Newcomer info as follows in yellow highlight and red text on the meeting script #10 Information and Announcements: 1. This meeting is held every day at 8 am Eastern Time. CHAIR READS 2. Today, our Newcomer Greeter is _____ CHAIR READS 3. Please join me for our after party which is immediately following this meeting at 9am. This is an opportunity for anyone to ask questions and exchange numbers. To receive a Newcomer's Packet and basic OA information, click the "Welcome Newcomers" button on our website. GREETER READS 4. Our Group Conscience Meetings are held on the 1st Saturday of the month, following this meeting. The agenda will be available on the website. CHAIR READS 5. Are there any other OA related announcements? [allow time to unmute] CHAIR READS

Discussion:

Present: Y: N: Motion Tabled

Call to vote to close the meeting: Dianna 1st, Patsy 2nd. 10:50 am

Respectfully submitted 7/3/22

Dianna B