

For Today Meditation Meeting Group Conscience Minutes August 6, 2022

1. Introduction

2. Serenity Prayer: Will those who wish to, please join me in the Serenity Prayer: "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference."

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, or 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. That person is our focus. May we do our best for them.

5. Minutes from the Previous Meeting: Are there any corrections or additions? [Applicable corrections or additions are made.] Is anyone opposed to approving last month's minutes as amended? **Present 31 Vote Yes**

6. Treasurer's Report - Motion to accept the Treasurer's report located on the For Today Meditation website?

Motion to vote: Gloria, 2nd: Kate, Present: 31, Yes: 31

7. Old Business: Motions: A. Virtual Intergroup

Discussion

Will join, which one? Motion that Claudia has for New business?

Gloria - a lot of virtual intergroups, some don't apply to us. Motion to research

Kate - already discussion to look at options - important to know

Ronna - why continue to discuss - why keep looking? Choose from the two

Randi - Motion to take the vote

Motion to vote Gloria 2nd Maria GA Present 22 Yes 13 No

Search more out: none

Karen - went to Virtual meeting, it was organized well, Susan likes Footsteps, Ann C. comes to our meeting because it is not footsteps

Motion Gloria, Kate to vote

Join Footsteps Present: 21 Yes: 3

Join OA Virtual Present: 21 Yes: 10

B. Treasury Funds

Discussion

Maria - Christy and Maria met - we keep a prudent reserve of \$100 and give the rest to World Service, Zoom was paid in June for a year \$149.90, Motion to increase prudent reserve \$50 extra to pay a month to pay

Gloria question - prudent reserve same amount, set aside x amount for bills,

Claudia - look at how to buy books for people that need them,

Robin - question about the difference between money for bills and prudent reserve.

Tabled again until more information gathered.

Motion 2nd Present Yes No Abstain

8. New Business Motions:

Patsy B: Suggest we add to announcements: For security reasons, the ability to rename yourself has been disabled. If you would like to be renamed or have your phone number or last name removed, please private chat to _____ who is renaming today.

Discussion

Motion: Claudia 2nd: Susan Present: 19 Yes: 11 No: 1 Pass

April K: Background: The script read by the chairperson (and used by all members giving technical service) includes a list of phone numbers and first names. It is completely accessible from the website. I think we should protect that list as we do other confidential information by removing it from the website. The list would be maintained off the website and available to those giving service. Motion: For the confidentiality of members, remove the list of phone numbers and first names from the Meeting Format and Notes section of the website.

Discussion

Gloria, Karen

Motion April 2nd Dianna Present 19 Yes 14 No Abstain Pass

Gloria H: I'd like to put on the agenda using the full words such as GROUP CONSCIENCE, 12 STEPS & TRADITIONS rather than GC and 12&12. This way, newcomers will know what we are saying and meaning. Coming into the rooms is difficult and overwhelming without having to figure out acronyms

Discussion -

Helps new people understand what the acronyms mean

Not knowing could help someone reach out

Motion Gloria 2nd Patsy Present 17 Yes 10 No 1 Abstain

Emily W: I make a motion that we provide milestone chips to members of our group. Potentially combine this task with the literature position. Members could request a chip for a designated milestone via a website form. The GC could determine which coin(s) we would distribute but I

personally feel like the Welcome, 30 days, 6 months, 9 months and 1 year and very important milestones.

Discussion

Emily - Tangible reminder of milestones, it will affect treasury, etc.

Randi - In AA you don't touch a drop of alcohol, but here we each have our own abstinence, how does that work?

Christi - I carry around my welcome chip, it means a lot to me, how would we do this? Publicly, or just contact the literature person,

Withdrawn

Ann C: 1. that a regular person at our mtg once a week tell their story. 15 minutes maybe on a Saturday or Sunday right after meditation.

Discussion

Ann - it would be good to get to know our people's stories

Ronna - changing from a meditation from a speaker meeting?

Karen - lots of meetings that are speaker meetings, lot our meeting the way it is

Kate - an extra meeting after the meeting

Gloria - lots of speaker meetings, love the meditation

Portion

Randi - after meeting speaker, speak for 10 minutes idea

Motion Claudia 2nd Gloria Present 15 Yes 3 No 8 Did not pass

Ann - 2. that we not label all of the people doing service next to their name.

Discussion

Claudia this helps keep things clear to who is doing what in the meeting

Motion: Karen 2nd: Claudia Present: 13 Yes: 8 No: 9 Did not pass

Ann - 3) that we be careful that not the same people are chairing or reading. When we jumping like we do, it doesn't give newcomers a chance to grow.

Discussion

Karen - Limited amount of people to choose from in the beginning of the meeting

Christi - wait until 7:58 to ask for readers

Claudia - same group of people this morning

Gloria - wait - until the meeting has started

Karen - table this and rescind to open this up for more volunteers

Motion Kate 2nd Karen Present 12 Yes 10 No Pass

Do we have a motion to end this meeting?

Motion: Ann 2nd: Kate Present: 11 Yes: All Time: 10:21

I put my hand in yours Greater than ours, And together we can do And as we join hands What we could never do alone. We find love and understanding. 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 & Strength Beyond our wildest dreams!

Respectfully submitted,
Dianna B. 8/7/22