

For Today Meditation Group Conscience October 1, 2022

1. Introduction: Welcome to the group conscience meeting of the For Today Meditation meeting of OA. My name is Patsy, I am a powerless over food, and your chair for this meeting.

2. Serenity Prayer: With lines muted, 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 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. 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?

Any Opposed? None

6. Treasurer’s Report – Do we have a motion to accept the Treasurer’s report located on the For Today Meditation website?

Motion to Vote April 2nd May

Present 26 Yes 14 Pass

7. Old Business: Zoom room fee - how much and when due, still working on. Still deciding on Virtual Intergroup, next one is Oct. 23.

8. New Business Motions:

April: 1. I suggest adding a slide near the end of the meeting for the OA Responsibility Pledge; it's in the chat, but it scrolls away and I notice most peoples' lips do not move, so I suspect many don't know it.

Discussion

April - thinks people don't know it.

Lora - agrees, didn't know it before

Ann - agree, but not take off anything

Barb E. - make an amend with both

Robin - just learning it, it would be good to be there

Devi - agrees

April - amend with anonymity saying and serenity prayer and OA REsponsibility Pledge -

Patsy - need to wait for Christy to get power

Barb E. - 2nd amendment

Jill M. - can make a temporary slide if needed

Present 21 Yes 16 Pass

2. Would we like to attract more men to our meetings and retain them? The Virtual Intergroup Newsletter offered an article in the September issue on serving the needs of men in OA. It also referred to this website, which includes ways to invite men into the fellowship, <https://www.oamen.org/attracting-and-retaining-men/> I wonder if this has been discussed in our group, or perhaps if it's something we'd like to consider and discuss at a later time?

Discussion

April - sensitive to welcoming all people to our meeting, noticed that and for consciousness raising. Not a motion to vote on - just information

Claudia L: 3 Online Etiquette: We ask you to keep your video turned off if you are eating, smoking, or doing anything other than sitting and participating in this meeting so that we can minimize distraction. Online etiquette begins as soon as you log in to the meeting. ***Add: In the event that your video is turned off by a Host/Co-host, please contact any Host/Co-host to re-enable your video when ready.***

Discussion

Claudia - just so people know

Devi - I do not agree, we have enough to read, it could be added to the chat

Robin - my video has been turned off before, if you leave the room and come back in you get your video back.

Karen - time to vote

April - sometimes we don't know what we are doing is distracting.

Motion to Vote Claudia 2nd Karen
Present 20 Yes 6 No 8 Fail

Claudia - Today's reading is [month, date] in "For Today." The reading will be shown on the screen. Who would like to read for us today? **Add: Please raise your electronic hands, I will select someone who hasn't recently read. (Chair please pause briefly to give enough people a chance to raise their hands).**

Discussion

Claudia - people are waving that have not read but not raising electronic hand

Jean - just unmute

Ann - a lot in the format already, we don't have a lot of people volunteer

Karen K - encourages people to read, and helps people that jump in right away to take the hint to wait and let others have a turn

Claudia - people raise and wave their hand and get overlooked

Jill - get stuck in policing things, let's trust the good people that train the good people that do service and try not to police everything.

Kate - first hand raised -

Devi - Wondered why the daily reader wasn't chosen before the meeting?

Karen K - stepped back from the meeting for awhile because of hearing the same people for awhile

Ann - we all know who raises their hand all the time, we wait until after 8

Motion to Vote 2nd April, Devi

Present 18 Yes 12 No 3 Pass

Kate E: Motion to create the following guidelines to ensure a safe, welcoming and inclusive environment in the pre-meeting setting a. Greet everyone as they log on b. Welcome newcomers but be mindful that they may wish to maintain their anonymity and/or they may not wish to share right away. Information or questions to the newcomer should be saved for the after meeting. c. Since our primary purpose is to help the compulsive overeater who still suffers, we need to be mindful about topics of conversation in the pre-meeting. We need to keep conversation brief, inclusive, and appropriate for all. For example, OA business, private/intimate conversation, and gender-exclusive topics should be avoided.

Discussion

Kate - Bringing this for 2 main reasons - it's a cliqueish feeling, for newcomer.

Barb - as soon as I'm here, I represent OA right away, as soon as my I'm online and here

Dianna - Maybe we could have a pre-meeting greeter, I've been on the pre-meeting and it's my issue, but I have control issues and I struggle with that. It

feels like there are people that dominate and maybe it's just that it's too busy for me in the morning, but I understand about not wanting to come on before the meeting and participate. It bothers me.

Ann - we don't get to see each other at any other time, maybe have a coffee, tea time, keep in touch

Jill - I like this proposal, it looks at inclusivity, break out room conversation, there needs to be clarification around what is the meeting, pre-meeting, after meeting, and what's app, conversation.

Jean - greeter before the meeting, 23 other hours in the day, we can reach out on the telephone, text to get to know each other.

Susan - everytime I've been in the pre-meeting I've been greeted, we may not get a volunteer, we have a hard time with volunteers as it is.

Karen K - over time - time to vote to extend time, but also let before meeting be before meeting. Kind of a social time. Always seen people greeted.

Kate - maybe because I admit people I notice that people don't get greeted

Claudia - biggest problem I see, only a few people are dominating the conversation, we do try to say hi to people, how do we try to let people know that we need to stop and say hi to newcomers and stop our conversation?

Ann - need to make the newcomers a priority

Barb E. - reminds me of being timekeeper today, I don't like going to the pre-meeting because people talk over each other, it's very uncomfortable.

Devi - the meeting is what's key

Tabled for next month - needed to let people know,

Motion to vote Kate - 2nd Barb E.

2nd Barb E.

Present 14 Yes 11 No Abstain Pass Fail

Extend Meeting 10:15

Kate Motion

2nd Karen K

8 out of 13

Gloria H: I would love to have a discussion about the timekeeper coming in a second time to say Time (or something) for those people who continue to talk well after their 2 minutes. There are often people left over at the end of the meeting who couldn't share because extra time was taken by those who continue well after their 2-minute time is up.

Discussion

Motion to Vote

2nd

Present Yes No Abstain Pass Fail

Gloria not here - tabled

Jill M-B: I would like to submit a motion to rename the After Meeting and a revision to the script to reflect it is for more than “newcomers”. It cannot 100% commit that I’ll be able to attend the GC Meeting (I will if I can) and therefore Kate (from TX) has been gracious enough to agree to bring this forward on my behalf.

Discussion

Jill - Name it the Parking Lot meeting - old days - organically happened for in person meetings - more informal - replace info too and script.

Susan - I think a lot people are more accustomed to online meetings and I don’t want to be in a parking lot.

Claudia - vote on name and work on script part later

Karen - I think this will help the pre-meeting things that will be addressed, might help.

Kate - change name yes! Good idea to tell what the meeting is about

Patsy - good verbage - what Jill had -

Kate - motion to change the motion, don’t have to decide what today

Motion to Vote 2nd - Karen K

Present Yes No Abstain Pass Fail

Rescinded

Do we have a motion to end this meeting?

Motion to Vote Jill 2nd Karen K

Present 11

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 & Strength Greater than ours, And as we join hands We find love and understanding Beyond our wildest dreams!

10:30 am EST

Respectfully submitted,

Dianna B.

10/2/22