

For Today Meditation Meeting Group Conscience Minutes April 1, 2023

1. **Introduction:**

Welcome to the group conscience meeting of the For Today Meditation meeting of OA. My name is *Patsy*, I am 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.*

Minutes from the Previous Meeting: *Minutes Approved*

GC Secretary Kate E provided highlights of the March 2023 GC meeting citing motions that were carried and motions that failed.

Treasurer’s Report: *Treasurer’s Report Approved*

GC Treasurer **Christy R** presented the March 2023 report indicating \$557 income (fellow donations) which was sent as the contribution to the World Service Office. The treasury also holds \$850 in reserve broken down as follows:

| | |
|-----------------------|-------|
| Zoom annual fee | \$150 |
| WIX Webhosting | \$350 |
| Newcomer packets | \$216 |
| Addtl prudent reserve | \$134 |

7. **Literature Report:**

GC Literature Coordinator *April* reported that she mailed out 8 newcomer packets in March 2023 including packets within the US as well as England, Scotland, and Cyprus. Gloria asked if it would be more financially prudent to have a digital newcomer packet to avoid the cost of postage. April responded that two of the brochures included were not digital and that an OA coin was also sent in the packet. April said the cost of postage was \$1.20 within the US and \$2.71 abroad.

8. Old Business: Karen R

Creating a fund to send representative(s) to annual and other events and allocate monthly funds to that fund. Karen R requested this item to be held over to May 2023 GC meeting.

9. New Business Proposed Motions:

- **MOTION 1 (Stacy D and Claudia by proxy): Motion Carried – 23 Present: Yes 23 No 0 (One “Yes” vote was added after verbal vote count as one fellow was unable to raise hand but indicated to Claudia that she voted “Yes.”)**

Proposed Motion:

I would like to have For Today reading up for the full 5 minutes of meditation period and it noted above each daily reading, so participants know we are in a 5 minute meditation. Claudia made the motion; Gloria seconded; and Patsy called the vote.

Discussion: Gloria asked if this addition would make it more difficult for the fellow who is screensharing. Claudia responded that Stacy D had already created this slide and included it in the 8AM For Today Meeting format. Angie said she loved the idea. Devi said that she would like to know how to create this type of slide.

- **MOTION 2 (Gloria): Motion Carried- 18 Present: Yes 18 No 0**

Proposed Motion:

Motion to include the For Today Workbook Question prompt to the 8AM For Today meeting. KarenKay made the motion; Gloria seconded.

Discussion: Vini said that she preferred not to include the prompt as she likes to be open to her own thinking about the reading and not be directed by the prompt. Ronna said she thinks that many people read the reading before the meeting and write their response out. But she feels that the question adds another layer to the reading. Ann C thought that it would be a good idea to have a choice of using the prompt or not.

- **Do we have a motion to end this meeting? Motion Carried -Unanimous**
KarenKay made the motion; Gloria seconded.

10. Closing:

*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!*

Meeting ended 9:40 AM EST

Respectfully submitted April 2, 2023

Kate Edwards (Kate in Texas)