

**For Today Meditation Meeting
Group Conscience Minutes October 7, 2023**

1. **Introduction: 9AM EST**

Welcome to the group conscience meeting of the For Today Meditation meeting of OA. My name is *Jennifer M*, 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.*

5. **Minutes from the Previous Meeting:** *Minutes Approved* GC Secretary Kate in Texas provided highlights of the September 2023 GC meeting citing motions that were carried and motions that failed.

6. **Treasurer’s Report:** *Treasurer’s Report Approved*

Christy R reported a total of \$423.78 income for September 2023. Expenses paid were \$0.00 leaving \$423.78 sent to WSO as our donation. Account reserve is \$850.

7. **Literature Report:**

GC Literature Coordinator April reported that she mailed out 7 newcomer packets in September 2023.

8. **Old Business:**

a. **Report on tax implications for using PayPal (Christy R)**

Christy R said that she is following up with WSO regarding a new tax law that will go into effect in January 2024 that may affect how member donations are made.

9. **New Business Proposed Motions:**

MOTION 1 (Christy R): *Motion Carried – 28 Present: Yes 22 No 1 Abstain 1*

Proposed Motion: To decrease prudent reserve by \$500, Christy R made the proposal; E seconded.

Discussion: Christy R said that as there are no upcoming major expenses, she proposes that the prudent reserve be reduced from \$850 to \$350. This would increase our donations to WSO. Positive comments in favor of the proposal were made by KarenKay and E. Paula asked where the extra \$500 would go and Christy

R replied that it would go to WSO. Ann C asked if expenses do go up unexpectedly would we be able to cover the costs. Christy R answered yes. No comments against the proposal were made.

MOTION 2 (E): Motion Carried – 21 Present: Yes17 No 6

Proposed Motion: To add the phrase, "...which is our group contact list..." after mention of the We Contact List in the script copy/paste text.

Discussion: There was no discussion on this motion. However, there was discussion as to whether motions could be made during the Future Business portion of the meeting (see below).

10. **Future Business:**

a. ***January – June 2024 Service Board Recruitment (Kate in Texas)***

Kate in Texas said that recruitment has begun for the January-June 2024 service board term. Announcements are made in the meeting beginning now so that we have nominations by end of November. Board members are then elected in the December 2023 meeting. Service board positions are GC Chair, Treasurer, Secretary, Service Coordinator, Literature Coordinator, Meeting Contact, WCL Coordinator, and Website/Zoom Coordinator. Jennifer M suggested that we also make announcements in the WhatsApp group. Ann C asked if the service board terms could be reduced to perhaps three months. Jennifer M answered that six months is almost too short as it takes one-two months to get up to speed for new board members.

b. ***New Motions Proposed during Future Business (Christy R)***

Christy R made a point of order that the GC had voted to allow new motions to be proposed during the Future Business portion of the meeting. This issue was prompted by E suggesting explanatory language regarding the WCL be added to the script as future business. Discussion then ensued regarding this issue. April and Kate in Texas said that many participants leave after the last motion indicated on the agenda and therefore it would not be a good idea. Devi said that other meetings she attends do allow this. KarenKay asked if this issue is parliamentary procedure. Kate in Texas said that she could not find this motion in any of the 2023 minutes. Kim P suggested that this issue could be discussed and voted upon at a future GC meeting. Jennifer M agreed with the idea of deferring the discussion to a future time. The group then talked about various ways to inform GC attendees that new motions might be added in Future Business. It was also suggested that Future Business might be retitled.

11. **Do we have a motion to end this meeting? *Motion Carried -Unanimous***

KarenKay made the motion; Kim C seconded.

12. **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 at 8:44 AM EST.

Respectfully submitted October 9, 2023, by *Kate Edwards (Kate in Texas), GC Secretary*