

For Today Meditation Meeting

Group Conscience Minutes January 7, 2023

1. **Introduction:**

Welcome to the group conscience meeting of the For Today Meditation meeting of OA. My name is *April*, I am powerless over food, and your chair for this meeting.
April WI stood in as Chair for Christy R due to unstable Internet.

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 to be made.]
Is anyone opposed to approving last month’s minutes as amended?
Minutes Approved

6. **Treasurer’s Report:**

Do we have a motion to accept the Treasurer’s report located on the For Today Meditation website?
Barb E made the motion to accept the report; Claudia seconded the motion
Present: 26 Yes: 16 No: 0
Motion Accepted

7. **Old Business:**

None

8. **New Business Proposed Motions:**

April:

Proposed Motion: I propose the addition of this inclusion statement to our introductory announcements. It is common in other meetings, and I found it in the suggested format for meetings: <https://oa.org/app/uploads/2022/06/suggested-meeting-format.pdf> but I just noticed we don't say it. I think this would be a powerful addition to our meeting.

“As we extend the heart and hand of the OA Fellowship to those who still suffer, let us be mindful of OA's Unity with Diversity Policy, which respects our differences, yet unites us in the solution to our common problem. Whatever problem you may have with food, you are welcome at this meeting, regardless of race, creed, nationality, religion, gender identity, sexual orientation, or any other attribute.” Thanks for consideration.

April WI made the motion to adopt the inclusion statement; KarenKay seconded the motion.

Discussion: Kate in Texas asked where the statement would appear in the script. April WI indicated that it would follow the preamble and the current final sentence, “We welcome everyone who wants to stop eating compulsively,” would be dropped. Claudia asked April WI to read the new text without the current final sentence. April WI complied. Mary MN and Jean indicated that they felt the current statement is fine as it now reads. Ronna wanted to add the inclusion statement but also keep the current final sentence. Amanda L said that many people might assume that 12-step programs focus on Christianity which could be polarizing to some; therefore, adding the statement would reflect our meeting's inclusiveness. Barb E said that the current statement was not sufficient and although it may extend the script it was worth the extra time. April WI amended her motion to keep the current final statement of the preamble in addition to the new diversity statement. KarenKay called for a vote.

Present: 23 Yes: 12 No: 2

Motion Adopted

Amanda L:

Proposed Motion: I was wondering if we could discuss keeping up the For Today reading up during the 5-minute meditation

Motion Withdrawn

Ann C:

Proposed Motion: I'd like to submit that we unmute to say the anonymity and responsibility pledges together.

Ann C made the motion to adopt the unmuting during the two OA pledges; Claudia seconded the motion.

Discussion: Ronna said that it is up to the individual to read the pledges aloud or silently and we should not pressure fellows to read them aloud. KarenKay said that she found the group readings to be chaotic and would leave the meeting early if it was done. Claudia said that she had received numerous comments from fellows who felt that the current group read Serenity Prayer was chaotic and therefore did not think adding these read-alouds would be welcomed.

Present: 20 Yes: 3 No: 6

Motion Was Lost

Elaine C (represented by Ann C):

Proposed Motion presented by Ann C on behalf of Elaine C: Elaine came up with an idea to have an afternoon get-together on our zoom link around 3-4pm to say hi and give support to each other midday. I told her I'd represent her. I'm going to ask her to be there and help her represent it.

Ann C made the motion to adopt a midday get-together on Zoom, Jennifer M seconded.

Discussion: Kate in Texas said that other meetings often have unpublished, once-a-month social gatherings such as fellows bringing their pets and discussing how they have helped in their abstinence. LeeAnn said that monthly social meetings might be okay, but to have a daily gathering would require another GC meeting and security resources. Barb E indicated that we do not add to security resources. Kate said that unpublished meetings would not need security. Ronna suggested an iPhone get together rather than an organized meeting. Muriel said that fellows can always attend an additional meeting for more fellowship. Claudia felt that a once-a-month meeting might be a promising idea and that Elaine should draw up a more detailed proposal and present it at another GC meeting.

Present: 20 Yes: 2 No: 8

Motion Was Lost

9. **Do we have a motion to end this meeting?**

KarenKay made the motion to end the meeting; Kate in Texas seconded

Present: 16 Yes: 11 No: 0

Motion Approved

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 9:39 AM EST

Respectfully submitted January 7, 2023

Kate Edwards (Kate in Texas)