

For Today Meditation Meeting Group Conscience Minutes March 4, 2023

1. **Introduction:**

Welcome to the group conscience meeting of the For Today Meditation meeting of OA. My name is **Patsy B**, 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 – 27 Present: Yes 20 No 0*

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

Treasurer’s Report: *Treasurer’s Report Approved – 25 Present: Yes 22 No 0*

GC Treasurer **Christy R** presented the February 2023 report indicating \$608 income (fellow donations); \$72 expenses (literature, brochures and coins); and \$535 (World Service Office contribution).

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 had received her first request for a Newcomer Packet. It was mailed to the newcomer.

8. **Old Business:** *None*

9. New Business Proposed Motions:

- **MOTION 1 (Doreen)**

Proposed Motion: *Motion Failed – 24 Present: Yes 9 No 13*

Item to put into our format, before we read the 12 steps let's read HOW IT WORKS. I feel this is good for Newcomers to hear and it is also good for us to hear each mtg. Jean made the motion; Marie seconded.

Discussion: Doreen said that we were “putting the cart before the horse” with reading the 12 Steps first. She said that the script was lengthy, but it was good for the newcomer to hear as the 12 Steps could be a little scary. Doreen then read HOW IT WORKS from the Big Book, Chapter 5, page 58. She also suggested that the website info might be removed from the meeting script to allow for time to read HOW IT WORKS (HIW). Patsy entertained 3 cons and 3 pros re the motion:

Cons: 1) Vini said that HIW could be scary to newcomers; 2) Kate said that HIW is too dense and complex for newcomers and that The Promises would be a more accessible reading. Kate also reminded that the motion was only for HIW to be included and not to shorten the script; 3) KarenKay said that HIW was condescending and contained old verbiage that was challenging.

Pros: 1) Jean said that it was a great idea and didn't think that it would add that much time to the script. 2) Randi said that HIW “must go on.” HIW indicates that Overeaters Anonymous is open to everyone who is Honest, Open, and Willing. Randi said that all of it should be read – HIW, 12 Steps, and monthly Tradition. 3) Christy R said that HIW comes from the AA Big Book where OA stems from and speaks of those who came before us. She said, yes, it is negative and harsh, but it's okay to let newcomers know it is a struggle. In other meetings, HIW is always read by a newcomer, then the 12 Steps and the one paragraph after. The BB is OA's foundation and perhaps including HIW would pique the interest of the newcomer to buy a copy of the BB.

Doreen mentioned that she appreciated all of the feedback positive and negative and said that she had read HIW forcefully and hoped that didn't influence any of the negative comments.

- **MOTION 2 (Nick C and Claudia by proxy):** *Motion Failed - 23 Present: Yes 1 No 17*

Proposed Motion:

I propose that the last sat of every month (open to change the day) we set aside in the agenda a little blurb where we ask if there is anyone celebrating an OA anniversary. Claudia made the motion; Ashley seconded.

Discussion: Patsy entertained 3 cons and 3 pros re the motion:

Cons: 1) Christy R said that it wasn't a bad idea, but what if the person with an anniversary couldn't attend that day; 2) Randi said that OA was not like AA where fellows get acknowledged for not drinking on a daily basis and count their days of sobriety. OA abstinence is different although some fellows do count days of abstinence. She said that she did not think it was a good idea; 3) KarenKay said the fellows already share this information in their meeting shares and that people would announce these anyway. She said that we “walk this journey together, but also by ourselves.” She likes to hear of celebrations but feels it should be done on an individual basis.

Pros: 1) Kate said that it was a good idea if the one day a month could be a consistent day (first day of the month, etc.) so fellows could plan to be there. Or they could designate someone to represent them.

Kate pointed out that the motion did not indicate celebrations of abstinence but celebrations of anniversaries of how long a fellow had been attending OA. She also pointed out that it was not indicated how the anniversaries would be announced – it could possibly be done in the chat and therefore no time would be taken away from the meeting. Muriel said that she did not have a negative or positive feeling about the motion, but she said that there was too much going on in the meeting already. She said that it would be better to focus on helping newcomers find sponsors and getting them to begin the program. April made a point of order that the method of asking for one con then on pro was difficult to follow and to participate. Caroline asked if it was acceptable for one person to present three pros.

- **MOTION 3 (KarenKay) *Motion Carries - 18 Present: Yes 14 No 2***

Proposed Motion:

Motion to extend the For Today screen shared reading for an additional 2 minutes. Karen made the motion; Randi seconded.

Discussion: Jean said that she thought the reading was already up for the whole 5 minutes. She asked why the meeting could not just leave it up. Karen answered that the meeting had done that in the past, but when latecomers are let in, they don't know how much more time there is or why everyone is silent. Denise L said she loves the idea and wondered if both screens could be left up. Christy R said that the 8PM meeting does this with a split screen. Claudia said that screen share is a hard position to fill already and that the split screen may discourage fellows even further to volunteer for this task. Kate said that she remembered there was something about WSO rules where you could not do a split screen with an official OA reading and something else. Karen suggested amending her motion, but then decided to go with the original motion. Patsy called the vote.

- **MOTION 4 (Karen R) *Motion Amended (see below)***

Proposed Motion:

Creating a fund to send representative to annual and other events and allocate monthly funds to that fund. Karen R made the motion; Randi seconded.

Discussion: Barb E said that the GC would have to get OA info on what type of events were offered. She also said that our meeting representative would be considered a member-at-large and would need info on whether or not our representative could vote. Christy did not like the idea as it was “putting the cart before the horse” in that decisions should first be made as how a representative would be chosen and how the funds would be given, etc. Patsy said that a committee should be formed to gather information and develop a plan of action. Karen R then amended her motion as follows:

Amended Motion: *Motion Carries - 12 Present: Yes 10 No 2*

Assemble a committee to evaluate next steps towards creating a fund to send representative to annual and other events and allocate monthly funds to that fund. KarenKay made the motion; Randi seconded. Patsy called the vote.

Discussion After Vote: Barb E said that she could not serve on the committee but would be happy to provide information on her experience with OA events. Karen R was designated as committee chair with Randi and Claudia offering to serve. Patsy suggested that Gloria should be asked to participate as she has knowledge and experience of OA events. It was decided that an announcement would be made at the Sunday, March 5 and Monday, March 6 8AM meetings to elicit any further volunteers for the committee. Interested fellows would contact Karen R directly. Christy raised a comment regarding point of order protocol for the GC meeting. She said that a fellow has the right to interrupt for a point of order. She said that she understands why attendees are muted and the chat is silenced, but there needs to be a mechanism for doing this.

Do we have a motion to end this meeting? *Motion Carried*

KarenKay made the motion; Kate 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 10:13 AM EST

Respectfully submitted March 5, 2023

Kate Edwards (Kate in Texas)