

**For Today Meditation Meeting
Group Conscience Minutes April 6, 2024**

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 March 2024 GC meeting citing motions that were carried and/or failed.

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

GC Co-Treasurer Cathy O reported on the March 2024 financial as follows: Income was \$380 with no expenses and \$300 in reserve. \$480 was sent to the World Service Organization as contribution.

7. **Literature Report:**

Paula M reported that no newcomer packets were requested to be sent in March 2024.

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

9. **GC Chair Meeting Reminders (Jennifer M)**

- a. Jennifer M said that while she would not acknowledge comments made in the chat, she would acknowledge a Call to Vote in the chat. The reason being that a Call to Vote would not be immediately recognized if the caller had to wait in the raised hand queue.
- b. Jennifer M clarified that while new topics could be discussed during Future Business, no votes would be held. Any “spin-off” ideas could be submitted for the next month’s GC meeting agenda.

10. **New Business Proposed Motions:**

MOTION 1 (E) *Motion Carried–Present: 23 Yes 15 No 1 Abstain 0*

Proposed Motion: To amend the For Today 8AM EST script to say: “Feedback, crosstalk and advice giving--during shares and in the chat--are discouraged here. Please do not directly comment on someone’s share. If you would like to reach out to someone for encouragement or in gratitude, please private chat them. The meeting host will handle crosstalk to the best of their ability. E proposed; Susan from Florida seconded.

Discussion: E said that comments in the chat can be contentious and work against the meeting’s unity. Some members are given encouragement in the chat while others are not. Chat comments made regarding shares could make others feel unwelcome. Susan in Florida said that this was a great idea as she experienced contentious chats in the after meeting which resulted in her leaving the program for a while. Karen R said that this idea might be extended into the after meeting as well, however, did not feel that the meeting host should not address the chat/crosstalk issue in the open meeting. E said that in in-person meetings crosstalk is openly discussed. Ronna said that in the after-meeting members are asked if they would like to receive feedback and/or that sometimes members address other members’ topics in their own shares. E said this proposal did not address whose points. Kim P said that the motion should be voted on as it stands as the script does not apply to the after meeting which is separate. Elizabeth K asked if discriminatory language is addressed in the chat as this is a different issue. Vini suggested that the chat should be simplified as the chat conversations are a distraction and should be limited. Ann C agreed with E and said that when members send chats to “Everyone” it is distracting. Those type of chats should be sent privately as they also break anonymity.

11. **Future Business:**

BriAnne suggested that a future agenda item could be to create a chat policy. Kate said that we could also discuss how the chat is used in general regarding copy/paste text. Kim P said the script handles chat copy satisfactorily as is.

12. **Closing:**

Jennifer M adjourned meeting at 8:56AM EST

Respectfully submitted April 6, 2024, by *Kate Edwards (Kate in Texas), GC Secretary*