

For Today Meditation Meeting Group Conscience Agenda December 3, 2022

1.Introduction: Welcome to the group conscience meeting of the For Today Meditation meeting of OA. My name is Patsy, I am a 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: Are there any corrections or additions? [Applicable corrections or additions are made.] Is anyone opposed to approving last month's minutes as amended?

Present: 25 No opposition

6. Treasurer's Report – Do we have a motion to accept the Treasurer's report located on the For Today Meditation website?

Motion Christy 2nd Ann C. Present 25 No opposition

7.Old Business: none

8. New Business Motions:

Jeff P: -Requesting three minutes vs. two minute shares. -venture off of JFTD in favor of Voices of Recovery, at least for a while.

Discussion

**Motion 2nd Present Y N
Tabled**

KarenKay: Motion to Change "Gentle Reminder" to Reminder


Discussion

KarenKay - find gentle reminder condescending - more words and more noise, like just "reminder" said in a gentle way.

Joanne - do like gentle reminder - reminder for each to be gentle - timekeeper and person speaking

Mary agrees with Joanne

Motion Claudia 2nd Randi Present 23 Y3 N 13 Motion Fails

Ann C: 1) I would like to see the anonymity pledge, service pledge and serenity prayer put in chat instead of on screen. We have so many things on screen, it takes away the camaraderie (notice my last name in this word ) of us saying these important things together and seeing each other. If it's in chat, everyone can access it.

Discussion

Ann C. - I love seeing everybody when we say these, to feel it.

Dianna - little harder to manipulate on a phone to see chat and access

Claudia - can drag screen over to see people better

KarenKay - I hadn't thought of seeing people better, thank you for bringing this up.

Motion Karen Kay 2nd Barb E. Present 23 Y 6 N 8 Motion Failed

2) We need to revisit what we talk about in the before mtg. We said we wouldn't talk about personal and medical issues, but it continues. I don't want to talk about my son, but people ask. These issues are for the after mtg. We talk about EVERYTHING there.

Discussion

Ann C. - Just remember we talked about greeting people, and not talk about all the same things we talk about in the after meeting

Patsy - is it something to vote on?

April - It doesn't need to be a motion, we just need to be sure we continue to remind ourselves that we make good progress to greet people and not have too many two way conversations.

Kate - I brought it up before and it's rude for two people have a conversation and ignore the other people.

KarenKay - we want to be careful that we don't have OA pre- meeting police. We want to include as many people as possible. It's a delicate. It's rude to tell people to not to talk.

Mary - What is the purpose of that time? Other conversations are distracting.

Barb E. - ditto what what said. This is not a party. It's like I have the microphone and others want the microphone. I am so grateful today that I get to come to this meeting. We'll find a way to gently get the items of business done. Guide others to talk later when people are in pain.

Randi - not conducive to getting ready for the spiritual growth of the meeting. Suggests a 3 minutes of silence to help.

Ann C. - In the pre-meeting - try to keep things general, not personal. Guide people to the after-meeting for more personal issues.

Karen R. - thought we already voted on this, maybe in announcements remind people about it.

Claudia - because of being service coordinator, we should know how to regulate ourselves. Just a matter of keeping that in mind. People don't come because of being uncomfortable and stopped doing service.

Katherine Louise - why do we have the meeting open so early

Michelle R. - I get confused, someone says hi, but then I can't get a hi back in.

Leslie - I don't mind the chatter

Christy - What I'm hearing is two camps, one that prefers serenity, quietness and another group that wants fellowship. And we try having break-out rooms.

Kate - I really like that a lot.

Barb E. - I think Leslie has a point, but don't forget to welcome the newcomer. Good idea with break out rooms.

Karen Kay - why do you come to the meeting early? Might want to take a the 2-3 min. Silence and love the break out rooms.

Ann C. - appreciate everything that was shared

Just a discussion - not motion or vote -

Claudia - Present the service positions:

Service Board January 1 - June 30, 2023

GC Chairperson ~ Patsy B

Secretary ~ Kate E

Treasurer ~ Christy R

We Care List Coordinator ~ Jill M

Meeting Contact ~ Khando

Service Positions Coordinator ~ Claudia L !

Website & Zoom Coordinator ~ Stacey D

Literature ~ April K

Motion Kate 2nd Karen Kay Present 17 Y 11 Passed

Randi - Sharing about the reading we just meditated on, not another reading. Maybe put something in the announcements?

Karen Kay - I think we need to be very careful not to dictate what people 'should' speak about, write about, etc. We come to these meetings to find a safe place and find recovery. We want that feeling of being welcomed and loved. I don't want to be put into that kind of a box.

Kathryn Louise - I misunderstood what Randi meant. We can't be rigid about what someone else feels is important.

Randi - I will have to deal with this.

Motion to extend the meeting 10 to 2 to 10:15

Christy - Motion to make the break out rooms?

Discussion

Mandatory rooms? How many? Service room, serenity room, chat room, Anxiety over what room to go in, have to stay in a certain room, etc.

Christy withdraws motion to have time to talk about.

Karen Kay - maybe take the last 5 minutes to take care of business and welcome people.

Claudia - Let's see if we take this month to see how it goes. And we've had a good discussion.

Do we have a motion to end this meeting?

Motion Karen Kay 2nd Claudia Present 11 Passed

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 10:14

Respectfully submitted Dec. 3, 2022

Dianna Burt