

**For Today Meditation Meeting  
Group Conscience Minutes June 1, 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 May 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 May 2024 financial as follows: Income was \$200 with no expenses and \$300 in reserve. \$200 was sent to the World Service Organization as contribution.

7. **Literature Report:**

Paula M reported that 7 newcomer packets were sent in April 2024 and 7 in May 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.

8. **New Business Proposed Motions:**

**MOTION 1 (Kate in Texas)** *Motion Carried–Present: 26 Yes 19 No 0*

**Proposed Motion:** To approve the July 1-December 31 service board member roster. Kate in Texas proposed; April seconded. Roster is as follows

GC Chair: Kate in Texas

Secretary: Deb B

Co-Treasurers: Cathy O, Karen R

Literature: Paula M

We Care List: Katharine

Meeting Contact: Leeann

Service Liaison: Doreen

Service Co-Coordination: April, Deb B

Website/Zoom Coordinator: Stacy D

**Discussion:** None

### **MOTION 2 (Demi)**

***Amended Motion Carried Present: A Yes 16 N 1***

Meeting Host may request assistance in pre-meeting. Demi proposed; Gloria seconded.

***First Motion Carried–Present: 24 Yes 9 No 8***

That phone meeting hosts must designate a second person who is on a desktop to call hands in proper order, to avoid scrambling the order or missing some hands completely. Demi proposed; Felicia seconded.

**Discussion:** Felicia said that if you are using a phone, you cannot follow the order. Ann C said that there is no training for Meeting Host but the way to keep sharers in order is to look at the participant list from top to bottom. Robin said that it was a good idea to have someone help the Meeting Host. Deb B said it would be a struggle to add a Meeting Host helper as we are often unable to fill the positions we have already. Randi suggested the helping duties be added to Unmute/Lower Hand. KarenKay asked for a call to vote and motion passed.

Demi then asked to amend the motion to the following: “Meeting Host may request assistance in pre-meeting.” Demi proposed; Gloria seconded.

### **MOTION 3 (Demi)**

***Amended Motion Carried Present: 19 Yes 10 N 3***

Call for amendment to convene a committee to discuss whether the after-meeting needs guideline and what those guidelines will be. Demi proposed; CJ seconded.

**First Motion:** That the meeting guidelines against crosstalk and advice giving be applied to the after meeting unless the person who shares specifically asks for feedback. CJ seconded the motion.

**Discussion:** Kate in Texas said that the after meeting has always been “anything goes” with no set guidelines. Ann C said that the after meeting should not have rules. Deb B said there were too many rules. Ronna says it is the only place to get feedback. Robin said that the meeting has helped her with problems. CJ said that 80% respect boundaries, but some hosts speak about 5 minutes after each share. KarenKay call to vote.

Call for amendment to convene a committee to discuss whether the after-meeting needs guideline and what those guidelines will be. Demi proposed; CJ seconded.

**Discussion:** Ronna volunteered to assemble committee and lead the discussion.

### **MOTION 4 (Kate in Texas)**

***Motion Carried Present: 16 Yes 7 N 0***

That the For Today Meeting offer special events such as topic discussions, workshops, and special day events. Proposed events would be submitted as an agenda item to the GC meeting for approval. Proposals would include Name of Event Facilitator, Brief description of event (topic and format), Length of event, Potential date(s) and time(s). Kate in Texas proposed; Gloria seconded.

**Discussion: None**

**MOTION 5 (Kate in Texas)**

***Motion Carried Present: 15 Yes 11 N 0***

That the For Today Meeting offer a one-day workshop on the Twelve Step Spiritual Practices. Workshop would include an introduction and discussion, writing, and meditation of the Spiritual Principles. The event would be 3 hours. The potential dates TBD pending GC approval. Kate in Texas proposed; Gloria seconded.

**Discussion: None**

9. **Future Business: None**

10. **Closing:**

Jennifer M adjourned meeting at 10:00 AM EST

**Respectfully submitted June 2, 2024, by *Kate Edwards (Kate in Texas), GC Secretary***