

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

1. Introduction: 9AM EST

Welcome to the group conscience meeting of the For Today Meditation meeting of OA. My name is **Kate in TX** and 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 Deb B provided highlights of the June 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 June 2024 financial as follows: Income was \$478 with \$0 expenses and \$300 in reserve. \$478 was sent to the World Service Organization as contribution. Donation of \$108 was given for Newcomer Package.

7. Literature Report:

Paula M reported that 7 newcomer packets were sent in May 2024 and 8 in June 2024.

8. Old Business: None

9. GC Chair Meeting Reminders (Kate in TX)

Kate in TX 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.

Kate in TX 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.

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10. New Business Proposed Motions:

Motion 1 (Felicia): Motion carries; Present = 24; Yes = 6; No = 5; Abstain = 13

Proposal to form a WhatsApp support group for Members who are doing service for our meeting with support in a security role. This will allow us to keep our meeting safe and support those who give service daily.

Second: Deb

Discussion:

Expanding: Felicia – to protect meeting, use the WhatsApp group for communications. We go to other meetings and hear about breaches and can give heads up on our proposed W/A group. Plus, it can be upsetting when these things happen, so another stop gap can't hurt.

Karen Kay – thinks divisive – too clicky for the rest – several do security and the system we do now works, we can chat or text/phone.

Gloria – discussed the OA Footsteps meetings where they have a way to alert for intruders. In favor of this.

Felicia – want to get more people involved. Plus, phone/email – creates another way to forget. Just wants a single forum.

Wanda – if anyone allowed to join the W/A group, then it could address the clicky-ness.

Paula – Question: what about the current W/A group? It's not for security.

Motion 2 (Paula M) Motion failed; Present = 22; Yes = 0; No = 13; Abstain = 9

Proposal to leave the chips out of the Newcomers Packet mailings as it costs \$4.00 more for each envelope with a chip than without.

Second: Ronna

Lois – oppose it b/c she received it, and it meant a lot to her.

Doreen – b/c we can afford, and it means a lot to folks, we should keep it.

Karen R – echoes that – she did not get one originally and missed it. Meaningful to her. Plus, we are abundant as a group.

Gloria – wonders if person should contact World Service if they want a coin. But not as powerful. In favor of keeping coin.

Laura – Keep it if we can afford it. She keeps her chip with her 99% of the time!

Karen Kay – calls for vote

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11. Future Business:

A. Jessica:

Can we ask the group to please not lower hands unless speaker is done? It creates a distraction when they move on the gallery view.

Karen R – Another reason to keep, it helps the meeting host to thank the speaker that just shared (if they lost track of their name).

ACTION: research if we can change that b/c Zoom sometimes does it – check Zoom security setting (**Kate & Svc Board**) – if not in there, contact Jessica and put it as an agenda item for the August GC meeting.

B. Cathy (speaking on behalf of Ermelindis):

Plea to consider other members sensitivity to not mention specific foods. Around the place of where it mentions crosstalk.

Wanda – no need to even mention an indirect description of food – can be a trigger as well.

Karen Kay – people are going to do what they're going to do; we cannot control them.

Kate TX – it ebbs & flows; if you have the problem, you should speak to the offending person directly.

Gloria – told how she was triggered and dealt with it.

ACTION: Have **Ermelindis** propose exact wording and where in the script. Brevity is the key!

C. Pat

Question only. Why is chat closed until 8:45?

Kate – because it's a distraction

Leeann – whoever is doing service, with the ability to post in the chat during time chat is closed, we should refrain unless critical.

ACTION: **Leann** to put forth a proposal for next GC meeting.

12. Closing:

Kate inTX adjourned meeting at 9:51 AM EST

Respectfully submitted July 6, 2024, by Deb Boucher (Deb B), GC Secretary