

**For Today Meditation Meeting
Group Conscience Minutes January 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 December 2023 GC meeting citing motions that were carried and/or failed.

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

Former GC Treasurer Christy R reported that in December 2023 \$459.05 was received through donations, no expenses were incurred, prudent reserve is \$300, and \$459.05 was sent to WSO.

7. **Literature Report:**

Jennifer M, reported on behalf of Former GC Literature Coordinator April that two newcomer packets were sent in December 2023.

8. **Old Business:**

Report on new accounting system (Cathy O, Karen R). Co-Treasurer Cathy O explained how the position is shared with Co-Treasurer Karen R. Karen is establishing the bank account and Zelle account. Cathy O is developing the spreadsheet monthly report and other bookkeeping duties. Karen R said that she has obtained an EIN for the group and submitted to the bank along with a copy of the GC minutes approving her as co-treasurer. Bank needs resolution and waiting for next steps. Karen R has opened a P.O. Box and donations can now be made via mailed check. Once the bank account has been established, a Zelle account will be opened. Karen R has established the account for one year and has agreed to serve in the treasurer position if approved for the July-December 2004 service board session. A new email has also been established for treasury business. Karen R said that accounts should be up and running within two weeks. Kate in Texas

requested that the mailing address for checks be sent to her and she would pass on to Web/Zoom Coordinator Stacey D for revisions.

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 (Carol V): Motion Failed –Present: 30 Yes 11 No 13 Abstain 1

Proposed Motion: Change the Timekeeper’s remark to “Time” instead of “Gentle Reminder.” Carol V proposed, KarenKay seconded.

Discussion: Carol V said that “Gentle Reminder” was five syllables and causes the speaker to hesitate and interrupts the flow of their share. Doreen and Robin liked “Gentle Reminder” as it is kind and a nicer prompt. Ann C suggested that maybe “Reminder” could just be said in a gentle way. Road Running Rita said that sharers don’t often hear the prompt and that sometimes the timekeeper will use the person’s name such as “Rita, gentle reminder.” She also said that the purpose of the prompt is to interrupt the sharer. Randi said that perhaps it could be added in the meeting script for the timekeeper to prompt gently. She also suggested that a prompt with a reminder for how seconds are left could be implemented.

MOTION 2 (Kate in Texas): Motion Carried –Present: 26 Yes 21 No 0 Abstain 2

Proposed Motion: Approve the addition of Doreen as Service Coordinator to the service board for the term January 1-July 31, 2024. Kate in Texas proposed, KarenKay seconded.

Discussion: Kate in Texas said that the position has been revised and now acts as a first contact for those interested in giving service or being trained. Discussion regarding the position itself ensued, but a Call to Vote was made and Kate in Texas reiterated that motion was only to approve (or not to approve) Doreen as Service Coordinator.

MOTION 3 (Theresa): Motion Failed –Present: 24 Yes 2 No 16 Abstain 0

Proposed Motion: Change the organization of service sign up. All current daily service roles will be a two-to-three-month weekly service. Timer and After Meeting Host will be assigned daily pre-meeting by the Meeting Host. SignUp Genius will allow fellows to sign up for a service role once a week for 2-3 months. If necessary, there could also be a weekly swing role. This person can fill any position in the case of an absence. Theresa proposed, Leann seconded.

Discussion: Paula M appreciated the motion but felt that the meeting was trying hard to get more volunteers and that long commitment would discourage people. Ann C said that she loved to serve as Meeting Host but cannot make a long commitment; this would then prohibit her from signing up as Meeting Host. Road Running Rita said that this might work for the positions which required more tech, but for other positions it would be discouraging to be unable to sign up. Vini said that another meeting she attends attempted the three-month commitment and is now falling apart with people not showing up, etc. Christy said that she also appreciated the “out of the box” idea but felt that it might create a hierarchy and that some members may assume that the long-term volunteers are “leaders” of the meeting. Theresa said that a swing position was also included in the motion.

MOTION 4 (Christy R): Motion Failed –Present: 23 Yes 6 No 13 Abstain 0

Proposed Motion: Create a new daily service position of Greeter for the pre-meeting so the tech host can focus on granting permissions to volunteers and the moderator can focus on getting their list in order and

asking for readers. The Greeter would welcome all who enter as well as steer the conversations to be lighthearted and all inclusive. Christy R proposed, Kim P seconded.

Discussion: Kate in Texas said that she brought this topic to the GC earlier and cited the cliché-Ish environment and lack of greeting members as they entered the room. Although there was nothing to vote on there was discussion and changes were made to the pre-meeting in terms of greeting and more inclusive conversation. KarenKay said that it would add another position, and that she often receives comments and messages about members who enjoy the pre-meeting because of the laughter and fellowship. She said that rather than having rules to box in the pre-meeting, any one member can greet, etc. Kim P said in her pre-meeting experience, no one returned her several attempts to say hello and that the conversation was dominated by a few. She further said that if the motion did not pass members should still be mindful. Ann C said she felt we had the pre-meeting covered.

11. **Future Business:** No time left for future business.

12. **Closing:**

Jennifer M adjourned meeting.

Meeting ended at 9:05 AM EST.

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