

**For Today Meditation Meeting
Group Conscience Minutes May 4, 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 April 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 April 2024 financial as follows: Income was \$510 with no expenses and \$300 in reserve. \$510 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 April 2024.

8. **Meeting Report:**

Meeting Contact Leann reported that three requests for information was made in April 2004.

9. **Old Business:** None

10. **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: 31 Yes 24 No 0 Abstain 0

Proposed Motion: To change the recommended time for pre-meeting host to claim the Zoom room from 7:30am to 7:45am. Kate proposed; Christy seconded.

Discussion: Robin K, Leann, Christy, Jean, and Paula M all made comments in favor of the motion. Ronna said that it should be up to the person re whether they come on at 7:30am or 7:45am.

9. **Future Business:**

- a. Kim P suggested that meeting script indicate that attendees should be asked to wear appropriate clothing.
- b. Felicia suggested that those individuals doing meeting security should go through a security training.
- c. Christy suggested that a meeting security Whatsapp group be developed.
- d. Felicia suggested that a security service position should be added.

10. **Closing:**

Jennifer M adjourned meeting at 8:51AM EST

Respectfully submitted May 28, 2024, by *Kate Edwards (Kate in Texas), GC Secretary*