

**For Today Meditation Meeting
Group Conscience Minutes February 3, 2024**

1. **Introduction: 9AM EST**

Welcome to the group conscience meeting of the For Today Meditation meeting of OA. My name is *Theresa Chicago* *subbing for 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 January 2024 GC meeting citing motions that were carried and/or failed.

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

GC Co-Treasurers Cathy O and Kathy R reported that in January 2024 a \$100 check was received \$459.05 through donations, no expenses were incurred, prudent reserve is \$300, and monies have not yet been sent to WSO. The bank resolution is still in process.

7. **Literature Report:**

Paula M reported that one newcomer packet was sent in January 2024.

8. **Old Business:** None

9. **GC Chair Meeting Reminders (Theresa Chicago)**

- a. Theresa Chicago 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. Theresa Chicago 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 (KarenKay): *Motion Carried –Present: 29 Yes 10 No 7 Abstain 4*

Proposed Motion: To create a service position for making announcements regarding service needs and to recruit for service. KarenKay proposed, Kim P seconded.

Amended Motion: To create a service board position for making announcements regarding service needs and to recruit for service. Karen Kay proposed, Cathy O seconded

Discussion: KarenKay said that one or two – or perhaps more – people could make announcements for service and manage recruitment. She said that Kate in Texas had mentioned in the January meeting that several pre-meeting hosts were posting needed positions in WhatsApp but that she did not have the app. Christy R said that in the past, a service email list had been maintained and used for recruitment. Kate in Texas that the current service coordinator position had been honed down as the initial position was too much work for most members. KarenKay said that service recruitment sets up members for burn out and so perhaps it would be a two-person position. She also felt that the service position descriptions should be updated and clarified. Kate in Texas then asked if the motion was for a Service Board position or a daily service position. KarenKay responded that the motion was regarding a new Service Recruitment Service Board position. Theresa Chicago said that we needed to approve the amendment. Kim P was asked if she would second the amendment, and she responded no. Cathy O then seconded the amendment. Road Running Rita asked if announcement would be limited to the service board. KarenKay said that anyone could make a service announcement. Denise R suggested that the service announcement could be included in the meeting host’s script and that a new, fresh voice every day could make the announcement. After voting ended and motion was carried, Christy R said that the Yes responses were not at least 50% of the votes. Theresa said this was not needed in this meeting – only the majority of the votes.

MOTION 2 (Paula M): Motion Carried –Present: 28 Yes 15 No 3 Abstain 6

Proposed Motion: That the For Today reader read aloud the optional question. Paula M proposed, Robin seconded.

Discussion: Paula M said the optional For Today workbook question should be read aloud. If an attendee is only listening on the phone, etc., they will miss the opportunity to read the question. Jean S said that she felt the For Today reading was enough as is and did not need the optional question. Ann C agreed saying that she did not like to be guided through her own meditation. Jean N said that whatever was decided should be implemented consistently – either all readers should include the optional question or all readers should not. KarenKay called for a vote.

MOTION 3 (Paula M): Motion Failed –Present: 26 Yes 2 No 17 Abstain 5

Proposed Motion: To say “Gentle reminder” at 1 minute 45 seconds instead of 2 minutes. Paula M proposed, Randi seconded.

Discussion: Paula M clarified that “Gentle Reminder” would be said at one minute, 45 seconds and “Time” at two minutes. Angie said that it was too disruptive and felt that things should be kept simple.

MOTION 4 (Theresa Chicago): Motion Passed –Present: 25 Yes 14 No 0 Abstain 0

Proposed Motion: Motion to extend the meeting by 10 minutes.

Discussion: None

MOTION 5 (Kim P): Motion Failed –Present: 21 Yes 4 No 9 Abstain 6

Proposed Motion: In the Host’s introduction, to remove the phrase “mentioning specific foods” from the list of what is discouraged at the meeting. Kim P proposed, KarenKay seconded.

Discussion: KarenKay felt that comments in the meeting chat reminding members not to mention specific foods was unsolicited and gave the impression that there were “OA police.” Kate in Texas mentioned that she was often bombarded during the meeting with complaints when someone did mention a specific food. She said that she no longer posts in the chat but advises that the complainer talk to the member directly. Road Running Rita felt that we should consider the newcomer. In AA or NA, specific substances were not mentioned. She said that she wanted to hear about recovery rather than specific food challenges. Jean N felt

that newcomers should be able to say anything they need to say in the meeting. For non-newcomers, specific food issues can always be addressed through outreach calls.

11. **Future Business**: No time left for future business.
12. **After Motion Discussion**: Theresa Chicago called for meeting adjournment. Christy R said that meeting began at 9:05am and that a ten-minute extension had been approved. Therefore, there was still ten minutes in the meeting. Christy R then asked why abstentions were included in the vote count. She said that abstention votes were basically yes votes and would skew the vote count. KarenKay said that someone in a previous meeting had indicated that abstentions should be included. Theresa agreed that abstentions were included in her other meetings as well. KarenKay said that a motion passes by the majority of voters, not the majority of meeting attendees.
13. **Closing**:
Theresa Chicago adjourned meeting as proposed by KarenKay and seconded by Kate in Texas.

Meeting ended at 9:16 AM EST.

Respectfully submitted February 3, 2024, by *Kate Edwards (Kate in Texas), GC Secretary*