

**For Today Meditation Meeting
Group Conscience Minutes July 1, 2023**

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.*

Minutes from the Previous Meeting: *Minutes Approved*

GC Secretary Kate in Texas provided highlights of the June 2023 GC meeting citing motions that were carried and motions that failed. Claudia asked for changes to the minutes reflecting the new service board position confirmations of Amanda L as We Care List Coordinator with Katherine as back-up coordinator.

Treasurer’s Report: *moved to August 5, 2023, GC meeting.*

7. **Literature Report:**

GC Literature Coordinator April reported that she mailed out 6 newcomer packets in June 2023.

8. **Old Business:** *Karen R*

Karen R said that the fund committee had narrowed down the intergroup selection to two feasible options: 1) OA Footsteps, a large group with various events which meets the third Sunday of every month; and 2) Twelve Steps for COES, a smaller group that specializes in marathon workshops and meets every other month. Karen R suggests that interested members should attend the intergroup meetings. Then, in the September 2, 2023, meeting, bring the item to a vote: OA Footsteps, Twelve Steps for COES, or no intergroup. A brief discussion occurred regarding the prior history of intergroup consideration and that the GC had voted to not join an intergroup. Jennifer M said that the item could be revisited as the GC current group needs to make the decision now. Karen R confirmed that she will propose the motion for the September meeting. A brief explanation of intergroups was given for new members. Karen R said that she would prepare an intergroup information document as well.

9. **New Business Proposed Motions:**

- **MOTION 1 (Kim P):** *Motion Failed – 23 Present: Yes 7 No 8 A 2*

Proposed Motion: Renaming- Business names and titles should be removed automatically by the 8AM For Today meeting renaming service provider. Kim P proposed the motion; KarenKay seconded.

Amended Motion: The 8AM EST For Today meeting renaming service provider will request members to remove their business names/titles or outside titles. Vote to amend: Present 22: Yes 11, No 7, Abstain 1.

Discussion: Kate in Texas and KarenKay agree that automatically removing or changing a member's name or title is intrusive. Randi said that promoting outside interests is breaking a tradition but feels that the members should be approached individually. Christy also voiced this concern but felt that the "art would be in how we reach out" to members. Several other members agreed with approaching members individually including Ann C, Susan South Florida, Sarah B., and April. Kim P then amended her motion to request the person to remove the outside name or title. Claudia said that because a person a person can say no to the request, it was not a feasible amendment.

- **MOTION 2 (KarenKay): Motion Carried – 20 Present: Yes 8 No 4 Abstain 6**

Proposed Motion: Motion to combine "Ask to Mute" and "Lower Hands after Share" as one service position instead of two. KarenKay made motion, Ann C seconded.

Discussion: Karen Kay said that while she was not "married" to the idea, it seemed a smoother task if the two positions were combined. Also, as it has been challenging to fill positions, this combination would help. Claudia felt that it was difficult to fill as a combination which was why it was split before. Volunteers are resistant to the combination and it is easier to train separately. Ann C said that it is a big stress every day to fill positions. Wanda said that if someone feels that they are not "techie" they won't volunteer for either position. Karen R said it was good to learn new things and it is okay to make mistakes when giving service.

After Vote Discussion: Claudia said that she would change the SignUp Genius. If it was not possible to change July which was already entered into the app, it would be changed for August. (Update: Claudia was able to change the July SignUp Genius. The position now appears as "Unmute/Lower Hands.")

- **Additional Discussion:** After voting was held for the two motions, Jennifer M asked for a motion to end the meeting. Christy interjected that because there was still time left in the meeting, further new business could be introduced. Jennifer M said that she was not aware of this as it did not appear on the GC meeting agenda. Christy said that it had been voted upon by GC previously to introduce new business or discussion if the meeting's agenda was completed before 9AM. Jennifer then called for any new business or discussion but there was none.
- **Do we have a motion to end this meeting? *Motion Carried -Unanimous***
KarenKay made the motion; Patsy seconded.

10. Closing:

I put my hand in yours, and together we can do What we could never do alone.

No longer is there a sense of hopelessness. No longer must we each depend Upon our own unsteady willpower.

We are all together now, Reaching out our hands for Power & Strength Greater than ours, and as we join hands,

We find love and understanding Beyond our wildest dreams!

Meeting ended at 8:55 AM EST.

Respectfully submitted July 6, 2023, by *Kate Edwards (Kate in Texas), GC Secretary*