

For Today Meditation Meeting Group Conscience Minutes February 4, 2023

1. **Introduction:**

Welcome to the group conscience meeting of the For Today Meditation meeting of OA. My name is *Christy*, I am powerless over food, and your chair for this meeting.

Christy stood in as Chair for Patsy B due to scheduling conflict.

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:**

GC Secretary Kate E provided highlights of the January 2023 GC meeting citing motions that were carried and motions that were lost.

April made the motion to accept the minutes; Barb E seconded the motion.

Present: 24 Yes: 14 No:0

Motion Carried

6. **Treasurer’s Report:**

GC Treasurer screenshared the Treasurer’s Report and reviewed payouts and reserves.

April requested that members’ initials not be attached to the individual donation amounts. Kate E asked whether donations that had been made to the previous bank account were now transferred to the current bank account. Christy responded that funds should be transferred by the end of January 2023. Barb E asked if the report could be explained again and clarified. Christy complied. KarenKay suggested that members’ phone numbers could be identified with their individual donations on the report. Karen R asked whether the GC held funds for yearly convention/event attendance for member representatives in the reserve. Christy responded that the GC did not and suggested that Karen R might submit a proposal for a future GC meeting.

April made the motion to accept the report; KarenKay seconded the motion.

Present: 24 Yes: 18 No: 0

Motion Carried

7. Literature Report:

GC Literature Coordinator April said that four Newcomer Packets had been mailed in January. April also reported that beginning February 2023, Newcomer Packets will include a welcoming cover letter, three pamphlets (“Where Do I Start?,” “Just For Today,” and “Think First”), and a Welcome Coin.

8. Old Business: *None*

9. New Business Proposed Motions:

Kate E

Proposed Motion:

I propose that a very brief recap of the GC meeting motions be given as an Announcement in the 8am meeting. This could be read by any service board member when the chair asks for announcements. This would simply be bullets of the proposal plus the outcome such as:

"My name is Kate, compulsive overeater, and Secretary for the 8am For Today GC meetings. The following motions were presented and voted on at the DATE GC meeting. Here are the results:

- *Motion to include a diversity statement in the script - Approved.*
- *Motion to change the time of the meeting - Failed.*

For more detailed information about these results, please go to our website and click on Group Conscience Mtg. Thank you."

Discussion: LeeAnn asked if the announcement would be made every day during the meeting. Kate E replied that it would only be announced one time when the minutes had been uploaded to the website. Several members voiced concerns about the meeting script and announcements getting too long. Kate E requested to amend the motion.

April made the motion to accept the report; KarenKay seconded the motion.

Present: 24 Yes: 18 No: 1

Motion Carried

Proposed Motion Amendment:

I propose than an announcement regarding GC meeting motions be given at the 8am meeting as follows: *“Decisions were made at the DATE GC meeting. Information on these decisions is available on our website.”*

April made the motion to accept the report; KarenKay seconded the motion.

Present: 23 Yes: 18 No: 0

Motion Carried

Claudia L:

Proposed Motion:

Motion to reword the script and copy/paste as follows.

⑩ Information and Announcements:

- ~~This meeting is held every day at 8 am Eastern Time.~~
- *This Zoom room is used for multiple meetings:*
 - a. *For Today Meditation Meeting Daily @ 8AM*
 - b. *Voices of Recovery Sunday, Tuesday, and Thursday @ 8PM*
 - c. *Speaker Meeting Monday @ 8PM*

All times listed are Eastern Standard Time. Join us for one or all. Love to have you!

- Copy and Paste would read:

This Zoom room is used for multiple meetings:

For Today Meditation Meeting Daily @ 8AM

Voices of Recovery Sunday, Tuesday, & Thursday @ 8PM

Speaker Meeting Monday @ 8PM

All times listed are Eastern Standard Time. Join us for one or all. Love to have you.

Discussion: Kate E said that it would save time over the long run because individual announcements would not need to be made. KarenKay liked the announcement and suggested that a statement about the shared 7th tradition of the meetings could be included. Christy asked if we would hold that topic until later in the meeting.

Kate E made the motion to reword the script and copy/paste as proposed; Barb E seconded the motion.

Present: 19 Yes: 14 No: 0

Motion Carried

Christy

As all agenda items had been addressed with time leftover until 9AM, Christy proposed a discussion of whether to use identifiers for contributors in the Treasurer's Report. Christy asked if the phone number could be skipped when using PayPal. Diana AZ said that there had been an anonymous donation option on PayPal previously, but that it had been removed. She suggested that it may have been the way the 8AM account had been set up. Randi said that in the face-to-face meetings, people put money in a basket and no one knew how much anyone was giving. There was no credit given, no names and numbers. Randi felt that donating online should be similar – a member donates their money online knowing that it will go into the "basket." Randi said this should be true even for the people who are concerned with it going to the right place. Kathy B liked the idea of having the ID. She said that she lives in Canada and wants to make sure that it is being the right way and going to the right place. Claudia suggested that the ID be left off the Treasurer's Report when posted for the GC meeting or on the website. Jean said that members who needed to track their donations could contact Christy personally. Diana AZ agreed with Claudia and felt that a combination of Claudia's and Kathy B's suggestions was a good compromise. Christy called for a motion.

Proposed Motion:

Future Treasurer's Reports will not have contributors' identifiers included.

Discussion:

No further discussion.

KarenKay made the motion that future Treasurer's Reports will not have contributors' identifiers included Randi seconded the motion

Present: 14 Yes: 12 No: 0

Motion Carried

10. General Discussion

GC attendees engaged in a brief discussion of the 7th Tradition and how it applies to the daily 8AM meeting and the 8PM meetings. It was suggested that the discussion be held over to a future meeting.

11. **Do we have a motion to end this meeting?**

Wanda made the motion to end the meeting; Randi seconded.

All in Favor, None Opposed

Motion Carried

12. **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 9:00 AM EST

Respectfully submitted February 6, 2023

Kate Edwards (Kate in Texas)