

For Today Meditation Meeting Group Conscience Agenda November 5, 2022

1. Introduction: Welcome to the group conscience meeting of the For Today Meditation meeting of OA. My name is Patsy, I am a 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: Are there any corrections or additions?
[Applicable corrections or additions are made.] Is anyone opposed to approving last month's minutes as amended?

Present: 29 Non opposed

6. Treasurer's Report – Do we have a motion to accept the Treasurer's report located on the For Today Meditation website?

Maria: looking at \$716 for 2023 expenses, at present make \$750 prudent reserve

Motion: Karen K 2nd: Kate Present: 31 Pass: Y 14 N 1

7. Old Business: Web site and Zoom Room Fees Intergroup – trying for 3 months

Discussion

Let this ride because of motions this month

8. New Business Motions:

Christy R: 1. Motion to allow use of the zoom room Monday nights at 8pm EST. for a speaker meeting.

Discussion

Christy - already using zoom room for evening meditation meeting, so let's do this for the speaker meeting too.

Doreen -question - time? 8 am Mondays

Susan - let's move this forward

E - question about informal - would like it to be more formal if it goes public

Randi - Yes I'd like to borrow the "for today" script to make it more formal

Ronna - question about seventh tradition money, will people contribute from that meeting too?

Christy - yes in the script it talks about donations too.

Doreen -it is all voluntary - no dues or fees

Randi - I have money taken out of my bank account every month for dues, so it's easy to support

Motion: Christy 2nd: Kate Present: 30 Pass: Y: 25 N : 2

2. Motion to create and present a new slide for the screen sharer to show during the minute of silence right before the meeting starts. It would say, "Welcome! Our meeting will begin after this moment of silence."

Discussion

Christy - It's a bit of a turn off if a newcomer comes in and is greeted with silence

Robin - agree

Karen K - just having a moment of silence isn't much, maybe having the chair say something or a tech say something

Jean - Having all this silence at once was off putting for me

Ann - I would like to put in next month that I don't like not seeing people while screen is shared. Can we do something about that?

Christy - we can work on that one-on-one, each person's device can be adjusted to show more people and less screen.

Motion: Christy 2nd: E. Present: 27 Pass: Y: 16 N : 4

Kate E: I propose that we change the name of the Newcomer Meeting to the After Meeting and the name of the Newcomer Greeter to the After Meeting Host. The script could then read something like this: *Immediately after the close of this meeting, everyone is invited to our After-Meeting for additional fellowship. This is an informal time where For Today meeting regulars, meeting first timers, and OA newcomers have a chance to ask questions and get to know each other better in a relaxed setting. Please stay if you can.*

Discussion

Kate - replacing existing little blurb, we have a lot of regulars

Doreen - agree

Vini - maybe add - especially newcomers because they are so important

Ronna - don't see as many newcomers staying, I love the after-meeting, but

We don't have someone to contact people

Kate - maybe have a new service position to have a newcomer greeter,

Motion: Kate 2nd: Devi Present: 25 Pass: Y: 18 N: 0

Kate E and Patsy B: I propose that we rescind our membership in the Virtual InterGroup and that we remain a stand-alone meeting.

Discussion

Patsy - This was not us,

Kate - I was all in favor at first, but we will have all the access I thought we'd have, One issue was only on the phone, a lot of committee reports, a lot of talking, a lot of arguing

Ann - question - try another one?

Patsy - no be a stand alone meeting

Jean - over committed and arguing so I like simplicity

Maria - important to hear other voices, bring back what is being discussed in the larger OA

Devi - important to be part of an intergroup, OA footsteps very organized

Good to be accountable to the greater whole

Karen K - do not want to be part of a phone intergroup, but I do want to be part of an intergroup

Patsy - I would agree to split this up

Dianna - We bring something to the table too, I think it would be good that our voice be heard

Randi - yes, let's get out of this one

Ronna - my question is - a lot of discussion before, did someone volunteer?

Patsy - no, we don't have anyone

Robin - let's keep an open mind, we might find a another one

Kathryn Louise - I thought Gloria was helping with this

Patsy - she is not attending this meeting right now

Rescind membership

Motion: Patsy 2nd: Kate Present: 23 Pass: Y 15 N : 2

Jill M-B: To change how we ask for volunteers to read the "For Today". Reasoning for the suggestion: * It's awkward as the Chair to have to pick someone * As a fellow in the meeting it can feel awkward at times too * As someone who likes to volunteer to read now & again, if you put your hand up too soon the Chair thinks you're wanting to make an announcement

Details/Thoughts: A) In the script at #10 "Information & Announcements" add the following (or something like it) to first bullet: This meeting is held every day at 8 am Eastern Time. We read from the "For Today" book. Each day we look for someone to do service and be our reader, and when possible, we like to hear from different people. You do not need to have the book because we'll put it on the screen. If you'd like to be considered to read today, please chat to [NAME] our [ROLE] now. A reader will be chosen shortly. B) And then I'd go back to the remaining bullets as they were starting with "Our Group Conscience Meetings are held..." C) Who do we say to chat interest in reading to? In my humble opinion, I think the Chair is super busy at this point in the script so I would suggest maybe Tech Host or Waiting Room Admit Person. D) Whomever is chosen to chat to would give people a little bit to chat them (a couple bullets worth of time) and then select someone. They'd then chat the name to the Chair. E) Depending on what the outcome of the suggestion is, we could also have the copy/paste person add to the chat (at the same-ish) time: Would you like to read the "For Today" passage (no book needed, we put it on the screen)? If yes, please chat to [NAME] our [ROLE] now to be considered. A reader will be chosen shortly.

Discussion

Ann - good suggestion - shouldn't go to the chair,

Mary - adds more complications to the process, let's keep it as simple as possible

Doreen - script is very long, let's just pick someone before we start

Ronna - good suggestion, I thought the chat was closed, but maybe it could be a sign up position

Katherine - all for making it easier to choose, this could be a barrier to new people volunteering.

Karen K - doesn't take long to choose someone, chat is distracting, if it's not broke, don't fix it.

Kathryn Louise - not choose in pre-meeting, wouldn't get new people, it's fine the way it is.

Devi - Like how it is

Robin K - agree with Karen, a lot of the people don't go to the before meeting

Jill - length of the script is not part of this, the complication of it was not part of it

- **Where this all stems from comes from is the awkwardness of it.**
- **There are lots of dos and don'ts that are personal preferences, but it's good to not make it sound like the motion maker sound like they are not good enough.**

Motion: Jill 2nd:Christy Present: 20 Pass: Y :4 N : 10

Christy - Let's go ahead to approve the reserve amount for treasurer of \$850

Motion: Christy 2nd: Kate Present:18 Pass: Y10 N

More discussion

About a person that put forward a motion could not unmute to rescind her motion.

Other ideas: co-host those putting forward motions

Do we have a motion to end this meeting?

Motion: Karen k. 2nd Mary Present: 18 Y: 11 N:

Meeting ended 10:15

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!

Respectfully submitted,

Dianna B.

11/6/22