

**For Today Meditation Meeting
Group Conscience Minutes November 4, 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.*

5. **Minutes from the Previous Meeting:** *Minutes Approved* GC Secretary Kate in Texas provided highlights of the October 2023 GC meeting citing motions that were carried and motions that failed.

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

Christy R reported that in August 2023 we were short \$40.41 in revenue. A correction was made in the September 2023 income statement to \$451.64. For October 2023, \$451.64 was received through donations, expenses were \$550, prudent reserve is \$300, and \$98.36 was sent to WSO.

a total of \$423.78 income for September 2023. Expenses paid were \$0.00 leaving \$423.78 sent to WSO as our donation. Account reserve is \$850.

7. **Literature Report:**

Christy R reported on behalf of GC Literature Coordinator April in absentia that one newcomer packet was sent in October 23.

8. **Old Business:**

a. **Dissolution of Thursday evening meeting (Kim P)**

Thursday evening meeting has disbanded due to low attendance. A service board and service coordinator were never established. An October 2023 GC was held with 7 members in attendance who made the decision to dissolve the meeting.

b. Report on obtaining a group bank account (*Kate in Texas*)

The possibility of opening a For Today online group bank account was researched. The meeting group would be able to obtain an Employee Tax ID number from the IRS to file as a nonprofit organization. After several major online banks were called, the information was that for the group to open an online account, evidence of a brick-and-mortar location would be needed. As For Today only exists as a virtual entity, a group online bank account is unobtainable. Christy R explained that currently as Treasurer she maintains a separate personal bank account. She suggested that the group switch from PayPal to Zelle which is exempt from the new tax law as it doesn't hold funds but merely transfers them. Another option would be to set up a P.O. Box where checks could be mailed anonymously with the P.O. Box address listed on the For Today website. Ronna asked if the OA World Service Office had a tax ID that we could use. Kate in Texas responded that the WSO does not permit this.

9. New Business Proposed Motions:

MOTION 1 (*KarenKay*): Motion Carried –Unanimous

Proposed Motion: Clarification of service titles by Service Board. Jennifer M proposed, Robin seconded.
Discussion: KarenKay requested that the Service Board review and clarify the service titles and present them at the December 2023 meeting. Suggested titles were Host, Meeting Host, After Meeting Host. Jennifer M confirmed that the Service Board would comply with the request. Ronna said that it was confusing for the titles to be discussed and changed every month.

MOTION 2 (*Kate in Texas*): Motion Carried –Unanimous

Proposed Motion: To include identification of available sponsors during the Service portion of the meeting script. The service paragraph would read: Any form of service helps reach a fellow sufferer and adds to the quality of our own recovery...Another form of service is being a sponsor. At this time would all available sponsors please post your name and contact information in the chat. Kate in Texas proposed, KarenKay seconded.

Amended Motion: At the end of the meeting, the following verbiage would be added: “Will all available sponsors please raise your electronic hand? The contact for these sponsors can be obtained on our We Care List or by sending the sponsor a private chat.” Kate in Texas proposed, Robin seconded.

Discussion: KarenKay proposed this information could be put in the chat. Christy R suggested raising hands and referring to the WCL for contact information. Ronna said that there may be bomber concerns with contact info in the chat. Robin suggested the sponsors identify themselves in the pre-meeting. Michelle in Florida suggested that other meetings have available sponsors raise their hands at the end of the meeting. Kate in Texas amended the motion based on the suggestions.

10. Future Business:

MOTION 3 (*Jennifer M*) Motion Carried -Unanimous

Proposed Motion: To table discussion and vote regarding new motions introduced, discussed, and voted upon during the Future Business section of the meeting. Jennifer M proposed, Wanda seconded.

Discussion: Jennifer M said that this was business brought up in the October 2023 meeting that was never resolved. Christy R suggested renaming Future Business as For the Good of the Order. Karen R said that as the topic had been brought up, it should be tabled for a vote in the December 2023 meeting. Lois said it was not a life-or-death issue, but it is important to table. Ronna said she did not like the idea of having new motions in the Future Business section.

SEVENTH TRADITION (*Cathy O*)

Cathy O said that we should emphasize the 7th Tradition in the For Today meeting script and to stress that making a regular donation is another form of service. We always talk about volunteering for service but never

about money. Christy R said the group's finances are healthy but that we are just experiencing problems with how to receive the money. Robin said that the 7th tradition is mentioned in the script. Tracy B agreed that while giving time is service, service also is about giving money. Cathy O agreed that this topic should be included as an agenda item for December 2023.

Do we have a motion to end this meeting? *Motion Carried -Unanimous*

KarenKay made the motion; Robin seconded.

11. **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 9:07 AM EST.

Respectfully submitted November 30, 2023, by *Kate Edwards (Kate in Texas), GC Secretary*