

For Today 8ET Meditation Meeting Group Conscience

Saturday, May 1, 2021 @ 9:05 ET

ATTENDANCE:		21			
NO	AGENDA ITEM	NOTES OF DISCUSSION	DECISION	ACTION ITEMS	BY WHEN
1-4	Opening	Chairperson welcomed the group and opened the meeting at 9:05 The Serenity Prayer, Tradition 4, the ground rules, and Tradition 5 were read.	n/a	n/a	n/a
5	Prev. Minutes Review	Minutes of 4/1/21	approved	n/a	n/a
6	Old Business Motion that there be a Timer	<ul style="list-style-type: none"> - all agreed to a one month trial period to be revisited at the next GC meeting on May 1st - 0 opposed (21 present) 	approved	already in place	n/a
7	New Business Meeting format – 1. Add the reading of the 12 steps	<ul style="list-style-type: none"> - it is part of the recommended reading format by OA; suggested to add it as a reminder of why we are here; agreement to OA includes practicing the 12 steps when a meeting is created - it will help newcomers - lose sharing time in order to add the 12 steps - it could take up to two shares to review the 12 steps - sharing how attendees can view the 12 steps rather than stating them in the daily meeting - how the 12 steps will be shared has not been determined yet - share time is vital; share 12 steps with newcomers in the after-meeting - share 1 step each month rather than all 12 - sharing the 12 steps is vital to OA meetings; it differentiates us from a “diet club” - the 12 steps are an extremely important part of the program, and it is part of recovery - 14 in favor, 1 opposed, 4 abstain (21 present) 	approved	Jeanette to add to the meeting format	5/2/21

	<p>2. Replace... "Who would like to share on what was read or what came up for you during the meditation?" with... "SUGGESTED GUIDELINES FOR SHARING: As you share your experience and strength in OA, please also share your hope. Please confine your sharing to your experience with the disease of compulsive eating, the solution offered by OA, and your own recovery from the disease, rather than just the events of the day or week. If you are having difficulties, share how you use the program to deal with them. If you need to talk more about your difficulties and seek solutions, we suggest you speak to your sponsor and other members after the meeting. Who would like to share on what was read" (from the OA Suggested Meeting Format)</p>	<ul style="list-style-type: none"> - how someone sharing will be told they are off-topic? <ul style="list-style-type: none"> - this motion is only to add this to the format – not to interrupt someone sharing that may be “off-topic” - it will also help newcomers understand the meeting format as suggested by OA - it encourages how to get help from other members and their sponsors; it will help direct people to get one-on-one work with people - a newcomer to OA said newcomers can benefit from this statement being added to the meetings - 11 in favor, 3 opposed, 1 abstain (21 present) 	<p>approved</p>	<p>Jeanette to add to the meeting format</p>	<p>5/2/21</p>
--	---	---	-----------------	--	---------------

	<p>3. Request daily contributing sharers to wait to share towards the end of the meeting giving opportunity to others before time runs out.</p>	<ul style="list-style-type: none"> - most of our meetings are able to have everyone share that wants to share; occasionally one or two people aren't able to share; most that are unable to share due to time put their hand up towards the end of the meeting. - another large meeting asks regular sharers to allow others to share first. - this meeting could do a better job of creating a safe space for newcomers; we need to invite newcomers to share more; other meetings do ask attendees to hold on sharing if they shared recently - the meeting averages 80-100 people each day; supports a "gentle suggestion" like the one in this motion especially with less time for sharing due to additional instruction added at the beginning of the meetings - asking people who have not shared in a while to share rather than asking those who have shared recently to hold - encourage newcomers to join in - encourage newcomers to learn from those with "experience, strength, and hope" through those shares - "our numbers show us nothing is broken"; let's not try to control this meeting too much - encourage others who haven't shared rather than discouraging those that share frequently - it is the responsibility of newcomers to speak up when they are ready - newcomers are invited to stay after the meetings - the motion was amended to "encourage newcomers and those that have not recently shared to take a moment to share" - 13 in favor of amended motion (?? present) 	<p>approved</p>	<p>Dianna and Roisin to provide amended wording</p>	<p>asap</p>
--	---	--	-----------------	---	-------------

	4. Include Instructions on how to raise hand for zoom participants.	<ul style="list-style-type: none"> - some people have been in the meetings visually raising their hands rather than using the Zoom hand raise function - people attend on many different devices and the hand raise function is different on each; suggested allowing someone to unmute and say they would like to share - helped when attended another meeting when they explained how to raise your hand - add instructions in the chat - 13 in favor (16 present) 	approved	Jeanette to contact Dawn for wording	asap
	5. Share to finish at 8:50am so as to allow 5 minutes for newcomers and shy sharers to introduce themselves and to share if they wish, so that we can close the meeting on time.	<ul style="list-style-type: none"> - suggestion to table this motion until next month since another motion in this meeting addressed newcomers sharing - submitter wanted to proceed with a vote today - we already created a time for this with the after meeting - don't want to put undue pressure on newcomers or shy sharers by dedicating a specific time for them to share - it would allow 8 minutes for newcomer sharing; the exact time is unimportant and just want to have some time at the end for newcomer sharing - 3 in favor, 11 opposed (16 present) 	declined	n/a	n/a
	6. Have everyone muted except Host during the "we" version of the serenity prayer.	<ul style="list-style-type: none"> - too much noise during the serenity prayer, and it is easy to "pop out my earbuds" during that time - likes hearing everyone - 4 in favor (16 present) 	declined	n/a	n/a
8	More Items for next month?	<ul style="list-style-type: none"> - enable reactions in Zoom - limit time of the group conscience meeting to one hour - guidelines for interruptions during the GC meeting - future motions are to be sent to the Chair 			
9	Closing	moment of silence, serenity prayer, 10:30 am ET	n/a	n/a	5/1/21

NOTES:	Clayton K.	DATE OF NEXT MEETING:	June 1@ 09:05 (ET)	VENUE:	Zoom ID: 89101280132
---------------	------------	------------------------------	--------------------	---------------	----------------------

motion categories: approved, declined, tabled, withdrawn, trial period to be revisited when