

For Today 8ET Meditation Meeting Group Conscience

Tuesday, June 1, 2021 @ 9:05 ET

ATTENDANCE:		19			
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 06/01/21	approved	n/a	n/a
6	Old Business	n/a			
7	New Business				
	a) We agree to record the actions as we decide the motions and remove #8.	- Brief explanation and discussion - Vote:12 in favour from total 19 participants	approved	Stacey to update format	1 July 2021
	b) Enable reactions in Zoom	Discussion about pros and cons - Could be distracting (-) - Could cause some social media appraisal triggers (-) - Could encourage newcomers to participate (+) Vote: 0 in favour from total 19 participants	declined	n/a	n/a
	c) GC meeting changes: c1. Limit GC to one hour. c2. Guidelines for interruptions during GC meeting. c3. Designate tech to lower hand, announce vote counts and other actions as needed.	c1. Vote:16 in favour from total 19 participants c2. Discussion: - Due to a conflict in a previous GC meeting - Question of what would these guidelines be? - Differences between participants dialling in via phone vs. person joining online - Needs further discussion and clarification - Will be discussed in next GC meeting - Without these further details, decision on this topic was agreed upon to be difficult - Vote: 0 in favour from total 19 participants c3 c3. Vote: 16 in favour from total 18 participants	c1. approved c2. declined c3. approved	c1. Stacey to update format c2. n/a c3. Connie to add on SignUpGenius	c1. 1 July 2021 c2. n/a c3. asap
	d) Motion to add splash screen during the mediation. This could be done with a "spotlight" of the pdf or as a person's picture (see below examples)	Discussion about pros and cons - Nice visual support of meditation (+) - Be aware and mindful of the visual (e.g. no body shapes; neutral; nature etc.)	declined	n/a	n/a

		<ul style="list-style-type: none"> - Good reminder for newcomers or people joining late that it's meditation time, so they don't interrupt, although default zoom setting is that you are muted when entering the zoom room (+) - Compromise: instead of picture set visual reminder that it is quite/meditation time instead of dedicated image (-) <p>Vote: 5 in favour from total 18 participants</p>			
	<p>e) Open our meeting to participants who use American Sign Language (ASL) by...</p> <ul style="list-style-type: none"> - finding colleges who will commit to a specific day per week through their practicum schedule - changing the committed days' OA listings to "English/American Sign Language" - enabling our Zoom account's "Closed Caption Live Transcription" feature - update the meeting format with appropriate interpreter info 	<p>Discussion about pros and cons</p> <ul style="list-style-type: none"> - Generally positive feedback regarding increased inclusion (+) - Concern about "outside" persons joining OA meeting (-) - As zoom has translation function for different languages available, we want to check if there are standard features, who could support (-) - More details to be discussed in next GC meeting - Vote to make this a topic for next GC meeting: 13 in favour from total 18 participants 	tabled	Jeanette offered to collect questions & information	1 July 2021
	<p>f) Motion to consider changing the time for our GC meeting to later in the day (f.1) or the first Saturday (f.2)</p>	<p>Discussion about pros and cons</p> <ul style="list-style-type: none"> - f.1. changing the time for our GC meeting to later in the day → Vote: 0 in favour from total 17 participants - f.2. changing the time for our GC meeting to the first Saturday → Vote: 7 in favour from total 17 participants → as almost 50:50, we will take this up at the next GC meeting to include more opinions based on different schedules/ preferences/time zones 	<p>f1. declined f2. tabled</p>	<p>f1. n/a f2. n/a</p>	<p>f1.n/a f2. n/a</p>
	<p>g) Close journey to recovery group</p>	<ul style="list-style-type: none"> - Vote 13 in favour from total 18 participants 	approved	Done	Done
8	More Items for next month?		n/a	n/a	n/a
9	Closing	Moment of silence, serenity prayer, 10:10 am ET	n/a	n/a	n/a

NOTES:	Mirjam M.	DATE OF NEXT MEETING:	July 1 @ 09:05 ET	VENUE:	Zoom ID: 89101280132
---------------	-----------	------------------------------	-------------------	---------------	----------------------

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