

SSA/MAA Group Conscience Meeting Minutes for 2018

Updated 01/06/18

Saturday Meeting

Group Conscience Notes for Meeting held December 2, 2017

Attendees:

Alena
Cindy
Donna
Lorna
Malcolm
Mary
Michael
Robert
Sherry
Suzanne

Old Business

The Wednesday meeting did decide that they will have a monitor for the month. This person will be responsible for leading all of the meetings that month.

New Business

Alena suggested that we do as the Wednesday meeting is doing and ask for a monthly monitor. We all agreed.

Donna and Alena are in charge of the topics for the 2nd week and 3rd week. Donna asked if they would be the leaders for those meetings. Alena suggested that someone be in charge of leading the meeting and they just take care of the topic.

Robert volunteered to lead the January meetings.

Michael, our treasurer, said that we have about \$300. What do we want to do with that money as the program grows? He thinks that it would be helpful for us and newcomers to have some sense of what are contributing to.

Michael that we add a new member to our Steering Committee – a Communication Chair, Liaison to new members or membership chair. Robert liked the idea. We could send sobriety coins out to our members, a letter or email them. The coins are about \$3 each. Michael mentioned that Emotions Anonymous has a page where you can buy literature, etc. Alena feels funny about charging for materials. Making chips available for purchase would be a good idea. Michael suggested possibly having a link

to Amazon so that we can buy recovery materials. We tabled this discussion.

Alena suggested that we buy more domain names. We can check on GoDaddy to see the prices. We have the following domain names: Misery Addicts.com, Misery Addicts.org, Self Sabotagers.info and Self Sabotagers.org. We can create our own and see if they are available. Look at GoDaddy then go to My Products.

We ended the meeting with the We version of the Serenity prayer.

Meeting notes submitted by Lorna

Archive of notes from 2017

Monday Meeting

October 2017

Encourage members to volunteer to do service of leading meetings. If they find they can't lead, find a replacement or notify custodian.

Volunteer leader to tell Alena to put on website. Group asks Alena to send reminder to volunteer leader.

Bree can only be custodian every other week. We need additional custodian.

Submitted by Becky.

August 2017

Set up texting time is here for meeting - Custodian to do this

Notice on format for leader to ask each person as they share to give out phone #. can they sponsor - voluntary of course

Idea for leader to record phone #'s. make them available immediately after close of meeting

More members to commit ahead of time, whether or not they end up being able to do it, to lead meetings - get a substitute or let Custodian know

For Wed. suggestion to volunteer for a month at a time to lead meeting -tabled until Sept. If passed, have person posted on Website, person responsible to get substitute

July 2017

Discussed Ideas of increasing participation: request other meetings to announce need for support Monday meeting, post need on website, reaching out to newcomers, telling phone number consistently.

June 2017

Motion to read only Tradition of mo. passed.

Motion to use any Conference Approved Literature (CAL) of 12 Step programs, passed.

For July, discuss ways to increase attendance at meeting, helping newcomers.

March 2017

March meeting – Motion made by Michael S. to make available, as a source for topics, any 12-step program literature. Motion was seconded by Becky P.
Motion carried unanimously.

Feb 2017

No items for Feb agenda.

Jan 2017 - Held Jan 2, 2017

Attendees: Malcolm, Becky, Suzanne

Motion by Becky to resume reading all 12 Traditions at every meeting. Second by Suzanne. Motion passed.

No new business.

Tuesday Meeting

No Group Conscience minutes received

Wednesday Meeting

November 2017

Motion was made to consider the possibility of having a monthly monitor to be responsible for leading or getting someone else to lead that month's - Motion passed. It was further mentioned that it might be the person's belly-button or SSA-MAA birthday month. This is to be announced in each meeting and talked up.

October 2017

Idea to have meeting leader volunteer to be responsible for a whole month (like their regular birthday month or recovery birthday month). Not necessarily leading all the meetings but being responsible for someone to lead the meeting.

Work with custodian if necessary. Tabled to next meeting.

Submitted by Becky.

August 2017

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Suggestion to volunteer for a month at a time to lead meeting - tabled until Sept. If passed, have person posted on Website, person responsible to get substitute

July 2017

Suggested that texting right before meeting, notice on format for leader to ask for phone numbers each share. have phone numbers recorded by leader to be available after meeting, treasurer's report \$258, need people to commit to leading next meeting even if they end up getting a substitute.

June 2017

Motion to use any CAL of 12 Steps, passed. No new business

Thursday Meeting

Group Conscience Notes for Meeting held Dec. 7, 2017

Attendees:

Kay
Catherine
Alena

New Business

Kay brought up the idea that we could start reading through the book. And we could start wherever the group or the leader chooses. Catherine added that there are some really good parts we could cover.

Since there were only 3 people on the call, we agreed to vote next month.

Kay will be leading next week and will bring up some sections she would like to read.

Group Conscience Notes for Meeting held Nov. 2, 2017

Attendees:

Michael
Shirley
Alena

New Business

Listening to where everyone is from, Michael is not hearing from anyone in his area (Chicago, IL). Shirley shared her strategy of building up the GA fellowship. She listened to people at other meetings and when she heard them talk about sabotage behavior, she invited them to the meetings.

Michael shared his vision of having such a large fellowship in IL, that he'll be able to host a retreat there some day. Alena added to the vision saying she would like to see a retreat in all 50 states eventually. Shirley reminded us that we are new fellowship and that growth takes time.

Shirley shared some information from the Wednesday night meeting. They are proposing changing to a monthly monitor model where someone will step forward

as the meeting monitor and will be in that role for the month, eliminating the need to find a lead each week. They will voting in a couple months.

We're being asked to talk about this and to let people know that Wednesday night meeting welcomes them.

Archive

Each month we hold the Group Conscience after the meeting but so far no one has brought forward any ideas. Suspect that this is because the meeting ends so late and most of us also attend the Saturday meeting, which is a much more convenient time to give out input. We'll continue to offer just in case anyone has any input.

Friday Meeting

No Group Conscience minutes received

Saturday Meeting

Group Conscience Notes for Meeting held November 4, 2017

Attendees:

Lorna

Elaine

Shirley

Cindy

Sherry from Kentucky

Old Business from meditation meeting - 9-16-17

- We discussed and agreed that we would like to continue the monthly meditation meeting.
- There was some discussion about whether to have the meeting on specific Saturday each month. It was suggested that we have the meeting on the 3rd Saturday of each month. We all agreed, but since Alena leads the meditation we will leave that decision up to her.
Note: Alena is fine with the 3rd Sat of the month.
- Shirley shared that the Wednesday meeting is going to have a group conscience about whether to have a monitor for that meeting. The monitor would be responsible for acquiring the leaders for the meetings for a month at a time.

There was no new business

We ended the meeting with the We version of the Serenity prayer.

Meeting notes submitted

Group Conscience held in October

No meeting was held in Oct.

Group Conscience Notes for Meeting held September 2, 2017**Attendees:**

Lorna
Becky
Cindy
Elaine
Mary Lee
Shirley

Old Business

- Michael researched a program similar to our called Emotions Anonymous. He was going to talk to the director to find out how they grew their program.
- Shirley had asked Alena if she could put the names of people who volunteer to lead meetings on the website. Alena has already been doing that.
- We wondered if all of the meetings are viable and Alena sent out an email to find out. We now know that all of the meetings have at least one custodian and many have two custodians.

There was no new business**New Business came from the meditation meeting 9/16/17**

- We've been having a monthly meditation meeting for the last two months.
- A vote was taken on whether they found this to be of value and wanted it to have this and all but one said yes. One said they would go with whatever the group decided.
- A member of the meeting asked that we take a group conscience about whether we want to make this a regular function so Alena agreed to add this as a new business item.

Meeting notes submitted by Lorna

Group Conscience Notes for Meeting held August 5, 2017**Attendees:**

Alena
Bree

Cindy
Lorna
Michael
Pam
Shirley
Suzanne

Old Business

- We need a prudent reserve of about \$200 a year. Alena suggested that we can buy more domain names. As a donation, she bought a couple more domain names for us while they were on sale. Anyone can buy a domain name as a donation.

Here are the domain names we currently own:

miseryaddicts.com
miseryaddicts.org
selfsabotagers.info
selfsabotagers.org

New Business

- Michael has researched a program similar to ours called Emotions Anonymous. They did email him. He will talk to the director to find out how they grew their organization.
- Shirley mentioned that when people volunteer to lead they sometimes don't remember. She wondered if we send the information to Alena if she could log it on the website.
Alena agreed to add it to the new Meeting Custodians page. She will put indicate which meeting and what date(s) they are the leader for.
Custodians will need to be aware of this. There may not be custodians for all the meetings.
- Are all the meetings still viable? Alena will send out a blast to find out and to see if all the meetings have custodians. It's a good idea to have co-custodians for meetings. Then we know we have coverage.
- Alena will send out a membership blast.
>> *Great news - we have 2 custodians for every meeting! The new Meeting Custodians page has the details.*

Meeting notes submitted by Lorna

Group Conscience Notes for Meeting held July 1, 2017

Attendees
Alena
Bree

Cindy
Lorna
Mary
Michael
Shirley

Old Business

· Michael gave update on our finances. Paypal is working well. Some donations came in. We have around \$210. We can discuss what we want to do with that money in the future. As a new item, Alena wonders what a prudent reserve would be. Our expenses are much lower now since we've made a change in our website. She recommends that we keep a \$200 reserve. It was recommended that we up the reserve if our site needs any work.

· Alena is still getting nastygrams from GoDaddy and asked Michael to check into it. We're good for a year. Both website and domain name end in May 2018.

We're no longer using WordPress. We have to work within the template. We're saving about \$400 a year.

New Business

· Michael has researched other programs and found a program close to ours called Emotions Anonymous. Instead of reinventing the wheel we could learn from them about how they progressed in their program. It would be cool to have a logo. They have writings and recordings. They have a book similar to the Big Book. They also have a daily reader. They have some Face to Face meetings in our area. They have a lot of phone based meetings, too. Alena read a letter that Michael would like to send to the EA group.

I typed these minutes while listening to the recording of the meeting. The recording stopped half way into the meeting so this is all I have. So sorry.

Submitted by Lorna

Group Conscience Notes for Meeting held June 3, 2017

Attendees

Alena
Cindy
Lorna
Michael
Shirley

Old Business

- We continued to discuss latecomer issue. Michael didn't think we could do anything about it.
- Shirley wondered if we should repeat the reading again. Cindy suggested that we repeat the page

- number and ask the latecomer to read the page. We wondered if we should add anything to the format. We all agreed that we shouldn't.

New Business

- Alena will send a detailed email with information on how to log into the site so that we can block people who are disrupting the meeting. She will also set up training for interested people.
- Michael will set up Paypal link so that we can donate to the group online. We will have some sort of payment method set up by June 11, until that is set up we can send our donations to Michael at:
 - Michael Stoller
 - P.O. Box 1032
 - Oswego, Illinois 60543

**The meeting closed with the We version of the Serenity Prayer.
Meeting notes submitted by Lorna**

Group Conscience Notes for Meeting held February 4, 2017

Attendees:

(a couple people - not sure... so sorry)

Alena

No discussion brought up

Meeting was closed

Group Conscience Notes for Meeting held May 6, 2017

Attendees:

Lorna

Jen

Pam

Old Business

We discussed guidelines for chronic latecomers.

We want to be gracious, but are we enabling their behavior. We don't want to discourage people from coming to the meetings. People might come late because they might feel pressured to lead.

This issue needs more discussion from the group.

New Business

We had no new business.

The meeting closed with the We version of the Serenity Prayer.
Meeting notes submitted by Lorna

Group Conscience Meeting Notes for April 1, 2017

Active Attendees

Alena
Cindy
Lorna
Malcolm
Shirley

Old Business

Alena will work on getting GoDaddy on our website.

She pursued completing new website and noted that if we pay for repairs then it shows that we own the website.

New Business

Shirley brought up concerns about chronic latecomers – we sometimes have to repeat the topic, etc.

Should we set up guidelines or handle on a personal basis? Shirley shared that she has tried to handle it on a personal basis, but it had no effect.

We ended with the We version of the Serenity Prayer.

Respectfully submitted,

Lorna

Group Conscience Notes for Meeting held March 4, 2017

Active Attendees:

Alena
Becky
Cindy
Donna
Lorna
Michael
Pam
Shirley

Old Business

1. Michael will try to reach Rex again to discuss our group's finances.
2. Michael agreed to be Treasurer of our new Board. Alena suggested that we have our meeting before our Sunday night speaker meeting.
3. Alena did not hear from Kevin in regards to helping with the Wordpress program on our Website. She will call him.

4. Malcolm suggested that we have a quarterly custodian meeting. Alena mentioned that we could have a custodian rep from each meeting attend our Steering Committee meeting.

New Business

1. Our first Steering Committee meeting was held Sunday, February 26 at 8:00 p.m. Alena received feedback that the meeting was held too late for many people to attend. The meeting has been moved to the last Saturday of each month following our 10:00 a.m. meeting. Our next meeting will be on March 25 at 11:00.

Alena will send out another email listing the available positions for our new Board.

Michael agreed to be Treasurer.

Alena is also asking for a backup Webmaster for SSA/MAA.

2. Michael had a suggestion for our speaker meetings. Rather than share life story, speakers could explain how they work through the steps. Speaker could share how they work a specific step. They could tell what worked and what didn't work. It could be more of a teaching/learning meeting.

3. The next Speaker meeting will be on March 26. This is the last night of our Spring Fling which will be held in Atlanta at Shirley's house (the house that MAA built). Michael suggested that the group could share some of our experiences from our weekend. Alena agreed and said she would organize that meeting.

The meeting was closed with the We version of the Serenity Prayer.

Meeting notes submitted by Lorna

Group Conscience Notes for Meeting held February 4, 2017

Active Attendees:

Cindy
Kevin
Leslie
Lorna
Malcolm
Michael
Shirley

Old Business

1. Michael will reach out to Rex to see if he is still our treasurer. Becky wondered what our expenses are and how much money we have.

2. Michael offered to be our Chair for our new Board. Alena suggested that we have our meeting before our Sunday night speaker meeting.

3. The Atlanta group will host our Second Annual Spring Fling on March 24-26. Alena asked for suggestions for activities that we could participate in that weekend. Shirley suggested that we discuss that at our Face-to-Face meeting.

New Business

1. Shirley said that Alena has been locked out of the website. We need to hire someone to help with Wordpress program. Kevin offered to help Alena since he has some experience with that. We gave him Alena's phone number.
2. Malcolm suggested that we have a quarterly custodian meeting to help manage and build the organization as a whole.

The meeting was closed with the Serenity Prayer.

Meeting notes submitted by Lorna

Group Conscience Notes for Meeting held January 7, 2017

Active Attendees:

Alena
Becky
Donna
Lorna
Malcolm
Michael

Old Business

1. Previously, Michael had suggested that we reframe the meeting format. He agrees that the changes that have been made look good. (close item)
2. Donna commented that the custodian concept is working. She suggests getting on the call 5 minutes early. She asks for attendees' phone numbers then calls them and asks if they would like a text reminder about the meeting. Michael said that the custodian is more for any newcomers. It was suggested that reaching out to new members and getting their email addresses should be added to the custodian's duties. (close item)
3. Alena will ask members if it is ok to post their information of our website. She previously received only 2 responses to this question. Michael thinks we should have one contact person. Then collect city and state information. Alena will be the hub and try to connect members in the same areas of the country.

New Business: Open Items

1. Becky asked how much money we have and what our expenses are?
2. Previously Shirley suggested that we have a board – a committee not associated with a meeting, but for the over-arching organization. Michael volunteered to be the Chair. It could be a quarterly meeting of the “old-timers”. Alena will send an email to the members to ask when we can have the first meeting and set up a schedule. She suggested that we have the board meeting on the Sunday night the Sunday before the last speaker meeting.
3. Spring Fling
The Atlanta group will host our Second Annual Spring Fling on March 24-26 at Shirley's house. Alena asked for suggestions on what activities we would like to do that weekend.
4. Michael suggested a format change. He thinks we shouldn't say “please call me”, but we should take it upon ourselves to call newcomers and other members.

The meeting was closed with the Serenity Prayer.
Meeting notes submitted by Lorna

SSA/MAA Steering Committee Meetings

Next meeting scheduled for Nov 19th at 6 PM

Sept 17th 2017

Attendees:

Michael, Alena, Shirley, Lorna

After a moment of silence for all who suffer from this addiction both in and out of these rooms, we opened with the We version and a reading of the 12 Traditions.

Discussed old business

All action items are closed.

Regarding having Steering Committee Meeting Notes on the Web site

Michael brought up a concern about what is on the site. Shirley suggested we add a process to review the minutes from the last meeting, vote on them, if approved they'll be posted.

Cindy suggested that they go out to the Steering Committee with a week to respond, they can be posted as written.

If no response, they will be posted.

Motion passed unanimously.

June 24th 2017

Attendees:

Michael, Alena, Shirley, Lorna

Michael gave the treasury report, voted on a prudent report of \$200

Mar 25th 2017

Attendees:

Michael, Alena, Shirley, Lorna

After a moment of silence for all who suffer from this addiction both in and out of these rooms, we opened with the We version and a reading of the 12 Traditions.

Update on Hot Items from Feb Meeting:

1. Finances - Michael, as our Treasurer will handle financial issues.
2. Web site - Alena found that designing a new site was the best solution to the issues.
3. We filled The Board - Request was sent and all Board Positions filled.

Board Postions:

- Chief: Shirley
- Vice Chief: Cindy
- Treasurer: Michael
- Secretary: Lorna

Also sent request for volunteers for these additional service positions that are not part of the board but are still great opportunities for service:

- Meeting Representative (1 for each meeting) >> This position will be filled by our meeting custodians.
- Committee members and committee leads (writing and literature projects are available)
- Legal consultants (someone who can advise the fellowship on legal and/or tax issues)
- Accountants
- Web master (Alena is providing this service but experience has shown that it's prudent to have a backup - we will provide hands on training)
- Web Subject Matter Expert -with the movement to a GoDaddy site, we now get the assistance we need for free so we're all set!

Feb 26th 2017

Attendees:

Shirley, Lorna, Alena, Cindy

After a moment of silence for all who suffer from this addiction both in and out of these rooms, we opened with the We version and a reading of the 12 Traditions.

The Vision for the Steering Committee: The purpose is to organize the fellowship.

Duties include:

- Authoring the basic meeting format which can then be modified by the meetings as is their preference
- How many members on the board? When do they meet? How often?
- We want to create a structure to handle issues as they arise
- Create literature
 - Something like OA's Tools - 8 primary tools which we use as part of our recovery
- Set short term goals
- Set up a board

- Get the experiential hands on parts of the book together as a resource for all meetings - see toolset on page 215

Board Positions:

- Chair
- Vice Chair
- Treasurer: Michael
- Secretary

Additional positions that are not part of the board:

- 1 Representative for each meeting
- Committees and committee leads
- Legal consultants (someone who can advise us on legal and/or tax issues)
- Accountant
- Web master

Regarding the legal issue of the Web site:

What about the Web site - we technically don't own the web site. It's technically owed by Tom who is not responding to our requests.

GoDaddy advised that only Tom can have access because he has ownership.

For SSA to have ownership of things we need to be an LLC, (Limited Liability Corporation) It takes an attorney and money, both start up costs and recurring fees.

Hot Items: We need to do what's right in front of us.

4. Finances - we need a treasurer and we need to get a handle on the money we have
5. We need to get tech support for the issue we're having with the web site
Proposal: Alena will get with Kevin - see what we can do for free and then is we need to pay for support come back to the group.
6. Fill The Board
Who do we send the request to - all members

History:

Shirley talked about how OA got it's jump starts - namely that the founder was interviewed on TV and also through the publishing of a letter in Dear Abby.

Group Autonomy is Important and outside the purview of the Steering Committee

The groups continue to make their own decisions including about what types of meetings they want to have (i.e., the experiential meeting on Thursday nights, Sunday as a speaker meeting). Each one also decides what meeting format they will use, if any.

The Steering Committee provides meeting formats and other resources to the groups but utilization is determined by each meeting.