

# **SSA/MAA Group Conscience Meeting Minutes for 2018**

*Updated 09/29/18*

## **Wednesday Meeting**

### **Group Conscience Notes for Meeting held Sept 5 2018**

#### **Old Business:**

Reviewed that last GC for the newcomer that either the Newcomer Letter or a five minute share story of recovery as written in format could be done at each meeting where there is someone who identifies themselves as a newcomer.

#### **New business:**

Motion made re: Reading promises.

Options discussed were

- 1.MAA/SSA
- 2.AA Big Book
- 3.Both or
4. Leave it to meeting leader.

Motion made "Leader has option of which promises to read." passed.

Discussion on when to start and how long GC should be.

Motion made "GC to start 10 minutes early before end of meeting and to not last longer than 20 minutes." Motion passed.

Statement that group text message of meeting reminder not be used for other messages.

Decided that the leader of first Wednesday meetings would be leader of that month's GC meeting. For now, Becky be secretary.

### **Group Conscience Notes for Meeting held Aug 1 2018**

No old business

No Treasurer's report

#### **New business:**

3 new items to discuss:

1. Newcomer's welcome letter
2. Promises
3. Use of group text line

Discussion of options of when to read Newcomer's welcome letter lead to motion of "Leaving 'it' the way 'it' is in current format." Motion seconded and passed unopposed.

Discussion on options of reading the promises did not bring forth a motion and was tabled to Sept. GC meeting.

Item #3 not discussed.

Motion made to end GC (was lasting too long). Seconded and passed with request to add "Limiting GC time" as an item on agenda for Sept. GC meeting.

### **Group Conscience Notes for Meeting held July 2018**

#### **Attendees:**

List of attendees not available

#### **New Business**

At the Group Conscience in August, we'll be discussing options that we might want to do in regards to the reading of promises and newcomer welcome and if possible even vote on some of the motions at the meeting.

Meeting Notes Submitted by Becky

### **Group Conscience Notes for Meeting held March 7, 2018**

#### **Attendees:**

List of attendees not available

#### **New Business**

Motion, discussion for establishing a monthly leader.  
Was decided to go week by week.

Discussion for leader to come in 3-5 min early  
Was decided not to request this of leader.

Request leader to follow-up asking for phone number at time of share and if need/can be sponsor

Donna willing to remain custodian, but is willing if someone would like to be custodian to have rotation of service.

Meeting Notes Submitted by Becky

## **Thursday Meeting**

## **Group Conscience Notes for Meeting held Aug 2, 2018**

### **Attendees:**

Alena  
Cindy  
Shirley  
Catherine  
Sarena

### **Old Business**

We discussed the open project of going through the book and pulling out experiential exercises and setting them up so they can be done by the group.

#### **History:**

The project was started by a member but they left with it unfinished.

Shirley has the results of the effort and will make it available to anyone who would volunteer to take this on.

Suzanne had agreed to step forward but had to step back for a while..

Alena contacted Suzanne but she is still dealing with some challenges.

All were invited to participate in the project but no one stepped forward.

Alena will set up a meeting with Suzanne and Shirley when Suzanne is available.

### **New Business**

No new business

Meeting adjourned

Minutes submitted by Alena

## **Group Conscience Notes for Meeting held July 5, 2018**

### **Attendees:**

Alena  
Cindy  
Caroline  
Shirley  
Mark

### **Old Business**

We discussed the open project of going through the book and cataloging the exercises by they left. Shirley has the effort to date and can make it available to anyone who would volunteer to take this on. Suzanne had agreed to step forward and make this happen. Alena will contact Suzanne.

**New Business**

No new business

Meeting was adjourned.

Minutes submitted by Alena

**Group Conscience Notes for Meeting held May 3, 2018**

Meeting was deferred due to low attendance

**Group Conscience Notes for Meeting held March 1, 2018****Attendees:**

Alena

Amy

Laurel

Shirley

Suzanne

Steve

**Old Business****From our last Group Conscience meeting in Dec 2017**

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.

Alena asked is this wasn't what we already doing. Shirley reminded us that the group conscience was that this was to be an experiential meeting where we did the exercises in the book.

We had someone take on the project of going through the book and cataloging the exercises by they left. Shirley has the effort to date and can make it available to anyone who would volunteer to take this on. Shirley can be reached at 770-335-2661.

Suzanne agreed to step forward and make this happen - she will contact Shirley. (Yay Suzanne - thank you!)

**New Business**

In the interim we could continue our project to author Promises for our program.

Alena will send out what we have so far and we can start working on these again next week with the format of the meeting being that everyone will check in and then we'll work on our writing project.

Meeting was adjourned.  
Minutes submitted by Alena

## **Saturday Meeting**

### **SSA-MAA Group Conscience 8-4-2018**

#### **SSA-MAA Group Conscience 7-7-2018**

Attending: Alena, Caroline, Catherine, Cindy, Mary H., Ugochi, Robert, Shirley  
Meeting lead by Alena  
Meeting opened with the reading of last months minutes by Robert, accepted by acclamation.

#### **Old Business:**

Caroline is unable to colead Friday Meeting due to conflict with her child's school schedule.

Suzanne was not contacted but Robert agreed to contact her about co-leading a Friday meeting.

It was unclear that the announcement to extend the Saturday meeting time by 15 minutes reached all meetings.

Shirley suggested the announcement be made by email.

Motion made and seconded to do that. Alena agreed to do that.

#### **No New Business**

Meeting closed by acclamation

Closed with the "We" version of the Serenity Prayer

Respectfully submitted by Robert G. Secretary

#### **SSA-MAA Group Conscience 6-2-2018**

Attending: Caroline, Cindy, Lesley, Robert, Suzanne

Meeting opened with "We" version of the Serenity Prayer  
Reading of the Minutes from last month, accepted by acclamation

Old Business: Caroline expressed an interest in co-leading the Friday meeting with Robert but needed to check her children's new schedule. She will learn that next week. Suzanne expressed an interest in also co-leading. Since each group is autonomous, there is no reason to limit to only two co-leaders, so Caroline, Suzanne, and Robert will coordinate on a time for the new Friday meeting and how that will work by rotation or whatever and get feedback to schedule it on the website by next month or before.

New Business: Caroline suggested that since there were approximately 14 people on the call at the beginning, that the meeting time be extended by 15 minutes to give more people time to share or give more time for each person to share. After discussion, it was decided to announce this proposed change in the format at each of the next three weekly Saturday meetings and to vote on it at the next Group Conscience the first Saturday in July. No further new business.

The GC closed with the "We" version of the Serenity Prayer.

Respectfully submitted by Robert G., Secretary

### **SSA-MAA Group Conscience 5-5-2018**

#### **Attending:**

Lorna, Michael, Malcolm, Donna, Sherry, Alena, Robert

Meeting opened with "We" version of the Serenity Prayer  
Reading of the Minutes from last month

#### **Old Business:**

Robert will partner with someone to reopen the Friday meeting.

Michael asks about renewing the w New Business website. Alena said it was business for the Steering Committee, she will email Michael to coordinate. No further Old Business.

#### **New Business:**

Michael suggested a book he is using, Many Roads, One Journey, Moving Beyond the Twelve Steps by Charlotte Davis Karl, Ph. D. with suggestions for improvements for our format/updates.

Lorna asked about the book he is using for the Tuesday meeting on Emotional Sobriety, Twelve Smart Things To Do When The Booze And Drugs Are Gone, by Allen Berger, Ph. D.. Sherry asked if we were considering changing the format. Robert said these texts might be considered for any improvements to our SSA Fellowship, but no action was proposed at this time. Referring to the meeting just concluded that included the idea from Michael that the Recovery Journey ran on wheels that had many spokes such as meetings, sponsorship, Steps, etc. but there may be other spokes that would strengthen an individual's Recovery. No further discussion

Robert Moved to close the meeting, Lorna Seconded the Motion, passed by acclamation.

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

Respectfully submitted by Robert G., Secretary

**SSA-MAA Group Conscience 4-7-2018**

**Attending:**

Lorna  
Michael  
Amy  
Cindy  
Lori  
Alena  
Robert

Meeting opened with "We" version of the Serenity of the Serenity Prayer  
Reading of the Minutes from last month

**No Old Business**

**New Business:**

Michael suggested that since Saturday morning is our best attended meeting, mentions could be made in other meetings to support it.

Discussion of the suggestion from the Steering Committee meeting that last Sunday of the month Speaker Meeting would add a "workshop" meeting or a topic meeting on other Sundays. Michael said he would be interested in such a workshop and had ideas for possible topics. General approval but no direct action taken.

Lori asked if the web page was up to date and was told it was and that the Friday meeting needed support. She should contact Alena our Web Mistress to confirm. Amy asked if any action had been taken and was told discussion only, no vote on any new business.

Hearing no other new business a motion to adjourn was made and seconded, passed by acclamation

Meeting closed with "We" version of the Serenity Prayer  
Respectfully submitted by Robert G., Secretary

**Group Conscience Minutes for Saturday, March 3, 2018**

**Attendees:**

List of attendees not available

**Old Business:**

Discussion of group name, Phone List, Lorna giving up Secretary position after one year.

**New Business:**

Consensus decision to keep both names with the tagline "Self Sabotager Recovering From Misery Addiction" since there were advocates for both names.

>> *Edit from Alena*

*Thank you for the reminder. Meeting formats will be edited to reflect this new tagline.*

Secretary position open, Phone List discussion.

Robert agreed to take Secretary position and suggested it made sense for the Secretary to coordinate the Phone List. Best way to get on the List is to text him at 404-310-6517.

Alena will determine from new website provider GoDaddy if and how to keep the Phone List confidential. It was suggested the List only be available to members by request on email.

>> *Edit from Alena*

*We contacted GoDaddy and there is new functionality in the works. We're hoping to demonstrate and train on it during the meeting hosted on the last Sunday of the month. Alena will also work with all Meeting custodians to set up a time either before or after each meeting to offer training to those who want it. We will do it in such a way that it does not impact the meeting time.*

Donna requested a new Step Meeting Coordinator take over. It is a rewarding position in talking to people, announcing the Step Meeting and asking for volunteers in other meetings, and to keep in touch with the Steps. She agreed to continue if no replacement comes forward.

Motion to close made and seconded, there being no new business.  
Meeting adjourned by acclamation.

Meeting notes submitted by Robert

**Group Conscience Minutes for Saturday, February 3, 2018**

**Attendees:**

Alena  
John  
Shirley  
Jay  
Shirley  
Suzanne



**Old Business**

Michael had suggested that we decide on our group name. Since then votes have been coming in.

Sherry wondered about an annual general phone meeting to discuss these kinds of issues. She was told that we have a steering committee and was told that she is welcome to join. She also suggested that we have a phone list. Alena suggested that we wait until we've decided on our name.

**New Business**

Lorna has been the secretary for this meeting for over a year and is offering the service opportunity to someone else.

Alena said that she will take it on for now and will announce it at our next group conscience meeting.

There was no more new business.

We closed with the We version of the Serenity Prayer.

Submitted by Lorna

**Group Conscience Notes for Meeting held January 6, 2018****Attendees:**

Alena  
Cindy  
Donna  
Lorna  
Malcolm  
Michael  
Shirley  
John from Maryland  
Sherry from Kentucky

**New Business**

Michael –suggested that we need one name for our group –either we are Self Sabotagers Anonymous or Misery Addicts Anonymous. It's confusing. He feels that it's two different programs. He chooses Self Sabotagers Anonymous.

Alena – agrees with both – it's the behavior of self sabotage – it's the equivalent of "Hangover's Anonymous" – that's what happens when I drink as opposed to Alcoholics Anonymous- which is the behavior which caused the hangover

Shirley – it has come up many times because it is confusing. We're much bigger than we were 8 yrs. ago when it was last brought up. One person felt very strongly that it should be Misery Addicts because that was the foundation – so they comprised and kept both names. It is up to the group conscience to decide what we want to be called.

Michael and Robert will write up the proposal. We will discuss at all meetings during January and will use the last Sunday meeting in January to have a group discussion. We will vote at the Sunday night meeting at the end of February. Michael will lead that meeting.

Sherry wondered about having an annual general phone meeting to discuss these kinds of issues. She was told that we have a Steering Committee and was asked if she would be willing to join. She will give it some thought.

Sharing a phone list via text or email was brought up. Alena will send out a blast concerning this suggestion (*Alena is deferring on this until the name issue is voted on - believe the fellowship will do better handling one thing at a time. It will be included with the announcement about the new name, along with some flyers and cards people can use.*)

We closed with the We version of the Serenity prayer.  
Meeting notes submitted by Lorna

## **Steering Committee - SSA/MAA Board Meeting Minutes**

### **June 8, 2018 - Steering Committee Meeting**

(amended on September 15, 2018)

#### **Attendees:**

Alena  
Lorna  
Cindy  
Michael  
Shirley  
Donna

HP took care of Tuesday/ Friday meeting issue.

If we want to have a solid board, we need to document our service positions. If we have quarterly meetings, our next meeting will be September. We decided that our next meeting will be September 15. We will have our service positions ready for Alena no later than September 8.

501c3 – Cindy hasn't heard back from Anne. She will try another avenue.

Michael suggested that we put something in format stating that sponsorship is a key component of this program. If you are looking for a sponsor it is your job to reach out and make the contact. If you hear someone who has what you want, listen for their phone number and give them a call. We can ask if anyone can sponsor or be a temporary sponsor. Alena will add this to the format before the sentence asking who would like to do the service of leading this meeting next week. If no one speaks up, we can say keep coming back.

Sunday night meetings - Our meeting on Sponsorship was very successful. Michael suggests a co-leadership of these meetings to get different perspective.

Cindy said that coming up with some ideas and presenting them to committee could be a role for the 2<sup>nd</sup> chair. She like the title 2<sup>nd</sup> chair as opposed to Vice-Chair.

What topics would we like to discuss in June, July, and August. Shirley suggested a Meeting Manners format – people can tell what they like best and what they get out of meetings and what their pet peeves are. Shirley said that we need a good title to draw people to our meetings. She suggested *How to Strengthen Your Program*. Alena wrote a description of our next Sunday meeting and put it on our website. Where it says “promote Sunday night meeting” in format, Alena will add “see website for topic”. Donna also suggested the title *How Recovery Continues*.

Michael suggested distinguishing between key differences between 12 step programs and therapy and why therapy is more beneficial than 12 steps. He would also discuss how you can do them together. Shirley wondered if it went against our traditions, but since it is Michael's own opinion (he said he has read research on the subject, too) it is ok to have as a topic. Michael will write up something about the topic and send it to the Steering Committee for our feedback.

Michael also wondered if it is ok to put his Podcast on our website. Alena agreed that it was ok.

Shirley wondered about formalizing group texts. Alena –some people don't want group text – she sends text over and over to everyone – takes about 5 min. Texts go out at 10 min. til meeting.

Shirley suggested that if someone “vomits” misery on a meeting that we should contact that person and talk about what a healthier share would be. (?)

Pulling trigger on promises? Shirley read and got our feedback – recording stopped, but I think we all agreed on the latest version of the promises.

Respectfully submitted,

Lorna

## **Steering Committee Minutes for March 3, 2018**

### **Attendees:**

Alena  
Cindy  
Lorna  
Michael  
Shirley

### **Name Change discussion**

- After several weeks of great, enlightening discussion about what to call our organization and then tallying the votes, we've decided to keep both names.
- Cindy suggested putting comments about our discussions on the F & Q on our website. Something productive has come out of all of this. Shirley said a subtitle could be "I'm a self saboter and a recovering misery addict". "It softens the blow of the misery addict."
- We need to make a change to the meeting format.<<-This has been added to the introduction of section of each meeting format "I am a Self Saboter Recovering From Misery Addiction and the leader for today."
- We could ask people to lead the meeting for the whole month. <<-This option has been added to the meeting formats.

### **Welcome letter**

- Alena wants to incorporate Shirley's "old" welcome letter somewhere on our website.

### **Board Positions**

- Michael would like to let someone else take his treasurer position. We discussed having our own bank account.
- We've never set terms for our positions.
- We each need to document what our position entails then we can let the membership know what is involved and how long it will last.
- Alena will send out a template for us to fill out. <<-Send 5/28/18
- We could rotate or roll-off positions so that the person in the role is there to guide the new person.
- There is a document on our website called Board positions – bare bones structure. We need to flesh it out and then vote on it. We need a way off the board.
- We'll always be advertising for a Web Master back-up.  
Also will provide details about the role.

### **501C3 status**

- Cindy found that we do have 501C3 status, but we are inactive. Anne Katherine and Kate Barton are named as principles. It was registered in May 19, 2004.

- How do we reactivate it?
- The person filing it needs to live in the state is opened in, but the other people can live anywhere.

### **General Concern**

- Michael is bothered (mostly in other fellowships) when people come on the call and says if anyone would like to contact me here's my number. It's almost a victim mentality. He thinks in this program we should reach out for what we need.

### **Sunday Night Meeting**

- Shirley suggested that our Sunday night once a month meetings could be turned into an educational vehicle. Those meetings could be Speaker/Workshop meetings.
- Michael will write a summation of what our Sunday night meeting are being converted into.
- Michael would like to lead a workshop about how to share our experience, strength and hope during meetings. Some people go into lecture mode. Some of what they share could be discussed with their sponsor.
- We can call people to explain how to share on a meeting.
- How do we share what is most beneficial to my recovery when we're on a fellowship meeting?
- Can we write and then read a few sentences reminding everyone to share their experience, strength and hope ? Michael suggested just saying, "Who would like to share their experience, strength and hope?" every third time or so. <<- Do we want to modify the meeting formats to add this??
- If someone didn't "share well", we don't want to rub their noses in it.

### **Steering Committee Meeting Schedule**

We will aim for having a Steering Committee the first Saturday of every month after the Saturday Group Conscience meeting.

### **Concern About Tuesday/Friday Meeting Leader**

Alena received a call from someone from the Tuesday/Friday meeting. The leader went into attack mode and ripped into that person.

If you accept the job as a guardian, you need to give the Board your phone number. Shirley will attempt to talk to this leader about the issues.

We closed the meeting with the Serenity Prayer.

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**

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  
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 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

### **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 3<sup>rd</sup> 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**

### **Minutes for Steering Committee for MAA/SSA Group held on November 19, 2017**

#### **Attendees:**

Alena  
Cindy  
Lorna  
Michael  
Shirley

#### **Old Business**

Michael expressed concern about what was on the site. Shirley suggested we add a process to review the minutes from last meeting, vote on them and if approved they would be posted.

Cindy suggested that they go out to the steering committee with a week to respond and then they can be posted as written. If no response they would be posted. The motion passed unanimously.

We now need two representatives for each meeting. As far as we know, we do have two. Shirley sent out a few writing projects, but did not hear back from anyone. She said she would give a nudge and see how it goes.

In the Face to Face meeting, we have added some readings to the meeting format. The readings give the leader the choice of a topic to read and discuss. These have been well received. We are also beginning the writing of our own 12 & 12. Alena has been doing a great job! She has been writing material and bringing in writings from the different literatures. She brings the drafts to our meeting for us to work on. We may have a chapter ready in about 2 months. We came up with some "rules for the road" as we write it.

#### **New Business**

We discussed the new logo. Michael likes the logo but had a suggestion about the wording on one side. He doesn't like the word sunshine. He wants to attract more men to our group. After much discussion we decided on Living in Love, Hope and Trust for now.

Michael will try to get in touch with his contact for the Emotions Anonymous group to get more ideas from her.

Shirley suggested that all the custodians should be trained on the computer to monitor the meeting, to see who's on the meetings, etc. She said that the host can put in a code on your phone to mute callers (PIP's – Person in Pain) who are disturbing the meeting. She wants to get training on that as well. Alena will reach out to custodians to set up times to train them. Also, Shirley said that the Wednesday meeting is going to vote on having someone volunteer to lead a meeting or either find someone to lead for a month. Alena said that this has already passed and it has been implemented.

Alena and Shirley discussed asking some of the “new kids” ahead of time to lead the experiential Thursday night meeting. It has been taking time away from the beginning of the meeting to encourage someone to lead. Drafting a person to do service usually works. Michael said that leading or doing readings is not everyone’s cup of tea.

Alena found a free reminder app where she can set up advance texts for the week. We need to let Alena know which meetings we want to be reminded of and she will set it up. She will send another email about this.

Alena has heard some disturbing news about the Tuesday and Friday meetings. Jane is setting herself up to be the expert during the “after meeting”.

Someone from the steering committee could attend these meetings and confront this person. She won’t give out her phone number. She is trying to isolate herself and drive people away. Shirley agreed to go to the Tuesday, November 21 meeting. Alena agreed to take a Friday meeting.

Shirley referred to page 219-221(Compassionate Communication) in When Misery is Company that we could help us understand why Jane is doing what she is doing. The passage explains how you can communicate with someone respectfully.

We closed the meeting with the We version of the Serenity Prayer.  
Submitted by Lorna

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 if 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 its 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.