

# SSA/MAA Group Conscience Meeting Minutes for 2018 - 2019

Updated 04/05/19

## 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 3-2-2019**

Present: Cindy, Lesley, Lorna, Shirley A., Robert G.  
Meeting lead by Robert G.

Meeting opened with the "We" version of the Serenity Prayer  
Last month's minutes unavailable due to lost notes but best group recollection  
was no old or new business

Old Business: Shirley & Michael still working on shortening the opening format

New Business: Alena is stepping away from managing the website after several  
years of service. She will continue to do minimum upkeep like posting these  
minutes, but the group needs to find a new webmaster.

Meeting closed by acclamation  
Closed with the "We" version of the Serenity Prayer

Respectfully submitted by Robert G., Secretary

### **SSA-MAA Group Conscience 1-5-2019**

Present: Cindy, Elaine, Michael, Ogochi, Robert G., Shirley A.  
Meeting lead by Cindy

Meeting opened with the "We" version of the Serenity Prayer  
Reading of last months minutes by Robert, accepted by acclamation.

No Old Business

New Business: Question of whether the closing Serenity Prayer could be  
followed by "Thy will not mine be done." Consensus discussion by Shirley and  
Cindy was that each group was autonomous unless it affected other groups or  
the Fellowship as a whole. These kinds of minor format variations were assumed  
to be acceptable unless there was a complaint.

Ogochi asked if the Newcomer Announcement could be read at every meeting as  
she found it helpful. Shirley suggested that whoever leads the meeting could ask  
if anyone wants it read. The leader usually has wide discretion over choice of  
topic or readings, but the preference is to keep the opening shorter so as to allow

more time for sharing, in keeping with the tradition that formalit and organization be kept to the minimum necessary, unless agreed to by the Group Conscience.

Meeting closed by acclimation

Closed with the "We" version of the Serenity Prayer

Respectfully submitted by Robert G., Secretary

**SSA-MAA Group Conscience 10-6-2018**

Attending: Shirley, Ogochi, Alison, Helene, Cindy, Robert

Meeting lead by Cindy

Meeting opened with "We" Version of The Serenity Prayer

Cindy announced Service Opportunities available on the website,

[MiseryAddicts.org](http://MiseryAddicts.org), instructions to go to "More," scroll to bottom for Service

Opportunities. The time to rotate through the service positions, roles, and responsibilities are under discussion. Several people expressed gratitude for the text reminder of the meeting and Cindy, Custodian for this Meeting said she would be the one to send that reminder text so she or Alena our Webmaster could add a phone number to the group text reminder. Other service positions open are the Step Study Meeting on the second Saturday of the month currently held by Donna, and a Legal Advisor for helping to get our 501 C(3) Tax Exempt status. Also Board positions, committees, text study meeting, proposed workbook, monthly Sunday night Speaker Meeting and others. Service Opportunities are an important support for both personal Recovery and to maintain the health of the Fellowship.

Old Business: No Old Business

No New Business

Meeting closed by acclimation

Closed with the "We" version of the Serenity Prayer

Respectfully submitted by Robert G., Secretary

**SSA-MAA Group Conscience 9-1-2018**

Minutes not available

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

Minutes not available

**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