

AGENDA – GAA Meditation Meeting Group Conscience Meeting FEBRUARY 1, 2025

- *Decision making - 4 or less attendees requires a unanimous vote, otherwise a simple majority (1 greater than 50%). Abstentions do not affect a unanimous decision. (July 6, 2024).*
- *Each member has a voice and a vote, please limit shares to 2 minutes.*

1. **WELCOME.** Serenity Prayer and 2nd Tradition

Higher power grant us the serenity to accept the things we cannot change, the courage to change the things we can and the wisdom to know the difference.

For our group purpose there is but one ultimate authority - our group conscience as guided by power greater than ourselves. Our leaders are but trusted servants; they do not govern.

2. **REVIEW and APPROVAL of MINUTES.** *January 4, 2025 minutes* are at the end of this document and at this link gamingaddictsanonymous.org

3. **MEETING LEADER and REP VACANCIES.** (Onboarding Protocol).

A. Meeting Leaders. Onboarding New Leaders.

B. Group Conscience Leader. Onboarding New Leader.

C. Zoom Security Rep. Lori has stepped down. New Rep?

D. GSC Rep. Current Rep has served 6 months. Continue or do we need a new rep?

4. **GC MEETING TIME.**

A. Results of the Poll. Results are below.

5. **LEADERLESS MEETINGS/REMOVAL from SCHEDULE.**

- A. There is a timeline protocol established for removal of a group, but not a protocol for how this gets done. *Suggestion:* Leaderless meetings are identified and tracked through the Group Conscience. Meetings that remain leaderless for 3 weeks are removed from the schedule at the next meeting of the GC. At that time, a member will take responsibility for completing this task within the week following the GC meeting.

6. **OTHER (Deferred or New Business).**

A. Meditation Group Protocols Update. A list of [current protocols](#) is available in one document; it can be updated in Google Docs. The document is also in the Meditation Business Forum and linked in the Meditation Group WhatsApp.

B. Agendas/Minutes in the *Meditation Business Group*. Would it be helpful to combine the Agenda and Minutes from each month one entry vs. 2 separate entries?

C. WhatsApp Leadership Groups. Consider the recommendation to combine WhatsApp Meditation Leaders Group with Online Leaders Group? Pros/Cons?

D. Review/approval of [applicant questionnaire](#). (see supporting documents below). Is this still a relevant/needed?

E. *Job Sharing*. Can meeting Leaders “job share” a meeting, e.g., every other week?

7. REPORT from ZOOM SECURITY. No report/current representative has stepped down.

Minutes from the most recent meeting are here:

<https://www.gamingaddictsanonymous.org/forums/viewforum.php?f=17&sid=daca0a1afe2ea9c6839ec0801af2b00f>

8. REPORT from GSC. Minutes from the most recent meeting are here

<https://www.gamingaddictsanonymous.org/forums/viewforum.php?f=2&sid=e37febf80ad29b0fc51c6ba00bb6cd3f>.

9. CLOSE.

A. Next meeting. March 1, 2025

A. Serenity Prayer

SUPPORTING DOCUMENTS

MINUTES - GAA Meditation Meeting Group Conscience Meeting

JANUARY 4, 2024

- *Any documents/references under discussion are generally included after the agenda, under “Supporting Documents.”*
- *Decision making - 4 or less attendees requires a unanimous vote, otherwise a simple majority (1 greater than 50%). Abstentions do not affect a unanimous decision. (July 6, 2024).*
- *Each member has a voice and a vote, please limit shares to 2 minutes.*

ATTENDANCE: Pamela, Carol-Ann, Martin, Dagmar, and Tim.

1. Welcome. Serenity Prayer and 2nd Tradition

Higher power grant us the serenity to accept the things we cannot change, the courage to change the things we can and the wisdom to know the difference.

For our group purpose there is but one ultimate authority - our group conscience as guided by power greater than ourselves. Our leaders are but trusted servants; they do not govern.

2. Review and Approval of minutes. Not discussed, as there has been no minutes to approve since June 2024. The last set of minutes available can be found here - ([Meditation Group - GAA Group Conscience \(gamingaddictsanonymous.org\)](https://www.gamingaddictsanonymous.org)).

3. UNFINISHED BUSINESS.

A. GC MEETING TIME.

a. Agreed to move this meeting ahead 1 hour to 10am ET (Dagmar asked Scott to change the time on the calendar). **Unanimous**

b. Agreed to put out a WhatsApp poll to determine if another time would be better for members (Pamela will generate a poll). **Unanimous**

B. **CURRENT VACANCIES. IDENTIFY. VOTE ON NEW LEADERS.** See onboarding protocol below.

- a. Martin was considered for and appointed to leadership of the Saturday meeting. **Unanimous.**
- b. Tim requested and was appointed to lead the Friday meeting. **Unanimous.** Tim noted he may be absent occasionally due to other scheduling demands and would need a substitute for those times.
- c. Carol-Ann was recognized as the leader of the Sunday meeting.
- d. Review of current openings. This is the status of openings as of today. Pamela agreed to post a notice in WhatsApp to alert members to the current situation and request service to fill the gaps.
 - Monday - leaderless
 - Tuesday - Tuesday
 - Wednesday - Leah
 - Thursday - leaderless
 - Friday - Tim
 - Sunday - Carol Ann
 - Saturday - Martin
- e. Group Conscience Leader. **Deferred.** This issue will be addressed formally at a future meeting, however Tim noted that if he's available to attend the meeting he would be happy to facilitate.

4. **ONGOING MEETINGS.** What do we do about leaderless meetings?

- A. Meditation meetings on the calendar without a leader for 3 weeks will be taken off the schedule until such time a leader steps up, then it will be put back on the calendar. **Unanimous.** Note: This protocol is adapted from the EGGA protocols for handling leaderless meetings. Pamela will post this in the WhatsApp.

5. **Other Leadership Questions.**

- A. *Protocol regarding leaders of potential leaders struggling with sobriety.* The discussion focused on "potential leaders." Agreed to keep this on a case by case basis with the requirement that the individual has to meet with the GC to be considered for appointment. In support of that, it was agreed to change the language of the current protocol to be more specific about how this situation is handled. **Unanimous.**
- Only the Group Conscience can vote to appoint meeting leaders who *do not strictly adhere* to the minimum leadership requirement on a case by case basis. ***An individual interested in leading must attend a Meditation Group Conscience to be considered for meeting leadership.***
- B. It was agreed to *clarify language for appointing a temporary leader by a trusted leader*, by adding the following language related to leadership requirements. - Unanimous.

- At the sole discretion of one trusted leader a temporary appointment of a meeting leader can be made for an opening on the calendar ***if that individual meets the minimum leadership requirements (30 days sobriety, attended 10 meetings).*** The temporary leader is expected to attend the next Group Conscience Meeting to be formally appointed.

C. Deferred. Review approval of applicant questionnaire. (see supporting documents below)

D. Deferred. Can meeting Leaders “job sharing” a meeting, e.g., every other week?

6. NEW BUSINESS.

7. REPORT FROM ZOOM SECURITY. No report. Minutes from most recent meeting are here

<https://www.gamingaddictsanonymous.org/forums/viewforum.php?f=17&sid=daca0a1afe2ea9c6839ec0801af2b00f>

8. REPORT FROM GSC. No report. Minutes from most recent meeting are here

<https://www.gamingaddictsanonymous.org/forums/viewforum.php?f=2&sid=e37febf80ad29b0fc51c6ba00bb6cd3f>.

9. CLOSE.

B. Next meeting.

C. Serenity Prayer

CURRENT MEDITATION LEADERS / GC REPRESENTATIVES to other GAA Groups

Onboarding Protocols for various GAA Meditation roles are included in a Google Doc entitled "Protocols Decided by the GAA Meditation Group Conscience" or in the minutes of the Business for GAA Groups - Meditation Group.

Reps to other Groups

Zoom Security Rep: Lori, (appointed June 1, 2024), stepped down as of February 1, 2025

GSC Rep: Carol Ann, (appointed June 1, 2024)

Meditation Meeting Leaders (with appointment dates, if known)

Monday: Leaderless

Tuesday: David (stepping down as of February 1, 2025); leaderless

Wednesday: Leah (10/14/2024)

Thursday: Leaderless

Friday: Tim (January 4, 2025)

Saturday: Martin (January 4, 2025)

Sunday: Carol-Ann (June 1, 2024)

PENDING Protocol for Applicants Unable to Attend a GAA Group Conscience Meeting

(PENDING) GAA Members awaiting approval but cannot make the GC meeting, can complete a questionnaire in lieu of attendance that will be reviewed by the GC. This, along with a recommendation from a trusted leader, will be used to determine the appointment.

(PENDING) GAA MEDITATION LEADER - APPLICATION (PROPOSAL)

Leading a Meditation Group requires approval of the Meditation Group Conscience (GC). To be considered complete and submit this application before the next GC meeting. The application can be submitted to any meditation leader via chat in your meditation group or via Whatsapp. Upon review of your application a representative from the GC will contact you about the outcome.

For more information about how to be a meditation leader talk with a current leader and if interested review *Being a Meditation Leader - A Reference Guide*.

Name (first name and initial only):

1. Have you attended 10 meditation meetings and been game-free for 30 days? (If you haven't it's not an automatic disqualifier, the GC decides eligibility on a case-by-case basis.)
Yes ___ No ___ If no, how many meetings attended and days game free?
2. Has a current meditation leader recommended that you pursue this position?
3. What is your interest in serving as a meditation leader? [/list]
4. Have you led groups before, either on-line or in person? If yes, describe briefly.
5. Do you have any experience working with Zoom?
6. What is your current availability to serve?
___ Weekly on a specific day, cannot substitute. Day(s) available -
___ Weekly on a specific day and substitute. Days available -
___ Substitute only; days available –
7. If approved, what date can you start?

POLL RESULTS

