

The SMR Business Meeting Minutes 25-2 Februaury

Welcome

Call to order, Jim R

Date: February 16 , 2025

Time: 8:55

Participants: Number of raised hands declaring their presence at start: 15

The ACA Serenity Prayer

General Guidelines

- 1. Call for Service (*The following attendees offered to be of service*)**
 - a. Meeting Chairperson - Kate
 - b. Recording Secretary - Jim R
 - c. Timekeeper - John J
 - d. Other (*optional*) -

2. Readings:

The Suggested Commitment to Service (BRB, pg 601), read by: Susan

The Tradition of the Month, read by: Elaine

The Concept of the Month, read by: Birgit

AUDIO RECORDING . No recording made

3. Approval of the Minutes

<https://www.acamorning.org/smr-business-meeting-january-2025/>

Motion to approve - Staci; 2nd - John; unopposed

4. Motion to Adopt the Agenda

Motion to adopt – Staci; 2nd – Birgit; unopposed

5. Reports (attendance - 19)

- Treasurer: [Shana] Report reviewed by Jim R
Add 'group' or WEB0120 to the SMR contributions line
- Service CoSecretary: Kate reported about recent trainings
- Communications CoSecretary:
- Webservant: [Staci]
- WSO Representative: [Vivienne]
- Other

6. Current Proposals - Update

Screen share, or reference, the status of the Proposals on our website:

SMR Proposals

Motion 25-2: Daily Meeting Script Review
Motion 25-1: Unity Prayer with 'pause'

MOTION NUMBER	STATUS	DATE OF DECISION
Motion 25-2	Voting Open	until February 21,2025
Motion 25-1	Voting Open	until February 21,2025

NOTE: If the voting submission is placed at the bottom of the post, place a notice at the top of the page - 'Vote below'

World Service Proposals

The ACA World Service Organization has published a Ballot of 13 Proposals which are being put before the worldwide fellowship for a vote to determine whether any of the issues will be placed on the agenda of the Annual Business Conference in May.

The proposals have been placed on our website for comment **until March 7th**. Afterward, each member will have an opportunity to vote on each proposal **until March 14th**. The outcome of the vote offers a strong indication of the group conscience, which will become final after group discussions, later in March. The proposals are posted here:

<https://www.acamorning.org/2025-ballot-proposals-your-voice-matters/>

7. Old and New Business and Procedural Guidelines

Old Business

Remaining from December:

A proposal concerning the Business meeting and the use of breakout rooms will be developed. An additional poll looking at the choice of the day of the Business meeting will be created. Jim R and others

[Several members contributed to the following discussion]

- We could still look at the possibility of polling around our Business practices. We have in the past moved from Monday to Sunday.
- Here's an idea - skip the Newcomer session on the day of the business meeting.
- And, continue with proposals on the website but have the *voting* in a business meeting.
- I propose having the business meeting in place of a regular meeting, 1 hr., 7:30 - 8:30. People are typically here at that time.

- My personal experience: shorter biz meetings. Within or immediately after the regular meeting. Discussion and decisions taking place over a few monthly meetings, keeping members informed throughout the process.
- I like the idea of having a business meeting instead of a regular meeting, yet believe it will be voted down. That said, I like being able to comment and vote online. Keep our proposal process. Biz meetings can be triggering, yet a personal growth opportunity.
- Perhaps we skip the self-care on the biz day, bring everyone back to the main room at :15, close the meeting and start the business meeting then.
- Also, we could schedule the biz mtg to be on the 1st, 15th or last day of the month so that the meeting would alternate with the days of the week.
- I vote that we change the process so that next month we go right into a business meeting, no Newcomer session. We have enough members here to make a decision. We don't need a poll. There are like 35 motions on the website*, if we draft an online proposal, it would be at the end of the line - we will never get to it. We need to make a decision now.
- We have a process in place. Any idea here would have to be formed into a proposal and placed on the website for comment and voting.
- I like the idea of suspending the self care reading on the day of the business meeting.
- What is our proposal process?
- **Go to: <https://www.acamorning.org/proposals-smr-business-meeting-practices/>**
- If the business meeting begins in the last 15 minutes of the regular meeting, members still may not be able to attend as the business meeting extends beyond 15 minutes. I suggest we keep it to within the 7:30 - 8:30 timeframe.
- The website violates some Traditions*, I feel, regarding people's names and anonymity. Also, a business meeting can make decisions about the business meeting without the group conscience... like, unless it were about larger issues like using the regular meeting time. In this case, this is about the time *after the meeting*, the Parking Lot, and we don't have to make 'proposals' about that time*. Besides, I don't participate in the online voting because I am a person who believes in Traditions and those Traditions are being violated. I'm just saying, this is a business decision and we are only changing the Parking Lot. I don't want to get into Robert's Rules and Traditions...
- The after meeting **is** part of the meeting, and changes to that part of the meeting needs to involve all the meeting members... first, not last.
- Any radical changes to my local meeting are addressed over a limited time period, say 3 months, and, after enacting, any changes are assessed. It is important for members to participate in business meetings, for personal healing.
- Our Proposal Process is based directly on the process of the World Service Organization and their Annual Business Conference where they have online voting on proposals. We have extended and improved their method because we allow members to read and comment on proposals and on other's comments over a longer, 3-week period. If WSO does not see any Traditions Violations, I don't see how we could find any.
- I love the process we use. I would propose that we put forth 3 suggestions regarding the business meeting:
 - a. Once a month turn a regular meeting into a business meeting

- b. Once a month skip the self-care and begin a business meeting at :15 after
- c. Once a month skip the Newcomer session and begin a business meeting at :30.

[Meeting extended for 15 minutes]

A date and the content of a Service Celebration will be explored by a working group.

- There is a direction of moving this event to coincide with both our Healthy Service 24/7 and our 5th Anniversary. We would like to provide a Service Celebration on March 24th. The basic programming revolves around introducing members to service generally and the needs of SMR in particular. The details have not been explored.
- Back to voting - sometimes people vote and then leave the meeting. Some groups keep a members list. Voting doesn't always reflect the Group Conscience.

Fashion a Business Chair Report - 2x a month (on the 7th and 24th). Jim R

- This is not being addressed and will be dropped from old business

New Business

The recent Motion about creating a new feelings chart.

- I thought we were moving to a new chart.
- We have a submission which will be put online for a vote.
- Here is the motion that opened the way to a new slide:
<https://www.acamorning.org/motion-24-14-a-revised-feelings-slide/>
- We have never had more than 2 proposals being voted on at the same time. Current voting will end on Friday, the 21st, at which time the slide would be offered for comment.
- The motion seems a little open ended. I would prefer we move a little faster.
- I like the idea of giving the room host a choice as to which feeling slide they use. And I would add that the choice of which set of steps is offered on Wednesdays be explored.
- We have two feelings slides presently and they will be offered as a choice
- Actually, CJ offered another version as well, one with 4 columns, including physical sensations.

[Note: The screen-shared slides are seen below]

8. Announcements

SMR 5th Year Anniversary - on and around March 20, 2025

9. Adjournment and Closing Prayer, Time - 10:12

Motion to Adjourn: Brian, Seconded: Philippe

Closing prayer: Carole

Next meeting: Sunday, March 16, 2025




Minutes submitted by: Jim R

*inaccurate statement

HOW AM I FEELING RIGHT NOW?

<p>ANGRY agitated furious outraged resentful upset</p>	<p>ANNOYED bitter exasperated frustrated grumpy impatient</p>	<p>DISCOMFORT agitated alarmed disturbed restless surprised troubled uncomfortable</p>	<p>CONFUSED baffled bewildered hesitant lost mystified perplexed</p>	<p>AFFECTION friendly loving sympathetic tender</p>	<p>GRATEFUL appreciative thankful touched encouraged optimistic</p>
<p>FEARFUL apprehensive anxious distress nervous panicked paralyzed worried</p>	<p>AVERSION appalled contempt disgusted dislike horrified repulsed</p>	<p>STRESS/TIRED exhausted fatigued overwhelmed restless sleepy</p>	<p>EMBARRASSED ashamed flustered guilty self-conscious</p>	<p>INTERESTED curious enchanted engaged intrigued</p>	<p>PEACEFUL comfortable centered composed fulfilled relaxed relieved satisfied</p>
<p>SAD despondent disappointed discouraged hopeless troubled unhappy</p>	<p>PAIN/GRIEF agony devastated hurt lonely miserable regretful remorseful</p>	<p>DISCONNECTED apathetic bored distracted indifferent numb withdrawn</p>	<p>VULNERABLE fragile guarded insecure leery</p>	<p>GLAD amused encouraged enthusiastic excited grateful hopeful inspired joyful optimistic wonder</p>	<p>RESTED alert alive energized rejuvenated relaxed strong</p>

How am I feeling right now? What do I need?

 Feelings when needs are met	 Feelings when needs are not met	 Universal human needs
<p>GLAD, happy, excited, hopeful, joyful, satisfied, delighted, encouraged, confident, inspired, relieved, touched, proud, elated.</p> <p>THANKFUL, grateful, appreciative.</p> <p>PEACEFUL, calm, content, expansive, serene, loving, blissful, clear, respected.</p> <p>PLAYFUL, energetic, invigorated, stimulated, alive, eager, enthusiastic, excited.</p> <p>LOVING, warm, affectionate, tender, friendly, sensitive, compassionate, nurtured, trusting.</p> <p>RESTED, relaxed, alert, refreshed, energized.</p>	<p>SAD, lonely, heavy, hopeless, gloomy, grief, overwhelmed, distant, dismayed, discouraged, distressed, disheartened, disappointed.</p> <p>CONFUSED, perplexed, hesitant, troubled, torn, worried.</p> <p>SCARED, afraid, fearful, terrified, startled, nervous, panicky, jittery, horrified, anxious, lonely, skeptical, suspicious.</p> <p>TIRED, exhausted, lethargic, weary, overwhelmed, withdrawn.</p> <p>MAD, angry, annoyed, exasperated, agitated, furious, enraged, hostile, bitter, resentful, disgusted, frustrated.</p> <p>UNEASY, uncomfortable, pained, hurt, miserable, guilty.</p>	<p>TRUST, safety, security, understanding, honesty, love, to matter, community, play/fun, appreciation, freedom, meaning, rest.</p> <p>RECOGNITION, respect, validation, equality, reliability, predictability.</p> <p>COMPASSION, empathy, autonomy, choice, freedom, nurturance, comfort, warmth/caring, self-expression, contribution, creativity, effectiveness, growth, healing.</p> <p>INTIMACY, sharing, connection, companionship, support, cooperation.</p> <p>INTEGRITY, self-worth, authenticity, purpose, honesty, clarity, celebration, humor, passion, mourning, accountability, peace, ease, beauty.</p> <p>CLARITY, awareness, to be heard, to be seen.</p>

 Feelings when needs are met	 Feelings when needs are not met	 Universal human needs	 Physical sensations
<p>Glad, Happy, Excited, Hopeful, Joyful, Satisfied, Delighted, Encouraged, Confident, Inspired, Relieved, Touched, Proud, Elated.</p> <p>Thankful, Grateful, Appreciative.</p> <p>Peaceful, Calm, Content, Expansive, Serene, Loving, Blissful, Clear, Respected.</p> <p>Playful, Energetic, Invigorated, Stimulated, Alive, Eager, Enthusiastic, Excited.</p> <p>Loving, Warm, Affectionate, Tender, Friendly, Sensitive, Compassionate, Nurtured, Trusting.</p> <p>Rested, Relaxed, Alert, Refreshed, Energized.</p>	<p>Sad, Lonely, Heavy, Hopeless, Gloomy, Grief, Overwhelmed, Distant, Dismayed, Discouraged, Distressed, Disheartened, Disappointed.</p> <p>Confused, Perplexed, Hesitant, Troubled, Torn, Worried.</p> <p>Scared, Afraid, Fearful, Terrified, Startled, Nervous, Panicky, Jittery, Horrified, Anxious, Lonely, Skeptical, Suspicious.</p> <p>Tired, Exhausted, Lethargic, Weary, Overwhelmed, Withdrawn.</p> <p>Mad, Angry, Annoyed, Exasperated, Agitated, Furious, Enraged, Hostile, Bitter, Resentful, Disgusted, Frustrated.</p> <p>Uneasy, Uncomfortable, Pained, Hurt, Miserable, Guilty.</p>	<p>Trust, Safety, Security, Understanding, Honesty, Love, To Matter, Community, Play/Fun, Appreciation, Freedom, Meaning, Rest.</p> <p>Recognition, Respect, Validation, Equality, Reliability, Predictability.</p> <p>Compassion, Empathy, Autonomy, Choice, Freedom, Nurturance, Comfort, Warmth/Caring, Self-expression, Contribution, Creativity, Effectiveness, Growth, Healing.</p> <p>Intimacy, Sharing, Connection, Companionship, Support, Cooperation.</p> <p>Integrity, Self-worth, Authenticity, Purpose, Honesty, Clarity, Celebration, Humor, Passion, Mourning, Accountability, Peace, Ease, Beauty.</p> <p>Clarity, Awareness, To Be Heard, To Be Seen.</p>	<p>Achy, Bloating, Breathless, Bubbly, Buzzy, Clammy, Clenched, Cold, Cool, Congested, Constricted, Contracted, Curled,</p> <p>Damp, Dry, Dull, Dizzy, Empty, Expansive, Faint, Floating, Flowing, Fluid, Flushed, Flutter, Fragile, Frantic, Frozen, Full, Fuzzy, Glowing,</p> <p>Heavy, Heated, Hollow, Hot, Itchy, Jittery, Jumpy, Knotted, Light, Limber, Lumps, Moist, Numb, Open, Paralyzed, Pounding, Pressure, Prickly, Puffy, Pulsing, Queasy, Quivery,</p> <p>Radiating, Ragged, Raw, Restricted, Shaky, Smooth, Spacey, Spacious, Spinning, Stiff, Still, Strong, Suffocating, Sweaty,</p> <p>Tense, Thick, Thin, Tight, Tingly, Trembling, Throbbing, Twitchy, Vibrating, Warm, Wobbly.</p>