

OA For Today Meditation Meeting Group Conscience Agenda

Saturday, February 3, 2023

Chair: Prepare for the meeting by sharing screen with agenda, ask for a security person, someone to unmute, someone to count the votes.

1. **Introduction:** Welcome to the Group Conscience meeting of the For Today Meditation Meeting of OA. My name is _____. I am powerless over food, and your chair for this meeting.
2. **Serenity Prayer:** With lines muted, will those who wish to, please join me in the Serenity Prayer.
“God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.”
3. **Tradition 4:** “Each group should be autonomous except in matters affecting other groups or OA as a whole.”
4. **Establishing Ground Rules:** The purpose of this meeting is to make decisions that affect our group. Decisions can be changed or amended, even thrown out. We welcome everyone’s viewpoint and participation. If a matter comes to a vote and you do not attend the meeting regularly, or do not plan to, please consider whether or not it would be reasonable for you to vote.
5. **Tradition 5:** Please remember Tradition 5, “Each group has but one primary purpose, to carry its message to the compulsive eater who still suffers.” No matter what we believe as individuals, we must be united in this purpose. May we do our best.
6. **Minutes:** Kate will present the minutes. Are there any corrections or additions? Is anyone opposed to accepting the minutes as read?
7. **Treasurer Report:** Cathy will give the Treasurer’s report. Is anyone opposed to accepting the minutes as read?
8. **Literature Report:** Paula will give the literature report. No vote is required.
9. **Old Business:** NA
10. **New Business:**

The Chair will read the motion. The fellow who put it forward will share more information. The Chair will ask for a second. Following a second, the

room will be open to questions and comments. Please raise your electronic hand. The Chair will not respond to comments in the chat but will read the chat for calls to vote. If you can't speak to the group due to technical difficulties, please chat a member who will read your comment or question. This group has decided to have an hour-long GC meeting. To achieve this, please consider holding your comments if someone else has already expressed them.

- Motion: To create a service position for making announcements regarding service needs and to recruit for service. Karen K
- Motion: That the For Today reader read aloud the optional question. Paula M
- Motion: To say "Gentle reminder" at 1 minute 45 seconds instead of 2 minutes. Paula M
- Motion: In the Host's introduction, to remove the phrase "mentioning specific foods" from the list of what is discouraged at the meeting.

11. **Future business** (as time permits) (Items can be discussed. Motions are tabled for the next meeting.)

12. **We will close with the OA Promise.** Please unmute if you wish to.

*"I put my hand in yours And
together we can do What we
could never do alone.*

No longer is there a sense of hopelessness

No longer must we each depend

Upon our own unsteady willpower.

We are all together now

Reaching out our hands

For Power & Strength

Greater than ours,

And as we join hands

We find love and understanding

13. *Beyond our wildest dreams!"*

14. **Adjourn.** Do we have a motion to end the meeting?

