

For Today Meditation Meeting Group Conscience Agenda

Saturday, October 7th, 2023

Chair: Prepare for the meeting by sharing screen with the agenda. At 9:05 mute all.

- 1. Introduction:** Welcome to the group conscience meeting of the For Today Meditation meeting of OA. My name is Jennifer. 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:** This meeting is held for one hour. The purpose of this meeting is to make decisions that affect our group. Decisions can be changed, amended, even thrown out. I encourage everyone here to participate. If a matter comes to a vote and you do not attend our meeting regularly or do not plan to, please consider whether it would be reasonable for you to vote. However, we welcome everyone’s viewpoint; we can all learn from one another.
Please remember Tradition Five: ‘Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.’ Therefore, anything we decide at this meeting must reflect that purpose. No matter what we believe as individuals, we must be united in our purpose to carry our message as best we can to the compulsive overeater who still suffers. That person is our focus. May we do our best for them.
- 5. Minutes from the Previous Meeting: Read by Kate**

Are there any corrections or additions? [**Applicable corrections or additions are made.**] Is anyone opposed to accepting the minutes as read?
- 6. Treasurer’s Report:** Christy will give treasury report. Is anyone opposed to accepting the treasury report as given?
- 7. Literature Report:** April will give literature report
- 8. Old Business:**

9. New Business: The Chair will read the motion and the fellow who put it forward will share more information about the motion. At that time the room will be open to questions and comments. Please raise your electronic hands. The Chair will not respond to comments in the chat. If you can't speak to the group due to technical problems, please chat the Secretary who will read your comment or question.

This group has decided to have an hour-long GC meeting. To achieve this goal, please don't repeat an opinion that someone else has already shared in an effort to end the meeting on time.

Motion: To decrease the bank reserves. (Christy)

10. Future Business (as time permits)

11. Do we have a motion to end this meeting?

We will close with the OA Promise. Please unmute if you wish to read it together.

**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
Beyond our wildest dreams!**