

For Today 8ET Meditation Meeting Group Conscience Agenda February 1st 2021

1. Introduction Welcome to the group conscience meeting of the For Today Meditation group of Overeaters Anonymous. My name is _____, and I am a compulsive eater and your chair for this meeting.

2. Serenity Prayer 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 wisdom to know the difference.'

3. Tradition: Tradition 1: Our common welfare should come first; personal recovery depends upon OA unity

4. Establishing Ground Rules 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 Any corrections or additions? [Applicable corrections or additions are made.] Approve minutes as amended?

6. Reports GC Chair - Nye C. Secretary - Dianna B. Treasurer - Jackie S. We Care List Coordinator - Mora T Service Sign-up Coordinator - Jeanette S. Meeting Contact on OA.org - Ronna S. Technical Liason - Precious P.

7. Old Business

8. New Business

- Identify sponsors with an asterix
- Provide For Today book for those who can't afford it
- meeting format: add to the service statement. "Members can be of service **on a daily basis** by Chairing the meeting, being a Tech Host, and welcoming newcomers after the meeting. **Descriptions for the monthly service positions can be found on our website.**"
- website: add a **Monthly Service Position Descriptions** page to the website.
- add dial-in info to the oa.org meeting listings and website.
- the mentioning of bipolar or any other mental disorders is an outside issue and against our traditions.
- There needs to be an abstinence requirement before participants can share.
 - 30 days perhaps?

9. Actions Volunteered [to be recorded] • Who? - To do what? - By when?

10. Closing promptly at the half-hour !!! and !!! :) (remaining items are moved to Old Business) • Remind people the GC happens on the 1st day of the month after the meeting • Does anyone want to raise an issue for a future meeting? Thank you for coming. To close the meeting, let us have a moment of silence followed by _____ [a closing of your choice].