

OA For Today Meditation Meeting Group Conscience Agenda

Saturday, December 2, 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 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 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:** Christy will present the report. Is anyone opposed to accepting the report as given?
8. **Literature Report:** April 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. 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: In response to Karen's motion last month, name the service position that opens the room at 7:45 as PreMeeting Host; name the service position that runs the meeting as Meeting Host; keep the position that leads the after meeting as After MeetingHost. Jennifer M
- Motion: To ask during the introductory readings that all available sponsors put their names and numbers in the chat instead of raising hands at the end of meeting. Jean
- Motion: to approve the service board slate for the term January 1-July 31 2024
GC Chairperson ~ Jennifer M
Secretary ~ Kate in Texas
We Care List Coordinator ~ Katharine
Meeting Contact ~ Leeann N
Service Coordinator ~ Wanda/April
Website & Zoom Coordinator ~ Stacey D
Literature ~ Paula M
- Motion: to create a WhatsApp group for a constant security thread. Anyone who is vetted and trained by our trusted servants would be added, with the intention of keeping everyone abreast of the types of intrusions happening, frequency and what action was (and can be) taken. Christy
- Motion: To dissolve the service board position of Treasurer for the January 1 - July 31, 2024 session due to no nominations and the challenge of the new tax law in January 2024. All members send donations directly to the World Service Organization. Kate

- Motion: To pay for two of the three meeting expenses, Zoom room and website, from funds solicited from members during the 8 am meeting as expenses come due.
- Motion: That the GC Chair and/or Secretary be responsible for soliciting funds specifically for remaining expenses of Zoom and web site fees. They will track due dates, donation solicitation, payment of expenses, and reporting of said payments at the GC meeting. Jennifer
- Motion: To upload the newcomer packet to the For Today website and discontinue the distribution of hard copy paper packets, thereby eliminating the third meeting expense. Existing paper packets would still be available as needed. Kate
- Motion: To emphasize the 7th Tradition in the For Today meeting script and stress that making a regular donation is another form of service. Cathy O
- Motion: That new agenda items may not be discussed or voted on during the Future Business portion of the meeting. Karen R

11. **Future business** (as time permits)

- Item from Theresa

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

13. **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
 Beyond our wildest dreams!"*