

## OA For Today Meditation Meeting Group Conscience Agenda

Saturday, May 2, 2026

1. **Introduction**
2. **Serenity Prayer** (All) *God grant us the serenity to accept the things we cannot change, courage to change the things we can and the wisdom to know the difference.*
3. **Tradition 2:** "For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."
4. **Tradition 4:** "Each group should be autonomous except in matters affecting other groups or OA as a whole."
5. **Minutes** (Kate)
6. **Treasurer Report** (Karen R and Kim P)
7. **Literature Report** (Delivered as part of Treasurer Report)
8. **Other service board reports** (SB members – optional)
9. **Old Business** – None
10. **New Business** - Procedure for new business:
  - Presenter will make the motion by reading it and giving more information if needed.
  - Chair will ask for someone to second the motion
  - If seconded, discussion will follow. Please raise electronic hand to participate in the discussion
  - Chair will entertain 4 pro statements and 4 con statements after which a vote will be held.

**Motion One (Kate):** Add the OA Principle for each step and tradition to the 12-step meeting slides as follows:

The Twelve Steps of Recovery (and Principles) as adapted for Overeaters Anonymous:

1. We admitted we were powerless over food — that our lives had become unmanageable (Honesty)

The Twelve Traditions (and Principles) of OA Anonymous

One Our common welfare should come first; personal recovery depends upon OA unity (Unity)

**Motion Two (Kate):** Replace "Gentle Reminder" with "Kate, your time is up"

**Motion Three (Kate):** Add a read-aloud OA Promises to the end of the meeting

**Motion Four (Bill):** Give the general For Today email (fortoday8et@gmail.com) to Virtual Region for them to send us workshop flyers.

11. **Future business** – Procedure for future business:

- Future agenda items may be introduced and discussed
- However, items will be tabled until next meeting's agenda

12. **Motion to Adjourn**

13. **Close with the Serenity Prayer**