

# For Today Meditation Meeting Group Conscience Agenda March 4, 2023

**1. Introduction:** Welcome to the group conscience meeting of the For Today Meditation meeting of OA. My name is \_\_\_\_\_, I am a 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 Motions:**

**Nick C:**

**I propose that the last sat of every month (open to change the day) we set aside in the agenda a little blurb where we ask if there is anyone celebrating an OA anniversary.**

**Karen K:**

**Motion to extend the For Today screen shared reading an additional 2 min.**

**Karen R:**

**Creating a fund to send representative to annual and other events and allocate monthly funds to that fund**

**Doreen:**

**Item to put into our format, before we read the 12 steps let's read HOW IT WORKS. I feel this is good for Newcomers to hear and it is also good for us to hear each mtg.**

**Do we have a motion to end this meeting?**

**Closing:**

**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!**