

**For Today Meditation Meeting
Group Conscience Agenda
January 7, 2023**

1. **Introduction**: Welcome to the group conscience meeting of the For Today Meditation meeting of OA. My name is _____, 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: Are there any corrections or additions? [Applicable corrections or additions are made.]

Is anyone opposed to approving last month's minutes as amended?

6. Treasurer's Report – Do we have a motion to accept the Treasurer's report located on the For Today Meditation website?

7. Old Business:

8. New Business Motions:

April:

I propose the addition of this inclusion statement to our introductory announcements. It is common in other meetings, and I found it in the suggested format for meetings:

<https://oa.org/app/uploads/2022/06/suggested-meeting-format.pdf> but I just noticed we don't say it. I think this would be a powerful addition to our meeting.

“As we extend the heart and hand of the OA Fellowship to those who still suffer, let us be mindful of OA's Unity with Diversity Policy, which respects our differences, yet unites us in the solution to our common problem. Whatever problem you may have with food, you are welcome at this meeting, regardless of race, creed, nationality, religion, gender identity, sexual orientation, or any other attribute.”

Thanks for consideration.

Amanda L:

I was wondering if we could discuss keeping up the For Today reading up during the 5-minute meditation

Ann C:

- 1) I'd like to submit that we unmute to say the anonymity and responsibility pledges together.

- 2) Elaine came up with an idea. To have an afternoon get together on our zoom link around 3-4pm to say hi and give support to each other mid-day. I told her I'd represent her. I'm going to ask her to be there and help her represent it.

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!**