

For Today Meditation Meeting Group Conscience Agenda

October 1, 2022

1. **Introduction**: Welcome to the group conscience meeting of the For Today Meditation meeting of OA. My name is Patsy, 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: 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:

1. I suggest adding a slide near the end of the meeting for the OA Responsibility Pledge; it's in the chat, but it scrolls away and I notice most peoples' lips do not move, so I suspect many don't know it.
2. Would we like to attract more men to our meetings and retain them? The Virtual Intergroup Newsletter offered an article in the September issue on serving the needs of men in OA. It also referred to this website, which includes ways to invite men into the fellowship, <https://www.oamen.org/attracting-and-retaining-men/> I wonder if this has been discussed in our group, or perhaps if it's something we'd like to consider and discuss at a later time?

Claudia L:

3 Online Etiquette: We ask you to keep your video turned off if you are eating, smoking, or doing anything other than sitting and participating in this meeting so that we can minimize distraction. Online etiquette begins as soon as you log in to the meeting. **In the event that your video is turned off by a Host/Cohost, please contact any Host/Cohost to re-enable you video when ready.**

11Today's reading is [month, date] in "For Today." The reading will be shown on the screen. Who would like to read for us today? **Please raise your electronic hands, I will select someone who hasn't recently read. (Chair please pause briefly to give enough people a chance to raise their hands).**

Kate E:

Motion to create the following guidelines to ensure a safe, welcoming and inclusive environment in the pre-meeting setting

- a. Greet everyone as they log on
- b. Welcome newcomers but be mindful that they may wish to maintain their anonymity and/or they may not wish to share right away. Information or questions to the newcomer should be saved for the after meeting.
- c. Since our primary purpose is to help the compulsive overeater who still suffers, we need to be mindful about topics of conversation in the pre-meeting. We need to keep conversation brief, inclusive, and appropriate for all. For example, OA business, private/intimate conversation, and gender-exclusive topics should be avoided.

Gloria H:

I would love to have a discussion about the timekeeper coming in a second time to say Time (or something) for those people who continue to talk well after their 2 minutes. There are often people left over at the end of the meeting who couldn't share because extra time was taken by those who continue well after their 2-minute time is up.

Jill M-B:

I would like to submit a motion to rename the After Meeting and a revision to the script to reflect it is for more than "newcomers".

It cannot 100% commit that I'll be able to attend the GC Meeting (I will if I can) and therefore Kate (from TX) has been gracious enough to agree to bring this forward on my behalf.

Do we have a motion to end this meeting?

**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!**