

For Today Meditation Meeting Group Conscience Agenda May 6, 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 –

Karen R is going to give us a report on Creating a fund to send representative to annual and other events and allocate monthly funds to that fund (Hold over to next month per Karen)

9. New Business Motions:

Stacey D:

I would like to propose the “For Today” question be on the bottom of the daily reading meditation. I would be willing to enter the questions as I did for the “We are in a 5 minute...”

Glory H:

- 1. Should the question prompter position be put on the SignupGenius as a position, or left as an ad hoc position the way it has been done?**
- 2. What should the position be called? We've been using QUESTION PROMPTER. (While Question Lady was cute, it was suggested that would be selective, eliminating men. One meeting that does this writing from the Voices Of Recovery and For Today using the service position name WRITING PROMPTER.**

Jean N:

I'm not sure how to present this topic so I'm just going to say what I'd like to discuss at the next group conscience meeting, May 6th.

This is copied and pasted directly from our meeting format:

Who would like to share on what was read? **MUTE YOURSELF DURING SHARES.** Please simply reply "Thank you for sharing" with no feedback (crosstalk) or commentary.

There has been an increasing amount of commentary from chairpersons lately. I'd like to find a way that we could enforce the 'no feedback (crosstalk) or commentary'.

If for some reason we can't enforce it and have chair people agree to follow it then, in my opinion, we need to change the script format.

I think it's important to remember that the chairperson serves as a representative of the group while they are chairing. That in mind, I think it's inappropriate for the chair person to say such things as "That was a wonderful share" or "Thank you (mentions name), your shares are so valuable to us" to some people and then simply say "Thank you" to the next person who shares. It seems cliquish and somewhat dismissive of the person who only gets the "Thank you" from the chairperson, as if their share wasn't so great.

I do think exceptions might be made by the chairperson such as when a sharer mentions a death in their family, or they're facing a tragic health crisis but I'm not even sure what could be said appropriately. I'd love to hear suggestions about that.

Perhaps I've been to too many AI-Anon meetings, but for me, it almost feels unsafe, and I am reluctant to share when so many comments are being made about previous shares. I love this meeting; I love this group and although I'm a newcomer here I feel protective of this group and I really think we need to follow the script that was agreed upon.

I don't know if I was supposed to say all that or just make the motion.

I'm making a motion that at the sharing portion of the meeting the chairperson follows this part of the script: Please simply reply "Thank you for sharing" with no feedback (crosstalk) or commentary.

Kathryn Louise:

I would like a discussion about how to alert participants to avoid naming or describing a specific food in their share. today's reading (Friday April 21) and multiple shares were a trigger for me today

This doesn't happen often, so i didn't want to call people on it in order to not discourage their share . I also worry that the script is already quite long so not sure if there are other ways to put to prevent this.

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!**