

For Today 8ET Meditation Meeting Group Conscience Agenda

October 2021

1. **Introduction:** Welcome to the group conscience meeting of the ForToday Meditation meeting of OA. My name is _____, I am a _____, and your chair for this meeting.

2. **Serenity Prayer:** 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:** Tradition 4:

"Each group should be autonomous except in matters affecting other groups or OA as a whole."

4. **Establishing Ground Rules:** 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. **Old Business:**

7. New Business:

Motions:

1. Remove from our meeting format the 2nd tradition six-month service position announcement.
2. To have the *GC* meeting recorded for the purpose of creating the minutes.
3. Have at least 2 back-up techs in case something goes wrong during the meeting.
4. Change Treasurer Requirement to 3 months of consistent attendance at our meeting and 6 months of abstinence in an "A" program.
5. Meeting chair confine their responses to individual shares to saying "thank you".
6. Person who does time for the meeting say "gentle reminder" after 3 minutes.
7. Add to *GC* meeting format. "This meeting is held for one hour."

8. Closing: (any remaining items are moved to Old Business)

- Our next Group Conscience meeting will be held on November 6th at 9:05 am Eastern Time.

Thank you for coming. To close the meeting, let us have a moment of silence followed by _____ [a closing of your choice].