

For Today 8ET Meditation Meeting Group Conscience Agenda September 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:**

1. Review motion to have a specific sequence to follow for each motion, as described above, and instead "Robert's Rules", which will be explained in more detail next GC.

7. New Business:

1. Motion to withdraw previous motion to have a specific sequence be determined by the group and move for specific sequence to be determined by the current GC Chair.
2. Motion to add the Service Positions announcement to the meeting format for the month of September. "According to our 2nd tradition, we rotate service positions. October 1st will begin a new 6-month cycle. If you are interested in being of service, go to our website and click on the "Service Position Descriptions" button for more information."
3. Motion to change the first sentence in item #10 of the meeting format to say.. "We ask you to keep your video turned off if you are chewing, smoking, vaping, etc., or doing anything other than sitting and participating in this meeting so that we can minimize distraction."
4. Motion to allow an informal temporary "book club", not yet created, borrow our zoom account for the purpose of reading the book "Body Image, Relationships, and Sexuality; Personal Journeys to Recovery in Overeaters Anonymous."
5. Add reading for today twice through before meditation.
6. Motion to add a service sign-up sheet for the newcomer meeting, instead of asking every day at the end of the meeting.

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

- Our next Group Conscience meeting will be held on October 2nd 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].