

For Today Meditation Meeting Group Conscience Agenda June 4, 2022

1. **Introduction:** Welcome to the group conscience meeting of the For Today Meditation meeting of OA. My name is Patsy, I am a Food Addict, 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:** 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 (The Newcomer). 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** - Motion to accept the Treasurer’s report located on the For Today Meditation website?

7. **Old Business: Motions:** No Old Business

8. **New Business Motions:**

Lora W –

1. For the chairperson to mute themselves between their tasks while members are sharing.

Gloria H –

1. I'd like to put on the agenda that our group joins the Virtual Intergroup. A bonus to being part of an intergroup is that we have an opportunity to help Carry the message to those who still suffer. Within there are all kinds of committees, whether it's security, PI/PO (which is Professional Information/Public Outreach) which helps carry the message to those who still suffer.

Christy R –

1. Motion to add to the gc meeting format a space (in the new business section and after all of the motions listed have been discussed and completed) to ask, "If there is time remaining, the GC Chair may ask, "Is there any other new business or motions?" "

2. Motion to compel the board members of our meeting to identify their positions next to their names when they are present in meeting.

3. Motion to add to the meeting format at the end of section 6 (7th Tradition) "Will our treasurer please unmute and identify yourself?"

4. Motion to add to the meeting format at the end of section 7 (Service) "Please visit our website which is posted in the chat to sign up or get in touch with our contact. Will our service position coordinator please unmute and identify yourself?"

5. Motion to add to the meeting format at the end of section 8 (Chat and We Care List) "Will the We Care List Coordinator please unmute and identify yourself?"

6. Motion to add to the meeting format at the end of section 9 (Website) "Will the website manager please unmute and identify yourself?"

7. Motion to add to the meeting format on section 10 (Information and Announcements) at the end of the first bullet point "Will the Meeting Contact please unmute and identify yourself?"

8. Motion to change the meeting format on section 10 (Information and Announcements) the second bullet point from

"Our Group Conscience Meetings are held on the 1st Saturday of the month, following this meeting. The agenda is available on the website."

to

"Our Group Conscience Meetings are held on the 1st Saturday of the month, following this meeting. The agenda will be available on the website. Will the Group Conscience Chair please unmute and identify yourself? Our Secretary ensures our previous meeting minutes are also available on the website. Will the Secretary please unmute and identify yourself?"

9. Motion to add to the meeting format on section 10 (Information and Announcements) at the end of the third bullet point "Will the Literature Person please unmute and identify yourself?"

Ann C –

1. How about a speaker once a week. One of us or someone we know.

2. How about once a week people share thru an exercise something they learned on other mtg, like Two Way Prayer, and more. It can even be after the mtg.

3. How about if the Chair feels compelled, say 'after a moment of silence' before the serenity prayer. It will help newcomers/us begin relaxing, meditating, and have more focus on the meaning of the prayer.

Do we have a motion to end this meeting?