

For Today Meditation Meeting Group Conscience Agenda

Feb 4, 2023

1. Introduction: Welcome to the group conscience meeting of the For Today Meditation meeting of OA. My name is _____, I am 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. The minutes for the previous meeting have been posted on the website. Madam Secretary, will you give us the highlights before a motion is on the floor to approve?

Do we have a motion to approve the minutes?

Do we have a second?

6. Treasurer's Report – Christy will give treasury report

Do we have a motion to accept the treasury report as given?

Do we have a second?

7. Literature Report – April will give literature report

8. Old Business –

9. New Business Motions:

Kate E:

I propose that a very brief recap of the GC meeting motions be given as an Announcement in the 8am meeting. This could be read by any service board member when the chair asks for announcements.

This would simply be bullets of the proposal plus the outcome such as:

"My name is Kate, compulsive overeater, and Secretary for the 8am For Today GC meetings. The following motions were presented and voted on at the DATE GC meeting. Here are the results:

- Motion to include a diversity statement in the script - Approved*
- Motion to change the time of the meeting - Failed*

For more detailed information about these results, please go to our website and click on Group Conscience Mtg. Thank you."

Claudia L:

Motion to reword the following:

⑩ Information and Announcements:

- ~~• This meeting is held every day at 8 am Eastern Time.~~
- This Zoom room is used for multiple meetings:**

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[For Today Meditation Meeting Daily @ 8AM](#)

[Voices of Recovery Sunday, Tuesday, and Thursday @ 8PM](#)

[Speaker Meeting Monday @ 8PM](#)

All times listed are Eastern Standard Time. Join us for one or all. Love to have you!

- Our Group Conscience Meetings are held on the 1st Saturday of the month, following this meeting. The agenda will be available on the website.
- For security reasons, the ability to rename yourself has been disabled. If you would like to be renamed or have your phone number or last name removed, please private chat to _____ who is renaming today.
- Immediately after the close of this meeting, everyone is invited to our After-Meeting for additional fellowship. This is an informal time where For Today meeting regulars, meeting first timers, and OA newcomers have a chance to ask questions and get to know each other better in a relaxed setting. Please stay if you can. We especially encourage newcomers to attend.
- To receive a Newcomer's Packet and basic OA information, click the "Welcome Newcomers" button on our website.
- Are there any other OA related announcements? **[allow time to unmute]**

For Copy & Paste

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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!**