

OA For Today Meditation Meeting Group Conscience Agenda

Saturday, April 6, 2024

Chair: Prepare for the meeting by sharing screen with agenda, ask for a security person, someone to unmute, someone to count the votes.

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:** The purpose of this meeting is to make decisions that affect our group. Decisions can be changed or amended, even thrown out. We welcome everyone’s viewpoint and participation. If a matter comes to a vote and you do not attend the meeting regularly, or do not plan to, please consider whether or not it would be reasonable for you to vote.
5. **Tradition 5:** Please remember Tradition 5, “Each group has but one primary purpose, to carry its message to the compulsive eater who still suffers.” No matter what we believe as individuals, we must be united in this purpose. May we do our best.
6. **Minutes:** Kathryn will present the minutes. Are there any corrections or additions? Is anyone opposed to accepting the minutes as read?
7. **Treasurer Report:** Karen will give the Treasurer’s report. Is anyone opposed to accepting the minutes as read?
8. **Literature Report:** Paula will give the literature report. No vote is required.
9. **Old Business:** NA
10. **New Business:**

The Chair will read the motion. The fellow who put it forward will share more information. The Chair will ask for a second. Following a second, the room will be open to questions and comments. Please raise your electronic hand. The Chair will not respond to comments in the chat but will read the chat for calls to vote. If you can’t speak to the group due to technical difficulties, please chat a member who will read your comment or question.

This group has decided to have an hour-long GC meeting. To achieve this, please consider holding your comments if someone else has already expressed them.

- Motion: To amend the script to say:
Feedback, crosstalk and advice giving--during shares and in the chat--are discouraged here. Please do not directly comment on someone's share. If you would like to reach out to someone for encouragement or in gratitude, please private chat them. The meeting host will handle crosstalk to the best of their ability. E
- Motion: to add a disclaimer to the WhatsApp invitation in the script letting fellows know conversations are not and will not be governed by the GC. Christy

11. **Future business** (as time permits) Items can be discussed. Motions can be submitted to the next meeting.

- Consider how to ensure that our Black fellows feel safe and welcome. Phoebe

12. **We will close with the OA Promise.** Please unmute if you wish to.

"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!"

13. **Adjourn.** Do we have a motion to end the meeting?