

OA For Today Meditation Meeting Group Conscience Agenda

Saturday, November 4, 2023

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

1. **Introduction:** Welcome to the Group Conscience meeting of the For Today Meditation Meeting of OA. My name is Jennifer. 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 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:** Kate will present the minutes. Are there any corrections or additions? Is anyone opposed to accepting the minutes as read?
7. **Treasurer Report:** Christy will present the report. Is anyone opposed to accepting the report as given?
8. **Literature Report:** April will give the literature report. No vote is required.
9. **Old Business:**
 - Kim P will report on the status of the Thursday night meeting
 - Kate will share information gathered regarding a possible OAForToday bank account and nonprofit status as a response to the tax changes raised by Christie over the last six months.

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. 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: That the Service Board review and clarify the service titles and present them at the Dec. meeting (Karen K)
- Motion: To include identification of available sponsors during the Service portion of the meeting script. The service paragraph would read: *Any form of service helps reach a fellow sufferer and adds to the quality of our own recovery...Another form of service is being a sponsor. At this time would all available sponsors please post your name and contact information in the chat?*

11. **Future business** (as time permits)

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

13. **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!"*