

# For Today 8ET Meditation Meeting Group Conscience Agenda

## January 2022

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:** 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. **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:**

Announcement: Sandra has resigned from her Meeting Contact position. Do we have someone to take over this position's responsibilities?

## **Motions:**

1. ARJ - Motion to open chat to allow members to privately message other members for contact info. Another meeting includes the following verbiage: "Please be respectful with your private chats, and do not interrupt those who are in the process of sharing."
2. CR - Motion to split the tech liaison service position into 2 separate positions: Zoom Master and Web Master. The Zoom Master will maintain the Zoom account while the Web Master will maintain both the Sign-Up Genius Account and ForToday8et.org. account.
3. KK - Motion to change the GC Meeting Minutes format to a more user-friendly format. A commonly used format will be discussed which will contain all the pertinent information as format currently used.
4. KK - Motion to list all 12 Traditions on the Meditation Meeting script following the 12 steps. Chair will read the Tradition of the current month.
5. PB - Motion to allow people volunteer to read the 12 Steps and Tradition of the month in order to involve more people.
6. PB - motion to allow newcomers to identify themselves after welcoming them (currently newcomers are only welcomed).
7. DA - an amendment to be made to the motion that was passed at the last GC meeting to amend the motion - Add-'We'd like to get to know you' after the phrase 'We invite newcomers and those who have not recently shared to take a moment to share.'"

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

- Our next Group Conscience meeting will be held on February 5, 2022 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].