

For Today Meditation Meeting Group Conscience Agenda July 2, 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:**

Claudia L: 1) Vote on whether we will incorporate the trial change on the meditation screen sharing portion of our meeting to either a 2 minute For today/3 minute Meditation Screen Share or 1 minute For today/4 minute meditation screen share. The Final option would be no change at all... Meditation screen up for full 5 minutes.

2) Incorporate into our Script a "Newcomers Resource" section with links to valuable resources that will be copied and pasted into the chat towards the end of the meeting my suggestions would be at 8:45 when chat reopens. By posting it towards the end of the meeting it will be available for discussion in the after meeting and available for newcomers at that time as well. I have put something together that I will be using temporarily and can be voted on during GC meeting. Either as is or with changes.

The other thing I would like to have re-evaluated is the including of our titles, I am not sure it is working the way we thought it would

If the change to the screen share passes this would be my suggestion to the verbiage (*italicized colored portion is the new part*) on the script.

Thank you for reading. We will now have a five-minute silent meditation on what was read. *The reading will remain on the screen for 2 minutes for your reference and reflection; it will then switch to the meditation screen for the remaining portion of the 5 minutes.*

Gloria H: I'd like to resubmit this to 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.

Kate: Revise and reorder Newcomer info as follows in yellow highlight and red text on the meeting script

#10 Information and Announcements:

1. This meeting is held every day at 8 am Eastern Time. CHAIR READS
2. **Today, our Newcomer Greeter is _____ CHAIR READS**
3. **Please join me for our after party which is immediately following this meeting at 9am. This is an opportunity for anyone to ask questions and exchange numbers. To receive a Newcomer's Packet and basic OA**

information, click the “Welcome Newcomers” button on our website. GREETER READS

- 4. Our Group Conscience Meetings are held on the 1st Saturday of the month, following this meeting. The agenda will be available on the website. CHAIR READS**
- 5. Are there any other OA related announcements? [allow time to unmute]
CHAIR READS**