

For Today 8ET Meditation Meeting Group Conscience Agenda May 2021

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:** 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. **Old Business:**

- Motion that there be a timer.

7. New Business:

1. Meeting Format - Add the reading of the 12 steps
2. Replace...

"Who would like to share on what was read or what came up for you during the meditation?"
with
"SUGGESTED GUIDELINES FOR SHARING: As you share your experience and strength in OA, please also share your hope. Please confine your sharing to your experience with the disease of compulsive eating, the solution offered by OA, and your own recovery from the disease, rather than just the events of the day or week. If you are having difficulties, share how you use the program to deal with them. If you need to talk more about your difficulties and seek solutions, we suggest you speak to your sponsor and other members after the meeting. Who would like to share on what was read" (from the OA Suggested Meeting Format)
3. Request daily contributing sharers to wait to share towards the end of the meeting giving opportunity to others before time runs out.
4. Include Instructions on how to raise hand for zoom participants.
5. Share to finish at 8:50am so as to allow 5 minutes for newcomers and shy sharers to introduce themselves and to share if they wish, so that we can close the meeting on time.
6. Motion to have everyone muted except Host during the "we" version of the serenity prayer.

8. Actions Volunteered: [to be recorded]

- Who? - To do what? - By when?

9. Closing: (any remaining items are moved to Old Business)

- Our next Group Conscience meeting will be held on May 1st at 9:05 am Eastern Time.
- April is the start of the next 6-month service cycle. If more than one person volunteers for any given position, we will hold elections for those positions.
- Is there any further business to conduct? Does anyone want to raise an issue for a future meeting?

Thank you for coming. To close the meeting, let us have a moment of silence followed by

_____ [a closing of your choice].