

For Today 8ET Meditation Meeting Group Conscience Agenda

June 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:**

7. New Business:

1. Can we agree to record the actions as we decide the motions and remove #8.
2. Enable reactions in Zoom.
3. GC meeting changes.
 - a. Limit GC to one hour.
 - b. Guidelines for interruptions during GC meeting.
 - c. Designate tech to lower hand, announce vote counts and other actions as needed.
4. Motion to add splash screen during the mediation. This could be done with a "spotlight" of the pdf or as a person's picture. (see below examples)
5. Open our meeting to participants who use American Sign Language (ASL) by...
 - finding colleges who will commit to a specific day per week through their practicum schedule
 - changing the committed days' OA listings to "English/American Sign Language"
 - enabling our Zoom account's "Closed Caption Live Transcription" feature
 - update the meeting format with appropriate interpreter info
6. Motion to consider changing the time for our GC meeting to later in the day or the first Saturday.

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].

