

For Today 8ET Meditation Meeting Group Conscience Agenda

March 5, 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:**

Motions:

AC - Motion to add to the daily meeting format: At 8:50am, 10 mins before closing, ask if there are any newcomers who would like to share.

EW - Motion to require The WCL Coordinator to respond to online submission requests within 72 hours. This includes updating the WCL and sending the requestee a copy of the WCL. The WCL Coordinator will also distribute the most up-to-date version of the WCL to the distribution group (all contacts on the list) on a twice monthly basis.

CR - Motion to update signup genius by making the following changes:

- REMOVE- Tech co-host
- ADD- Admit people from the waiting room & Security
- ADD- Rename phone numbers & Security
- ADD- Ask to unmute, toggle mute settings as GC agreed & Security
- ADD- Lower hands after share & Security
- ADD- Screen share & Security
- ADD- Copy/paste into chat, toggle chat settings as GC agreed & Security
- ADD- Timekeeper & Security

DB - Motion to add this to our closing: " The opinions expressed here were strictly those of the person who gave them. Take what you liked and leave the rest. The things you heard were spoken in confidence and should be treated as confidential. Keep them within the walls of this room and the confines of your mind. Please let there be no gossip or criticism of one another. Instead, let the understanding, love, and peace of the program grow in you one day at a time."

SC - Motion: To have tech mute all who attend the group conscious and unmute only when they are called on to speak.

Intent: 1. to prevent others from speaking out of turn,
2. To prevent anyone from interrupting another person who is trying to complete their sentence.
3. To maintain an atmosphere of recovery
4. To allow the actual Chair of the group conscious to do her job to lead the meeting.

CR - Motion to open chat at 8:45 each morning for everyone, publicly and privately, to allow time to exchange numbers and welcome newcomers.

CL - Motion to reopen the chat feature for sharing 15 minutes before the end of the meeting to allow time for outreach and sponsorship opportunities. (same as above).

CL - Motion to add reactions to the current function that only allows us to raise hands.

GH - Motion to incorporate the FOR TODAY WORKBOOK into the meeting. Someone who owns the workbook could add the workbook questions to the chat.

9. Announcements: The 6-month term of the current trusted servants ends at the end of this month (March). The Group Conscience chair position runs until end of April. If you would like to be considered for any of the service positions please review the position descriptions here - [Service Position Descriptions](#). If you would like to be considered for any position you may reach out to the Service Positions co-ordinator (PB).

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

- Our next Group Conscience meeting will be held on April 2, 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].