

For Today Meditation Meeting Group Conscience Agenda

September 3, 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: With lines muted, 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:

A. **Virtual Intergroup - Questions**

8.New Business Motions:

Patsy B:

Motion to put a link to the virtual intergroup on our website

Christy R

Motion to approve temporary use of the For Today 8am Meditation Meeting Zoom account to support starting a new meeting. The new meeting would be a Voices of Recovery 8pm Writing Meeting to take place each Sunday, Tuesday and Thursday initially. If there is enough interest it would transition into a daily meeting.

Gloria H:

OA Virtual Intergroup has left it up to each meeting as to what that meeting's abstinence requirement is, whether it be 30, 60 or 90.

I'd like to put on the agenda what our abstinence requirement will be.

Claudia L:

Please include the following items in the agenda.

1) 3 minimum additions to the script. (to better direct people to information in the chat and specify screen share information). I will have the suggested changes to present via share screen at the meeting.

2) Create an announcement posting with meeting information and link that can be shared to invite people to our meeting. Christy suggested we consider a flyer as well.

Do we have a motion to end this meeting?

I put my hand in yours

And together we can do

What we could never do alone.

No longer is there a sense of hopelessness

No longer must we each depend

Upon our own unsteady willpower.

We are all together now

Reaching out our hands

For Power & Strength

Greater than ours,

And as we join hands

We find love and understanding

Beyond our wildest dreams!