

For Today 8ET Meditation Meeting Group Conscience Agenda May 7, 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:**

Karen K: Motion to replace sentence “They are the most important person in the room.” With As a Newcomer, you are very important to our meeting. Located: 7. Service

Karen K: Motion to omit “Gentle Reminder” to Gently say “Reminder”

Christy R: Motion to change the meeting format in section 10 (Information and Announcements) from “Are there any other announcements regarding this meeting?” to “Are there any other OA related announcements?”

Mary D: I love that you are screensharing the reading each day. Might it also be helpful to everyone to leave that reading up during the 5-minute meditation as a way to have it bring us back to the meditation? Some of our minds wander and that might help many of us focus.

Do we have a motion to end this meeting?