

January 1, 2024

Format for 100 Pounder Group Conscience Meeting

“Welcome to the group conscience meeting of the 100 Pounders’ group of Overeaters Anonymous. My name is _____, and I am a compulsive eater and the chair of 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 wisdom to know the difference.”

3. Reading of the Steps. Ask for a volunteer.

4. Establishing Ground Rules

“The purpose of this meeting is to make decisions that affect our group. 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 him or her.”

5. Minutes from Previous Meeting (Ask Cee to read the minutes)

- Ask if there are any corrections or additions that need to be made
- Ask for Motion to accept
- Ask for a second
- Ask for verbal ayes to accept
- Ask for verbal nays to reject minutes
- Minutes stand as (either read or corrected)

6. Treasurer’s Report (Ask Sue S for Report)

- Any Questions or comments?
- Ask if there are any corrections or additions that need to be made
- Ask for Motion to accept
- Ask for a second
- Ask for verbal ayes to accept
- Ask for verbal nays to reject minutes
- Treasurer's Report stands as (either read or corrected)

7. Old Business

- Moderator qualifications - needs to be tabled until February. Scheduling issues and illnesses have caused delays in meeting to consider feedback from the December meeting.

8. New Business

- Term of service for the Dash Monitors, Moderators, and Speaker Getters should be a 1-year position
- Length of service for trusted servant coordinator positions:
 - Currently, group conscience says non-coordinators have a length of service of 2 quarters, with a quarter off and then they can serve another 2 quarters. However, there is no term of service for Coordinators.
- Nominations for position of Dash Coordinator
- Nomination for the position of Virtual Intergroup Rep: Linda R. is interested in serving
- Reminder: For moderators, when requesting volunteers for service, please be sure to read the disclosure in the script about allowing those who haven't served an opportunity to do so, and those who have already served to please wait until the moderator opens the service positions to all. We've had some complaints about people "over-serving". Here is the part of the script I'm talking about: "We would like to encourage as many people as possible to contribute to the meeting. In order to do that, please allow those who have not participated in this last week, beginning Monday and ending Sunday, to step up and volunteer"
- Add verbiage to the script to recognize the Dash Monitor position:
 - The Dash is a relatively invisible position, which may make it harder to attract volunteers. As a result, it may help to include verbiage at the end of the script recognizing this trusted servant position. Some sample verbiage may be "Thank you _____ (speaker's name) for your share. Thanks to the Dash Monitor _____ (Dash Monitor's name) for working in the background to assist as well."
 - For the blue parts of the script, there is also a suggestion that moderators make contact with their dash monitor at least 5 minutes before the meeting.

If you have an item that you would like to place on the agenda for the next business meeting, please Let _____ by (2 days before next business meeting). My number is _____.

9. Closing

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

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.”

Ask for someone to make a motion to close.

Ask for someone to make a second.

Ask for verbal ayes to accept the motion

Ask for verbal nays to reject the motion

BUSINESS MEETING OF 100#ERS IS NOW CLOSED.