

# 100-Pounder Business Meeting

January 1, 2024

**1. Welcome to the group conscience meeting** of the 100 Pounders' group of Overeaters Anonymous. My name is Darrin H, and I am a compulsive eater and the sub 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 - Lynn J

## 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 - Cee

- Ask if there are any corrections or additions that need to be made - "*average # of times downloaded was*" 70, not 7
- Motion to accept with that one correction - Mary S
- Second - Sue N
- Ask for verbal ayes to accept
- Ask for verbal nays to reject minutes - 0
- Minutes stand with one correction as noted

## 6. Treasurer's Report - Sue S emailed prior to meeting

Beginning Balance:	454.63
Donations: \$147.00	
PayPal Fees: 16.92	
Total Donation Minus Fee:	<u>130.08</u>
Ending Balance:	\$584.71

Contributions to be Made:

30% VIG:	175.41
20% WSO:	116.94

10% Virtual Region 58.47

Total Contributions: 350.84

**Remaining Balance: \$233.87**

- Motion to accept - Cee
- Second - Mary S
- Verbal nays to reject minutes - 0
- **Treasurer's report is accepted, subject to audit**

## 7. Old Business

Moderator Qualifications

Tabled until February because the subcommittee wasn't able to meet

## 8. New Business

Length of Service for Dash Monitors and Speaker-getters - Kathy T

- Making **allowance** for a maximum of four quarters of service (up to 1 year).  
Currently they have to rotate off after two quarters (six months), although they could come back after a pause. Kathy proposes that the commitment remain one quarter at a time, but someone **could** continue up to four quarters.
- Motion to allow for service on a quarterly basis, renewable up to a maximum of 4 quarters, effective 1/1/24 - Lynn J
- Second - Kathy T
- Hand vote: Ayes - 14
- Hand vote: Nays - 0
- Hand vote: 20 abstaining
- **Motion carried**

Nomination for Dash Coordinator

Kathy T nominated Lynn J

Second - Sue N

- Verbal ayes to accept
- Verbal nays to reject minutes - 0
- **Motion carried - Lynn J elected Dash Coordinator**

Nomination for Virtual Intergroup Rep - Linda R, for Saturday

- Sue S nominated Linda R for Virtual Intergroup Rep (for Saturday)
- Second - Lynn J
- Verbal ayes to accept
- Verbal nays to reject minutes - 0
- **Motion carried - Lynn J is elected as Dash Coordinator**

Over-Sharing during Meetings

Darrin has received several complaints about persons who constantly share at meetings. Moderators are to follow the format and allow persons to serve who haven't done service in the last week.

If you have an item that you would like to place on the agenda for the next business meeting, please contact Darren H no later than 2 days before the next business meeting. His number is 626-780-3224. In keeping with our group conscience vote in November, the February meeting agenda will be on the website before the February meeting. The minutes approved at tonight's meeting will be posted on the website.

### **9. Closing**

Motion to close meeting - Linda R

Second - Lynn J

Adjourned 9:53 PM ET