

March 4, 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.”

1. 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.”

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

3. 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.”

4. Report from VIG Coordinator on latest Virtual Intergroup meeting (ask Cee for report)

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

- none

8. New Business

- Moderator Co-ordinator - Kathy T. is leaving her post as Moderator Coordinator on March 31st. Are there nominations for selecting a new Moderator Co-ordinator?
- Virtual Region Survey - Virtual Region has posted a survey on their website. According to Virtual Region, "This survey will help the Virtual Region conduct an inventory and gauge how we are doing and what we could be doing better. WE need your input!" To complete the survey, visit their website at oavirtualregion.org/inventory. Surveys are due by March 15th.

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.