

100-Pounder Business Meeting

March 4, 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 Twelve Steps - Beth

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. Report from February Virtual InterGroup (VIG) Meeting - Cee

6. Minutes from Previous Meeting - Cee

- Motion to accept minutes as read by Nancy
- Properly seconded - Mary S
- Verbal vote - 0 Nays
- Minutes stand

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

February 2024:

Beginning Balance: 510.74

Contributions: 78.00

PayPal Fees -5.20

Total Contributions: 72.80

Balance: 437.94

Donations:

WSO 116.94

Virtual Region OA 58.47

Total Donations: -175.41

Expense:

Website -108.00

Total Expenses: -283.41

Ending Balance: 300.13

- Motion to accept - Sue S
- Second - Kathy T
- Verbal nays to reject minutes - 0
- Treasurer's report is accepted, subject to audit

We have several persons who contribute monthly. There are many who do not contribute. The Virtual Region, especially, could use our support.

Sue also asked that the treasurer's report be posted to the website. Note: The PayPal numbers won't be available until a few days before the meeting.

8. Old Business

None

9. New Business

New Moderator Coordinator - Kathy T

- Kathy explained the role and duties of the Moderator Coordinator.
- Darrin asked for nominations. There were none, Darrin and Kathy both left their phone numbers for anyone who might want to talk about it.
- A two-part question was asked - how long is the commitment, and can the role be divided between two people. The minimum length is six months. It would be difficult to divide the role between two people and not recommended.

Virtual Region Survey

- Can be found at oavirtualregion.org/inventory. The due date is March 15th.

Adding Treasurer's report to the website

- Motion to add treasurer's report to website - Sue S
- Second - Maureen
- Verbal nays to reject minutes - 0
- Treasurer's report is accepted, subject to audit

If you wish to place an item on the agenda for the next business meeting, please contact Darrin H no later than 2 days before that meeting. His number is 626-780-3224. Reminder - The minutes approved at tonight's meeting will be posted on the website.

10. Closing

Motion to close meeting - Mary S

Second - Beth

Adjourned 9:43 PM ET