

**October 7, 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. Minutes from Previous Meeting**

- 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)

**5. 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)

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

**7. Old Business**

- None

**8. New Business**

- Suggested change to the contribution policy

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.**

Go into regular OA meeting and start at approximately the same place the meeting would be at.

We will now go into our regular 100#ers Sharing Meeting.

Hello, and welcome to the 100 Pounders meeting of Overeaters Anonymous or OA. My name is \_\_\_\_\_, I'm a compulsive overeater and

your moderator for this meeting.

You can listen to the most recent speaker over the next 24 hours by calling 712-432-5203, with the same PIN as this meeting 4285115#. You may listen to previously shared recordings on OA100pounders.org.

The 7<sup>th</sup> tradition states that each group is to be fully self-supporting. Donations help us live into this tradition. The easiest way to donate is to go to our website— oa100POUNDERS.org. Under the Menu, select the 7th Tradition option and follow the prompt.

#### **NEWCOMERS:**

We dedicate the next few minutes to welcoming newcomers. A newcomer could also be someone who is new to this meeting, coming back from relapse or of course a newcomer to OA. We invite you to give your first name and the initial of your last name by pressing star 1. If you want support from outreach calls, state your phone number and time zone slowly.

*If there is silence, please wait patiently—keep gently encouraging newcomers, and those who have not shared previously on our meeting or who are returning from relapse, to say hello, introduce themselves and leave their contact information if they'd like to*

*Only wait 15-30 seconds before continuing.*

#### **SPONSORS:**

Sponsors, if you are able to help in any way, unmute by pressing \*1, give us your first name, initial of your last name, phone number, and time zone. Please pause before speaking.

*For other information that may assist you in your recovery or service opportunities, visit OA website at [www.OA.org](http://www.OA.org).*

## **SHARING TIME:**

We share for 3 minutes or less on the topic of \_\_\_\_\_(topic). Group conscience asks that we share no more than twice weekly. The week begins on Monday and ends on Sunday.

If you get a gentle reminder, please wrap up promptly and if you wish to leave contact information, say your phone number and time zone slowly.

This meeting appreciates no interruptions or cross talk which is: giving advice to others who've shared; speaking directly to others and questioning or interrupting the group including asking for numbers. Phone numbers will be repeated upon request at the end of the meeting. This is not a time to claim your seat or abstinence.

Our topic this evening is: \_\_\_\_\_. Please share on the topic, or on your experience, strength, and hope. And once again, only press \*1 if you are sharing and pause to prevent cross talk. The meeting is now open for sharing.

- *If people don't mute themselves after speaking, or if there is background noise, quickly stop the meeting and press \*5 (plus the 2 key) to mute everyone.*
- *If there is a lull in sharing, please take time to **warmly** encourage those who have not shared recently to share.*

## **9:52 EST CLOSING:**

If you need a phone number or time zone repeated, want to make a commitment or claim your seat, wish to make unrelated 100 Pounder announcements, please stay on the line after the meetings closes.

*[If moderator would like to leave contact info, you could say the following]* If we run out of time, please feel free to contact me with any questions after the

meeting—I'm [*name and first initial of last name*] my number is [*phone number*] time zone [*Eastern, Central, Mountain or Pacific*].

Would [*volunteer's name*] read our closing reading [*the last paragraph of Step 12 in the OA Twelve and Twelve; page 106 of the 1<sup>st</sup> edition, and page 86 of the 2<sup>nd</sup> edition*].

If no one volunteers, the moderator should read the closing.

“Those of us who live this program don't simply carry the message, we are the message. Each day that we live well, we are well, and we embody the joy of recovery which attracts others who want what we've found in OA. We're always happy to share our secret: the twelve steps of OVEREATERS Anonymous which empowers each of us to live well and be well, one day at a time.”

Thanks to everyone who did service! Thank you \_\_\_\_\_ (speaker's name)for your share. (*To save time only mention the speaker's name.*)

The opinions expressed here today were those of individual OA members and do not represent OA as a whole. For all information on OA visit [www.oa.org](http://www.oa.org).

We close this meeting with the Serenity Prayer. Please \*1 to unmute and join me:

.....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.

The meeting is closed.

\_\_\_\_\_ is now ready to share names and numbers. If you need one, \*1.

If anyone would like to make a commitment for the next 24 hours, \*1.

Now is the appropriate time to share unrelated 100#ers OA announcements.

*As the moderator, if you're comfortable doing so, please leave your number and time zone for anyone to call if they have any questions that didn't get answered. When it's close to two minutes before the hour (which is the time you should turn the line over to the next moderator), please ask the names/numbers person if they would share their number and time zone so members can call them directly for any numbers.*

*We want to be respectful of concluding by **9:57 ET** so that the next moderator can ask for volunteers as we do right before our meeting starts.*

### **Topic Suggestions**

Abstinence

Acceptance

What do I do when I'm angry now?

Courage to accept the things I cannot change

How has my life changed since coming in to OA

Am I still trying to control other people or do I let other people control me?

What have I learned about my character defects since working the program

What is my greatest fear now that I've worked The 12 steps?

How am I freer today than I was before I worked the 12 steps

Am I able to forgive people including myself?

Have my habits improved? What habits still linger?

What does humility mean to you?

How important is prayer to you? Are your problems greater now than they were before?  
How do you react now?

Are you more patient now? What really sets off your trigger?

Do you find yourself being a people pleaser or do people tend to want to please you?  
Why?

Do you pray more now? What kind of things do you prefer to pray about?

Is it easy for you to stay in the present moment? Or do you want to look ahead or look  
backward?

#### KEYPAD CONTROLS:

Most commonly used controls

\*1: Mute/unmute self

\*5: Mute all callers (you must be on the moderator code to use this feature).  
Then press 2, not 1, or NO ONE will be able to unmute!

\*0: Participant count

To record the speaker/meeting

\*3: To start and stop recording\

To change the volume of the conference

\*4: Conference volume down

\*6: Conference volume up

To change speaking volume

\*7: Speaking volume down

\*9: Speaking volume up



The keypad controls that are available to participants

- \*1: Mute/unmute self
- \*4: Conference volume down
- \*5: Raise Hand to vote (Group Conscience Meetings)
- \*6: Conference volume up
- \*7: Speaking volume down
- \*8: Exit Menu
- \*9: Speaking volume up
- \*0: Participant count

Pre-select a topic for sharing.  
Follow rest of regular script

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