

100 Pounders Business Meeting of Overeater's Anonymous

Chair: Nan T

Secretary: Vickie W

Treasurer: Susan S

I. Old Business

- A. The meeting was called to order on Monday March 2, 2026 9:00 pm EST by Nan T.
1. Serenity Prayer was recited in unison,
 2. The Steps were read.
 3. The Traditions were read by Gladys H.
 4. The Ground Rules/Purpose of the Meeting was stated by Nan T.
 5. Motion to open the meeting was made by Lorraine W. and seconded by Cate.
 6. Minutes from the Previous Meeting were read by Vickie W. Motion to accept the minutes were made by Sue S. and seconded by Norma W.
 7. Treasurer Report:

Treasurer Report	April
Starting Balance	373.16
Beginning PayPal Balance	264.76
Contributions	180.00
Fees	10.11
Total PayPal Contributions	169.89
Transfer to Bank	
Total PayPal	
Podbean Fee	
OA 30%	
VR 30%	
VIG 40%	
Service Charge	
Total Expenses	
Ending Bank Account Balance	108.40
Ending PayPal Balance	434.65
Total Ending Balance	543.05

Motion to accept the minutes were made by Sue S. and seconded by Lorraine W.

I. New Business

- A. Sharing: A motion was made to allow people to share 3 times per week and discuss changing the format. Request was for people to speak on pros and cons. Motion was made by Lorraine W. Con: 1 Some meetings do not have a lot of sharing. And some get disillusioned by the same people always sharing. Suggested one way to do two times a week wording track the when to share again. Several voiced 2 times a week works. One suggested a 5-minute share for newcomers to encourage sharing. Concern was expressed that it would feel less open if things were changed. People will do what they do and we need to not rush to fill in the silences. Newcomers need a chance to share, so do not change. Pro: If people could share every other day it would make it simpler to track. After discussion. Gloria. made a motion to take a vote and Norma O. seconded the motion. The vote passed to keep the wording and sharing as it currently is, two times per week.
- B. Phone Line Issues: Reported people had a hard time getting into the meeting and the

concern was why. Issue was shared on Wednesday the “door was locked” and several people were finding it hard to get in. The moderator was texted and the meeting was opened. It was unclear if there had been an intruder that day. Thursday another 8 or more people were trying to get in. Someone tried 15 times to get in. Sunday, someone new to the meeting could not get in. So 3 days there were people trying to get in and one was a newcomer. Sunday was not locked, but Wednesday was. Unsure if storm activity affected the lines during those days or not. Suggested to contact the DASH person. Nan T shared her mobile carrier would block the meeting at least once a month. There is an app being created to connect to the phone meeting. Unsure of date of availability. Discussion if a previous DASH person could have left the meeting locked. There is a DASH Team who does look into reports of intruders.

- C. Reading: Tradition 10 from the OA 12 and 12, Tabled until June Meeting.
- D. World Service Business Conference Report was shared by Sue S attended and shared the following report (Complete report attached):
 - 1. Two new pieces of literature have received conference approval
 - a) Healing the Mind, Body and Spirit: Mental Health and Recovery in Overeaters Anonymous
 - b) Unity with Diversity Checklist
- E. Motions:
 - 1. Addition of The Plain Language Big Book as approved literature was adopted
 - 2. The proposal to include AA literature 2026 or earlier was defeated. (2010 or earlier remains)
 - 3. The proposal to change Telephone to Outreach in the Tools was withdrawn by the maker
 - 4. The proposal to change the wording in the Preamble of OA from Compulsive Overeater to compulsive Eater was adapted
 - 5. The proposal to change Close with any of the following, to use any of the following was adapted
 - 6. The proposal to hold an OA virtual Retreat was referred to the Board of Trustees Convention Committee
 - 7. The Serenity Statement “I seek the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference” was Adapted.
 - 8. The Proposal to form a Specific Focus in Find a Meeting “Ethnically Jewish” was defeated
 - 9. The Proposal to change service bodies to boards was adapted
- F. Move to close business meeting. Maureen H. motioned to close. Second Lorraine W Respectfully submitted by Vickie W.

Attachment:
World Service Business Conference Report by Sue S

World Service Business Conference Report: Sue S attended and shared the following report

1. Total number of voting delegates 162
2. Total number of countries represented 20 Australia, Belgium, Canada, Costa Rico, Denmark, England, France, Greece, Holland, Indonesia, Iran, Israel, Italy, Netherlands, New Zealand, Poland, Scotland, Spain, United States, Wales
3. Total number of Languages Represented: 10 Dutch, English, Farci, French, Greek, Hebrew, Italian, Polish, Spanish, Wales

Committee Reports:

Bylaws Committed was abolished as a standing committee. Reference committee will be decided for WSBC, and will continue throughout the year,

Committee Meeting I attended: Twelfth Step Within- 2 subcommittees were continued, 1 new subcommittee was established.

The Document Subcommittee has no work, but will review documents in the document library for possible updates

The Red Button Subcommittee now take the information it gathered related to Relapse and Prevention, and Decide what to do with it

Ideas And Solutions Subcommittee was started this year

Literature Approved

Conference Approval was granted to the following:

1. Healing the Mind, Body and Spirit: Mental Health and Recovery in Overeaters Anonymous.
2. Unity with Diversity Checklist

Motions:

- Addition of The Plain Language Big Book as approved literature was adopted
- The proposal to include AA literature 2026 or earlier was defeated. (2010 or earlier remains)
- The proposal to change Telephone to Outreach in the Tools was withdrawn by the maker
- The proposal to change the wording in the Preamble of OA from Compulsive Overeater to compulsive Eater was adapted
- The proposal to change Close with any of the following, to use any of the following was adapted
- The proposal to hold an OA virtual Retreat was referred to the Board of Trustees Convention Committee
- The Serenity Statement “ I seek the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference” was Adapted.
- The Proposal to form a Specific Focus in Find a Meeting “Ethnically Jewish” was defeated
- The Proposal to change service bodies to boards was adapted

There was one Emergency Motion dealing with the Moratorium on granting Licensing for translation of Literature. The Emergency Motion Passed as amended, giving the BOT until September 23,2026 to renew Licenses for Translation.

There were multiple workshops offered during WSBC.

- All About Conference- Gave a brief overview of Conference and Parliamentary Procedure
- Forum; Unlocking Recovery Through the Power of We- was interactive process to help us get to know each other better and discuss recovery
- Keeping the Light on - discussed why 7th tradition contributions are still very necessary and options for contributions
- Attraction Rather than Promotion: Sharing and Service Sustain our Recovery - attraction and retention of members.

There were also 4 OA meeting/ day