

100 Pounders Business Meeting of Overeater's Anonymous

Chair: Nan T

Secretary: Vickie W

Treasurer: Susan S

- I. The meeting was called to order on Monday June 1, 2026 9:00 pm EST by Nan T.
 - a. Serenity Prayer was recited in unison,
 - b. The Steps were ready by Imelda T.
 - c. The Traditions were read by Robin
 - d. The Purpose of the Meeting was stated by Nan T.
 - e. Minutes from the Previous Meeting were read by Vickie W.
 - f. Motion to accept the minutes were made by Norma W. and seconded by Sue N.
 - g. Treasurer Report was not ready. It will be posted on the OA 100 Pounder Business site.
 - h. Plain Language Big Book has to be ordered,
- II. Old Business
 - a. Motion to discuss Old Business by Maureen H. and seconded by Lorraine W.
 - b. Sharing 3 times per week . . .
 1. Some people speaking 2, 3, and 4 times a week.
 2. Time keeping not consistent.
 3. New people having difficulty getting in to speak. Suggestion: was call on newcomers/returning members by asking them to take the time to share and put this in the script.
 4. Silence does not have to rush to be filled. Counterpoint is if silence goes too long people will start hanging up.
 5. Often the same people are giving service and some meetings suggest if you gave service last night, please hold back and let others have a chance. Counterpoint is if you don't allow someone who has done service, it will fall back on the moderator.
 6. Some people are not holding boundaries and sharing more once a week. This will be discussed under new business.
 - c. Motion to vote on sharing 3 times a week by Sue N. and seconded by Lorraine W. Voters approved sharing 3 times per week (11) and had (4) not sharing 3 times a week.
- III. Business
 - a. Motion to open New Business made by Maureen H. and seconded by Lorraine W.
 - b. Boundaries, claiming your seat, and sharing more than 2 times in a row as a speaker.

1. We need to respect the boundaries of the meeting and other participants. When you share, you are claiming your seat. Claiming of seats are for people who have not shared.
2. Announce for newcomers/returning members share at the time after they share their names and numbers. Counterpoint: the newcomer may not know what a share looks like.
3. Proposal to change the script to allow newcomers/returning members to come in and share after “we would like to welcome you” segment of the script and before announcements (move from page 5 to page 3.)
4. Tabled until the next meeting for discussion.

IV. Serenity Prayer

Respectfully submitted by Vickie W.