

100 Pounders Business Meeting of Overeater's Anonymous

Chair: Nan T

Secretary: Vickie W

Treasurer: Susan S

- I. Meeting Call to Order on Monday July 5, 2026 9:05 pm EST by Nan T.
- II. Serenity Prayer was recited in unison.
- III. The 12 Steps was read by Lorraine W.
- IV. The 12 Traditions was read by Norma W.
- V. Establishment of Ground Rules was stated by Nan T
- VI. Minutes from Previous Meeting was read by Vickie W.
Motion to accept minutes as read came from Norma W.
and Seconded by Lorraine W.
- VII. Treasurer's Report was unavailable. Will be posted on 100 Pounder Business page when received.
- VIII. Old Business
 - A. We had a member suggest we put more information in the script for the newcomer.
Suggested: the welcome to OA, the Welcome Home, is too long. Thought we should say if you have problems with food, body, or image like some of us it is our overeating, binge eating (over or under eating), repeated dieting, over exercising, anorexia and bulimia, you are welcome here.
Please press *1 to unmute and give us your name if you would like, it is a suggestion if we would like to make of an effort with newcomers and people who are returning. Lorraine motioned to have a discussion on the newcomer greeting. Feedback and suggestions:
 - Copy OA literature on the invitation to newcomers add. Newcomers may feel more comfortable if we mention how they are feeling out there all alone and we

understand how it feels. We feel we are the only ones struggling with food

- If you have problems with overeating, anorexia, or bulimia then you are welcome here rather than the entire Welcome Home—share re: adding to the script.
- Opposition to mentioning the other eating disorders since this is a hundred pounder special focus meeting for those of us who know what it is like to be a hundred pounds. It would detract from our primary purpose to share having speakers who are a 100 Pounders.
- If we are going to add anything it should be:
 - 1 we meet every night at 9 pm and 2 try at least 6 meetings to before deciding if this is right for you. We meet 365 days at year at 9 pm EST. Keep it that simple.
- The suggested wording came from Overeater's Anonymous a place to begin. It is written differently.
 - It's welcome. We're glad you are here—if you are new to OA or wondering what it might be and if it might help. You are not alone. Challenges with food and body image can take many forms, For some of us it is overeating, binge eating, under eating, eating repeatedly, repeated dieting, dieting, over exercise, and ongoing unhappiness with their body, Whatever your experience you are welcome here.

- Why can't the newcomer greeters read Welcome Home to the Newcomer?
- Mostly people who come to a OA designated as a 100 Pounder meeting is going to have a serious problem with food. We should say everyone is welcome. If someone is not a 100 Pounder it would be a waste to cover the other problems with food.
- We can say everyone is welcome since we are dealing with the issue of food addiction and overeating. Keep it general like that and them know they are welcome.
- Would anyone like to head up a committee for adding something to the newcomer greeting? (No volunteers.)
- Decision to table the topic for now.

IX. New Business

- A. Motion for a new Virtual Intergroup (VIG) Rep. Gladys H. was to be the Monday representative, but she cannot represent 100 Pounders because she is already on the VIG.. Would anyone willing to be an intergroup rep? The VIG meets on either the 3rd or 4th Sunday of the month at 3 pm EST. It is usually just an hour. They are good about not spending too much time on everything. We can have up to 7 representatives. You just write down if there is any upcoming workshops or anything that is pertinent that would affect our meeting. Also if they are having elections, they need service, or positions of service. You bring that back to the meeting. There are people on the call who are happy to help you. So is anyone willing to step up to do this? This need also needs added to the script, Lorraine W. volunteered to be the Monday VIG Representative. Vote was taken and she was approved without opposition. Norma motioned we

accept Lorraine as the Monday night VIG Rep and we accept her service,

- B. People are having a difficult time because they are getting charged for calling into the meeting, You can use the What'sApp to call into the meeting, The call would be free and you are not going to get charged. This could be mentioned in the script and make an announcement at the meeting. Why can't it be put on the OA Website? Belief that it takes an intergroup rep to change the information. Tradition 6 An OA should never endorse, finance or lend the OA name to the outside enterprise. Question if OA endorses Zoom. Zoom is a location of a meeting rather than endorsing the product. Motion to table this until we get more information.
- C. Motion is close the meeting by Nan T, and seconded by Lorraine W.
- D. Serenity Prayer recited in unison.