



Join the Region 5 Email Directory



Keeping in touch with others

We are putting together an email directory of OAS in the Region 5 area since it is important that we keep in touch with others in recovery. The email directory only lists first name, last initial, city, state and email address. The directory is only available to people who are on the directory. An updated directory is distributed via email every 1-3 months depending on the amount of change. The email directory contains the following guidelines which have worked well in other settings:

Guidelines for Webpages

Do not use the email directory for any commercial or business purpose. The information in the email directory should never be given to people outside Region 5 OA. If others in Region 5 OA want a copy of the email directory please have them send email to email@region5oa.org so they can be added to the directory and sent the latest edition. The email directory is NOT an email loop

and is not intended for email discussions. Think of it as a phone-book. Some of us already get too much junk email. If you want to share some general information or something cute with a few friends on the directory that is great but please do not send a message to everyone in the email directory unless it is Region 5 OA business.

Joining our Email Directory

If you would like to be in the email directory send your first name, last initial, city, state and email address to email@region5oa.org. Feel free to give this email address or website address (<http://www.region5oa.org>) to other OAs in Region 5.



A Primary Purpose

OA is a Fellowship of individuals who, through shared experience and mutual support, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively.

There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations.

OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.
