



OVEREATERS ANONYMOUS

REGION 5 SECRETARY

October 13, 2022

RE: Region 5 2022 Fall Assembly

Friday, October 28th, 2022, through Sunday, October 30th, 2022.

Dear Region, 5 Intergroups, Representatives, Officers, and Trustee.

The full Assembly will be held in-person only at the Hilton Garden Inn in Chesterton, Indiana. Beginning on October 28th through October 30th, 2022, and is **open to all Region 5 OA members**.

There is more information about the Hotel in Packet A document A03 at this link: [Hotel Information](#)

This letter is part of the 2022 Fall Assembly **Packet B**. Packet B contains Reports and other important Region 5 business information. Packet A was released in September and Packet C (containing the Meeting Minutes and other supporting documents) will be released following the close of the Assembly.

Region 5 2022 Fall Assembly Documents:

- B01_Region 5 2022 Fall Assembly Secretary Letter.pdf
- B02_Region 5 2022 Fall Assembly Credentials Report
- B03_Region 5 2022 Fall Assembly Chair Report.pdf
- B04_Region 5 2022 Fall Assembly Vice-chair Report.pdf
- B05_Region 5 2022 Fall Assembly Treasurer Report.pdf
- B06_Region 5 2022 Fall Assembly Trustee Report.pdf
- B07_Region 5 2022 Fall Assembly Finance 2023 Budget Proposal.pdf
- B08_Region 5 2022 Fall Assembly Finance Balance sheet 9-30-2022.pdf
- B09_Region 5 2022 Fall Assembly Finance Meeting Contributions 2022.pdf
- B10_Region 5 2022 Fall Assembly Media Committee Report.pdf
- B11_Region 5 2022 Fall Assembly Convention Committee Report.pdf
- B12_Region 5 2022 Fall Assembly 2022 Convention Event Final Report.pdf
- B13_Region 5 2022 Fall Assembly Intergroup Sub-committee Report.pdf
- B14_Region 5 2022 Fall Assembly Sponsorship Sub-committee Report.pdf
- B15_Region 5 2022 Fall Assembly Region 5 Inventory Survey Responses.pdf
- **Packet B Combined Print Document.pdf**
 - New – One single PDF with all of the Packet B files (B01 through B15) combined for easy downloading and printing.

What is not included in Packet B

- Bylaws Committee Report
- PIPO Sub-committee Report

Region 5 Officer Elections

At the 2022 Fall Assembly, we will be holding an election for the R5 Chair and R5 Treasurer. There are two Chair applications and one Treasurer application documents in Packet A. Elections will be held on Sunday, October 30th in the Morning Session.

If you have any questions, please don't hesitate to email me.

Thank you.

Keri E.

Region 5 Secretary

R5Secretary@outlook.com

Region 5 Credentials Report - Fall 2022

Registered Intergroups 26 Registered Groups 454 Unaffiliated Groups: 30

Total Groups: 484 Eligible # of Region 5 Reps: 57 Virtual Meetings in R5: 61

St/Prov	Intergroup Name	Number	Groups	Eligible Reps	Sat A.M.	Sat PM	Sun AM
IL	Suburban North	9118	27	3			
IL	Chicago West Intergroup Farout	9168	19	2			
IL	Turning Point	9467	19	2			
IL	Central Illinois	9482	4	1			
IL	Chicago Suburban Southwest	9539	22	3			
IL	Forest City	9625	2	1			
		Illinois	93	12	0	0	0
IN	Central Indiana	9096	23	3			
IN	Three Rivers	9145	6	1			
IN	Northwest Indiana	9291	8	1			
IN	Kiss Intergroup	9311	4	1			
IN	Let Go Let God (LG2)	9642	5	1			
		Indiana	46	7	0	0	0
KY	Louisville Metro	9022	21	3			
		Kentucky	21	3	0	0	0
MI	Greater Detroit Intergroup	9026	44	5			
MI	Southwest Michigan	9141	8	1			
MI	Western Michigan	9208	14	2			
MI	Greater Ann Arbor Area	9251	23	3			
MI	Jackson Area	9354	6	1			
		Michigan	95	12	0	0	0
OH	Greater Cincinnati	9040	16	2			
OH	Cleveland Central	9041	41	5			
OH	Greater Canton Area	9122	4	1			
OH	Central Ohio Service	9134	22	3			
OH	Greater Dayton	9175	12	2			
OH	Crossroads of Hope	9274	8	1			
		Ohio	103	14	0	0	0
WI	Milwaukee Area	9053	40	5			
WI	Rock River	9073	8	1			
WI	Madison Area	9161	25	3			
		Wisconsin	73	9	0	0	0
Voting Reps Present			431	57	0	0	0
Voting Officers Present				4			
Eligible Voters Present					0	0	0
Non-voting alternates, guests							
Parliamentarian							
Region Trustee							
Total Attendance					0	0	0



Hi All,

Finally getting to see you all in one room. I am looking forward to seeing everyone. It has been a long time. Since the last time we met, the world as we knew it, has changed. Sometimes it feels like it's upside down. My whole world has changed. I had a back surgery and have been learning how to exercise the right way, not just the way that I think it should be. I think my HP has a sense of humor; I have said all my program that I hate to exercise. Everyday is a learning experience, a new lesson.

A lot of changes on the region chairs committee: new chair (of the region chairs committee), vice chair, secretary and digital coordinator (makes sure that the calendar is up to date). When the chairs meet, we are responsible for the "Forum" workshop at WSBC, assist other regions if needed and much more. There were/are going to be new chairs and we also sponsor them to help get up to speed. Whom ever is the chair for the next 2 years will be busier than the last 2 years with everything being virtual. I thank you all for the opportunity that I have had being your chair for the last 2 years, it doesn't feel like it was that long ago.

We have gotten the results from the convention survey, I am looking forward to sharing them with you. The convention was a HUGE HIT!! Everyone that went loved it!! The convention committee worked really hard on this convention even though it was virtual. I saw all the work they did in motion at the convention. It ran like a smooth machine. Hosts, cohosts, leads, moderators... it was awesome! I want to thank the convention committee for all the hard work that you did. It was awesome and fun. Thank you, thank you.

Hugs to you all,

EILEEN C

Region 5 Vice Chair Report October 2022

I am blessed to be in a position to serve as your Region5 Vice Chair to the best of my ability. Being a part of the whole is enlightening and exciting. How exciting to be a part of it all. The Region 5 Convention "Letting Our Light Shine" September 17, 18, 2022, hosted by my home town of Chicago via Zoom was awesome. Every year, all I can say is that it was the best. To view and be a part of it struck me. All the work that went into it and how smoothly it ran. The only thing I can come up with is what we say in OA. **"Together we can do what we cannot do alone"** Without all of you these events would not be possible. Although we usually pass the "baton" to the next year's Convention Committee; it is still not too late to think about serving for 2023. Think about it. Remember your service is needed to continue the work of carrying the message to those still suffering within and out of the rooms.

I am so excited that for the first time since covid, we will be meeting face to face for our Region 5 Fall assembly. The Intergroup sharing on Friday night will be hybrid. How cool is that (Modern technology).

A further example of "Together we Can" is we not only having one host intergroup but several. I want to thank Kevin F. from NW Indiana Intergroup, Cecilia S. from Greater Ann Arbor, Ohio for managing the check in table on Friday afternoon and Saturday morning. Also, Kathy C. from Louisville Metro Intergroup and Pam Lee from Central Indiana Intergroup for hosting the Friday night OA and Saturday night OA meetings.

Thank you all. **Just a thought, we could brainstorm Friday night at the Intergroup sharing and put together a convention for 2023.**

Do not forget, we will be meeting to look at our subcommittee's and getting all your ideas. Currently we have

- a. Intergroup to Intergroup
- b. Sponsorship
- c. PI/PO

BE SURE TO HAVE YOUR SMART GOALS HANDY AS A REFERENCE

Hope to see you October 28th.

Your Trusted Servant,

Deanna B.
Region 5 Vice Chair
224-639-0899
ddhope12@aol.com



OVEREASTERS ANONYMOUS REGION 5
REGION 5 TREASURER
POST OFFICE BOX 221224
SHAKER HTS, OHIO 44122

Fall 2022 Report

I want to thank you all for allowing me to be your Treasurer for Region 5. This continues to be a service position that both challenges me and keeps me abstinent every day. I apologize for the long report but it is budget time! 😊

The Budget!!!

The current budget information, including the current income and expenditures plus the draft 2023 budget, are in this packet. The comments below are just a summary.

The expenses for this year continue to be under-budget, mostly due to our extensive use of virtual technology. However, we also allowed monies for committee programs and Intergroup assistance that have not been used. We do have several active committees this year, including the Outreach subcommittees and the Media committee that have been in discussion around projects for the coming year. Since I didn't get any requests from committees for budgets, I adjusted the 2023 budget to try to better reflect the information I have seen, for a total of \$6700 allocated across the 7 committees. **If your committee has a different need, please try to send me that information before we finalize the 2023 budget at our final Assembly session on October 30th.**

We also spent less than expected on World Service Business Conference due to the meeting moving from in person to virtual. I expect the WSBC to be in person in 2023 and have budgeted for that. This includes money for the Region to send extra delegates (because we are entitled to more than we usually have attending from our Intergroups) as well as funds to support Intergroups that want to send delegates but need assistance with funds. This is the single largest area of funding for 2023 at \$11,500.

This year the majority of our expenses were for website and Zoom related costs. Zoom is relatively inexpensive and is used by Committees, the Board, and Officers, as well as the Convention and Assembly. We also upgraded the website this year, hired a new webmaster, and re-allocated some of the costs for website security, all of which increased our expenditures over budget. I have increased the budget for this area to \$9600 in 2023.

We donated \$12,000 to World Service Organization. This was our budgeted donation. I decreased this to \$11,000 for 2023 to balance out the increased costs of travel I have projected.



OVEREASTERS ANONYMOUS REGION 5
REGION 5 TREASURER
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And Income...

We exceeded expectations for income for the Convention with the final total being \$5655. \$1414 (25%) was shared with the Hosting Intergroups in Chicago. There were no expenses other than the fees for processing the registrations and credit cards. We let the Region absorb those fees rather than listing them as a separate expense. Almost all the registrations were done online.

Contributions are down somewhat this year. A list of contributions by meeting and state is included in this packet. We also have contributions from OA members from outside the Region. Entering contributions and registration data into our QuickBooks database is the biggest job of the Treasurer, as you can probably tell from the 6 pages of meeting contribution information you have! The budget estimated \$28,000 in donations based on donations from 2021. However, it appears that as groups have moved either back to in person or into permanent virtual, contributions have gone down. I budgeted \$26,000 for 2023 due to this.

I hope this explanation helps as you read through the budget information. Write down your questions – I'm more than happy to answer them. And remember – this is our Region and our Region's money. Let us use it well to further Recovery throughout the Region.

Your Trusted Servant,

Region 5 Treasurer,

Linda P



NOVEMBER 2022
Region 5 Trustee Liaison Report

Continuing Intergroup Renewal:

It has been my pleasure to assist intergroups in their renewal process. This year I have assisted 2 intergroups on digital platform. Hopefully this year, it will be F2F. I have two intergroups who are investigating the possibility of doing the intergroup renewal. Please contact myself r5TrusteeBarb@gmail.com or any board member.

Traditions Workshops:

All board members will gratefully help you in any Traditions Workshops you are hosting. Please let us know and we will assist you in any way that you need.

Copyright Information

In video conference meetings screen or audio share must:

- be temporary, meaning it must be removed at the end of the meeting
- be limited, meaning it is only a small portion of the overall content of the meeting
- be cited as the copyright of Overeaters Anonymous, Inc. (See full guidelines for citation format.)
- not be reproduced beyond the original share

Meeting changes:

Remember to inform the WSO whenever you have meeting changes to your directory by going to Edit a Meeting at oa.org. We have had many changes because of COVID and virtual meetings. Slow, we are turning to face-to-face meetings. Also, if your meetings choose to stay virtual, the group can still remain in your intergroup. **“Edit a Meeting”** <https://oa.org/add-a-meeting/edit-a-meeting/> at oa.org. **You can edit your intergroup as well on “Find a Service Body”** <https://oa.org/add-a-meeting/registration-forms/>

Literature Announcements and Reminders:

- Voices of Recovery is updated in digital and print!
<https://oa.org/news/voices-of-recovery-second-edition-arrives-in-print-and-digital-formats/>
- OA's 12&12 is now an audio book!
<https://oa.org/news/voices-of-recovery-second-edition-arrives-in-print-and-digital-formats/>
- Our service & traditions pamphlet is a free download
<https://oa.org/news/voices-of-recovery-second-edition-arrives-in-print-and-digital-formats/>
- Where Do I Start? Pamphlet is a free downloadable!
<https://oa.org/news/where-do-i-start-pamphlet-now-available-as-free-download-on-oa-org/>

Region 5 Inventory

We are grateful for those members who filled out the Region 5 Inventory. I hope this discussion of the inventory will help our region grow. It is downloadable in Packet “B”. on region5oa.org

Yours in Service,
Barb K
Region 5 Liaison

Line #		2022	2022	2023	Notes 2023
		Budget	Actual YTD	Budget	
Income					
1	Convention	\$3,500.00	\$ 5,655.00	\$ 5,000.00	
2	Assembly Income	\$2,000.00	\$ 626.00	\$ 3,000.00	
3	Contributions	\$ 28,000.00	\$ 22,458.39	\$ 26,000.00	
4	Savings Interest	\$ 8.00	\$ 6.44	\$ 8.00	
5	Region 5 Workshops	\$ 300.00	\$ -	\$ 100.00	
6	Lunch Bag Sales	\$ -	\$ -		
7	Transfer from Savings	\$ -	\$ -		
8	Total Income	\$ 33,808.00	\$ 28,745.83	\$ 37,108.00	
Expense					
9	Conventions	\$ 1,000.00	\$ 1,414.00	\$ -	
10	Assemblies	\$ 2,700.00	\$ -	\$ 6,000.00	Costs for this year's assembly are not yet known but may be increased due to travel costs
11	Region 5 IG Rep Support Fund	\$ 1,400.00	\$ -	\$ 1,500.00	We had one inquiry but no actual request
12	Bank Charges		\$ -		
13	Committee - Bylaws	\$ -		\$ 200.00	
14	Committee - Finance	\$ -		\$ -	
15	Committee - Media	\$ 2,500.00	\$ -	\$ 2,000.00	
16	Committee - Nominating	\$ -	\$ -		
17	Outreach Subcommittee - Professional Outreach/Public Information projects	\$ 2,500.00	\$ -	\$ 3,000.00	
18	Outreach Subcommittee - IG Outreach programs	\$ 2,000.00	\$ 384.00	\$ 1,000.00	
19	Outreach Subcommittee - Sponsorship Support projects	\$ 2,500.00	\$ -	\$ 500.00	
20	Equipment/Maintenance	\$ 1,500.00	\$ (126.08)	\$ 200.00	
21	Insurance	\$ 1,200.00	\$ 1,155.00	\$ 1,200.00	
22	Officer Operating Expenses	\$ 2,000.00	\$ 1,514.38	\$ 3,000.00	
23	Postage	\$ 200.00	\$ -	\$ 200.00	
24	Processing Fees	\$ 800.00	\$ 910.23	\$ 1,200.00	
25	Professional Fees - Accountant	\$ 1,200.00	\$ 1,423.13	\$ 1,500.00	
26	Professional Fees - Corporate statutory agent/incorporation fees	\$ 1,500.00	\$ 75.00	\$ -	

27	Hotel Liaison	\$ 200.00		\$ -	
28	Region Chair Committee Expenses	\$ 1,500.00		\$ 1,500.00	
29	Region Chair Committee Travel Assistance Fund	\$ 1,000.00		\$ 1,000.00	
30	Web Expense -Virtual Meetings	\$ 800.00	\$ 501.17	\$ 1,500.00	
31	Web Expense -Website Security	\$ 110.00	\$ 795.06	\$ 1,500.00	
32	Web Expense - Webmaster	\$ 4,200.00	\$ 4,550.00	\$ 5,000.00	
33	Web Expense -software and fees	\$ 1,600.00	\$ 1,567.25	\$ 1,600.00	
34	Taxes & Filing Fees	\$ 50.00	\$ 50.00	\$ 50.00	
35	Chair to WSBC	\$ 2,000.00	\$ 175.00	\$ 2,500.00	
36	Region 5 Delegates to WSBC	\$ 3,000.00	\$ 414.95	\$ 4,000.00	
37	Intergroup Assistance for WSBC	\$ 4,000.00		\$ 5,000.00	
38	Chair to OA Convention	\$ -			
39	WSO Delegate Support Fund			\$ 1,000.00	
40	WSO General Fund	\$ 10,000.00	\$ 10,000.00	\$ 8,000.00	
41	WSO Prof. Exhibits Fund	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00	
42	WSO Translation Fund	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00	
43	Trustee Candidate Expense				
43	Total Expense	\$ 53,460.00	\$ 26,803.09	\$ 56,150.00	
44					
45	Difference between income and expense	\$ (19,652.00)	\$ 1,942.74	\$ (19,042.00)	

1:47 PM
10/10/22
Cash Basis

Overeaters Anonymous Region 5
Balance Sheet
As of September 30, 2022

	<u>Sep 30, 22</u>
ASSETS	
Current Assets	
Checking/Savings	
Chase Checking Ohio (Ohio Chase Checking)	24,514.13
Chase Savings (Savings Account)	43,728.25
Total Checking/Savings	<u>68,242.38</u>
Total Current Assets	<u>68,242.38</u>
TOTAL ASSETS	<u>68,242.38</u>
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	
Accounts Payable	
Accounts Payable	-829.90
Total Accounts Payable	<u>-829.90</u>
Total Current Liabilities	<u>-829.90</u>
Total Liabilities	-829.90
Equity	
Opening Bal Equity	36,892.48
Retained Earnings	27,733.10
Net Income	4,446.70
Total Equity	<u>69,072.28</u>
TOTAL LIABILITIES & EQUITY	<u>68,242.38</u>

Overeaters Anonymous Region 5
Meeting Contributions
 January 1 through October 10, 2022

	Jan - M...	Apr - J...	Jul - S...	Oct 1 - ...	TOTAL
Ordinary Income/Expense					
Income					
Contributions (Contributions to Region 5 from groups and intergroups)					
-88762 - Reg Sunday Morning C&R	55.45	200.85	133.45	0.00	389.75
#13 Illinois (Illinois - Chicago/Central IL)					
- Personal Donations	720.00	344.00	263.80	0.00	1,327.80
-00417 Normal Wed 515pm	0.00	0.00	100.00	0.00	100.00
-01232 Chgo Wash Pk Sat 1015 am (Chicago, IL Saturday 10:15 am)	26.50	0.00	32.00	0.00	58.50
-04500 Naperville Mon 730 pm (Naperville Mon PM)	0.00	0.00	75.00	0.00	75.00
-04667 Burbank Thu 1000 am (Burbank Thu 10 AM)	111.90	66.80	32.40	0.00	211.10
-04737 Burbank Tue 730 pm (Burbank Tue Night OA)	67.60	68.00	0.00	0.00	135.60
-06854 Benet Lake Fri 1000am (St.Benedict's Abbey)	0.00	19.00	0.00	0.00	19.00
-07207 Northbrook Sat 1100 am (Northbrook Sat 11 AM)	18.10	20.89	24.26	0.00	63.25
-07972 Schaumburg Wed 930 am (Schaumburg Wed AM)	29.00	28.00	30.00	0.00	87.00
-08909 Aurora Wednesday 930 am (Aurora Wednesday 930 am)	0.00	20.00	20.00	30.00	70.00
-09118 Suburban North Intergrou	858.00	22.00	0.00	0.00	880.00
-09168 CHIWIF Intergroup (Chi-Wif IG)	275.00	225.00	0.00	0.00	500.00
-09467 Turning Point Intergroup (Turning Point IG)	450.00	200.00	0.00	0.00	650.00
-09539 CSSI Intergroup	242.88	285.58	320.90	0.00	849.36
-11921 Forest Park Sat 900 am (Park Forest Step Study)	10.00	20.00	20.00	0.00	50.00
-13044 Arlington Hgts Sat 230 p (Arlington NW Com Hosp Sat)	0.00	25.00	9.00	0.00	34.00
-14691 Palos Hgts Fri 1000 am (Palos Heights Fri AM)	25.00	23.00	59.00	0.00	107.00
-15457 Niles Mon 700 pm (SNI Mon PM)	20.18	0.00	0.00	0.00	20.18
-20655 LaGrange Fri 900 am (LaGrange Fri AM)	0.00	0.00	20.00	0.00	20.00
-22469 Highland PK Sun 1000 am	100.00	0.00	50.00	0.00	150.00
-30462 Evanston St Fr Sat 930am (Evanston, Saturday St. Francis 9:30 am)	0.00	37.00	0.00	0.00	37.00
-31397 Tuesday PM	16.00	0.00	15.00	0.00	31.00
-32205 Chgo St. Johns Sat 930 a (St John's Sat 9:30 am)	36.00	42.00	52.00	0.00	130.00
-32222 Elmhurst Sat 1015 am (Elmhurst Sat am)	80.00	40.00	40.00	0.00	160.00
-33054 Oak Lawn Fri 700 pm (Oak Lawn Fri Salem Church)	0.00	18.02	12.80	0.00	30.82
-33402 Libertyville Sat 800 am (Libertyville Sat)	20.80	28.00	31.60	0.00	80.40
-34562 Evanston St M Sat 900 am (Evanston St Matthews Sat)	44.30	0.00	0.00	0.00	44.30
-34566 Monkena Mon 1000 am (MOHENA, MON 10 am)	18.00	0.00	30.00	0.00	48.00
-35325 River Forest Sat 900 am (River forest Sat 9 am)	31.10	0.00	48.00	0.00	79.10
-35752 Darien Tue 530 pm (Darien Tuesday OA)	0.00	9.20	0.00	0.00	9.20
-35993 Evanston Wed 730 am (St Luke's Episcoal Church)	10.00	0.00	0.00	0.00	10.00
-35994 Evanston Fri 730 am (Evanston Fri St Luke's)	0.00	65.70	0.00	0.00	65.70
-36157 Roselle Sat 830 am (Roselle Sat 8:30 AM)	13.00	19.00	10.00	0.00	42.00
-36275 Chicago Sun 1100 am	28.00	22.50	0.00	0.00	50.50
-38938 Burr Ridge Sat 800 am	0.00	122.40	75.00	0.00	197.40
-39338 Chgo Masonic Sat 730 am (Sat 7:30am Masonic Hospital, Chicago)	0.00	0.00	60.00	0.00	60.00
-39340 Chgo Thorek Sun 915 am (Chicago, IL Sunday 9:15 am Thorek Hospital)	20.69	0.00	86.70	0.00	107.39
-40019 Oak Park Sun 700 pm	50.00	0.00	0.00	0.00	50.00
-40607 Mokena Sun 300 pm	10.00	0.00	10.00	0.00	20.00
-41015 Chi St. Johns Tue 700 pm (Tues PM St John's)	21.00	0.00	16.00	0.00	37.00
-45986 Oak Forest Wed 730 pm	0.00	15.00	0.00	0.00	15.00
-46082 Grayslake Fri 730pm (Grayslake IL Fri)	60.30	50.10	0.00	0.00	110.40

**Overeaters Anonymous Region 5
Meeting Contributions
January 1 through October 10, 2022**

	Jan - M...	Apr - J...	Jul - S...	Oct 1 - ...	TOTAL
-46915 Orland Park Sat 830 am (Sat 8:30 am Orland Pk, ILL)	114.14	68.24	84.90	0.00	267.28
-46934 Urbana Thu 530 pm	0.00	0.00	175.00	0.00	175.00
-49214 Chicago St Ma Mon 600 pm (St Margaret MNOABBS ?)	0.00	50.00	0.00	0.00	50.00
-50044 LaGrange Sun 700 pm	0.00	0.00	20.00	0.00	20.00
-50754 Chgo Sunlight Mon 700 pm (Sunlight of the Spirit)	10.00	0.00	15.00	0.00	25.00
-51048 Darien Wed 630 (Back to Basics)	208.50	298.50	76.80	0.00	583.80
-51151 Elgin Fri 900 am	27.00	0.00	25.00	0.00	52.00
-51233 Oak Park Wed 700 pm	0.00	41.00	0.00	0.00	41.00
-52063 Lake Forest Wed 100 pm	0.00	75.00	0.00	0.00	75.00
-52377 Morton Grove Wed 700 pm	15.00	0.00	0.00	0.00	15.00
-53345 Chicago Alano Sun 900 am	60.50	0.00	0.00	0.00	60.50
-53693 Orland Park Wed 930 am	0.00	25.00	59.00	0.00	84.00
-54164 Evanston Sat 730 am	150.00	0.00	150.00	0.00	300.00
-54248 Bloomington Sat 1000am	70.00	0.00	0.00	0.00	70.00
-56429 Northbrook Thu 1000 am	24.00	15.00	14.50	0.00	53.50
-57330 Crystal Lake Thurs noon	0.00	0.00	31.90	0.00	31.90
-57518 Burbank Tues 6;30 Newcom	0.00	0.00	54.00	0.00	54.00
-89078 Saturday 8 am Virtual	0.00	90.00	0.00	0.00	90.00
-89579 Burbank Tuesday 630	39.40	40.20	0.00	0.00	79.60
-89823 Naperville Thursday 730	0.00	45.00	12.00	0.00	57.00
-89941 Monday Chi No 7PM Zoom	0.00	22.00	17.60	0.00	39.60
Total #13 Illinois (Illinois - Chicago/Central IL)	4,131.89	2,606.13	2,279.16	30.00	9,047.18
#14 Indiana (Indiana)					
- Personal	10.00	20.00	62.00	0.00	92.00
-? Indiana (Unassigned groups)	16.00	0.00	0.00	0.00	16.00
-01026 Indianapolis Thu 1200 pm (Indianapolis 12pm)	25.00	10.00	0.00	0.00	35.00
-02327 Elkhart Mon 600 pm (SERENITY SEEKERS)	0.00	44.15	37.83	0.00	81.98
-03792 Ft. Wayne Mon 715 pm (Ft Wayne Mon PM)	0.00	0.00	41.00	0.00	41.00
-09096 Central Indiana IG (Central Indiana IG)	0.00	400.00	0.00	0.00	400.00
-09145 Three Rivers Intergroup (Three Rivers IG)	541.31	0.00	0.00	0.00	541.31
-09311 (Thursday 7:30 PM Bloomington)	0.00	0.00	100.00	0.00	100.00
-09642 Let Go Let God IG	500.00	0.00	0.00	0.00	500.00
-12098 Indianapolis Tue 700 pm (Rainbow of Recovery Old Bethel)	18.40	69.20	10.00	0.00	97.60
-14137 Michigan City Mon 700 pm (Michigan City Mon 700 pm)	10.50	15.00	0.00	0.00	25.50
-22495 Goshen Sat 1000 am (Elkhart)	17.50	17.50	8.29	0.00	43.29
-22838 Indianapolis Fri 1200 pm	60.00	0.00	20.00	0.00	80.00
-23081 Indianapolis Mon 1200 pm	10.00	10.00	0.00	0.00	20.00
-24249 Evansville Thu 630pm	5.00	15.00	0.00	0.00	20.00
-24741 Highland Fri 900 am (Faith Church)	0.00	40.00	0.00	0.00	40.00
-26994 Indianapolis Sat 830 am (Indy Sat AM Eye Opener)	0.00	41.37	42.00	0.00	83.37
-29422 Kokomo Tue 700 pm (Kokomo Tue 7 PM)	3.00	0.00	0.00	0.00	3.00
-36184 Greenwood Sat 1000 am (Greenwood Indiana)	24.22	0.00	30.00	30.45	84.67
-36536 Indianapolis Mon 630 pm (SPEEDWAY)	20.00	25.00	30.00	0.00	75.00
-37739 Ft. Wayne Sat 900 am (FORT WAYNE)	0.00	28.00	16.00	0.00	44.00
-38165 Evansville Sat 840 am	0.00	0.00	50.00	0.00	50.00

**Overeaters Anonymous Region 5
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	Jan - M...	Apr - J...	Jul - S...	Oct 1 - ...	TOTAL
-40309 Indianapolis Wed 530 pm (ChristUMeth5:30pmWed)	120.00	62.00	50.00	0.00	232.00
-41218 South Bend Fri 1210pm (Lafayette Wed 700 pm)	100.00	10.00	0.00	0.00	110.00
-46764 Michigan City Fri 700 pm (First United Methodist)	6.00	15.00	0.00	0.00	21.00
-46922 Indianapolis Sat 10am (Sat 10 AM Indy)	0.00	23.00	0.00	0.00	23.00
-47644 Indianapolis Mon 530 pm	0.00	17.50	0.00	0.00	17.50
-47819 Indianapolis Fri 700 pm	41.50	35.50	0.00	0.00	77.00
-52025 Indianapolis Sun 4pm	53.40	29.70	29.78	0.00	112.88
-53482 Indianapolis Wed 630 pm (Union Chapel United Methodist Church)	0.00	65.60	0.00	0.00	65.60
-54446 Crown Point Tue 700pm (St John' United Church)	6.00	26.50	6.00	0.00	38.50
-54657 Ft. Wayne Thu 615 pm	0.00	35.00	0.00	0.00	35.00
-56544 Indianapolis Tue 1200 pm	24.10	0.00	6.60	0.00	30.70
-56566 Indianapolis Mon 7pm	0.00	0.00	52.50	0.00	52.50
-57032 Fort Wayne Monday Noon	0.00	12.00	11.00	0.00	23.00
-57193 Anderson Sun AM	0.00	0.00	10.00	0.00	10.00
-57249 New Horizon Monday 6PM	0.00	0.00	10.00	0.00	10.00
-57341 Evansville Wed BB	0.00	23.00	0.00	0.00	23.00
-57348 Hebron Sat 11AM	0.00	3.73	0.00	0.00	3.73
-800576 Sat 830AM Eye Opener	0.00	0.00	120.30	0.00	120.30
-89046 Thursday night zoom	0.00	44.70	0.00	0.00	44.70
-89142 Goshen Wed 1230 pm	11.28	10.00	0.00	0.00	21.28
Total #14 Indiana (Indiana)	1,623.21	1,148.45	743.30	30.45	3,545.41
#18 Kentucky (Kentucky)					
- Personal Donations	12.00	50.00	0.00	0.00	62.00
-09022 Louisville Metro IG (Louisville IG)	206.00	0.00	0.00	0.00	206.00
-14857 Erlanger Wed 1030 am	0.00	43.20	0.00	0.00	43.20
-24532 Lakeside Sat 1030 am	0.00	0.00	40.00	0.00	40.00
-25133 Lexington Sat 900 am	43.92	0.00	0.00	0.00	43.92
-53648 Louisville Thu 6pm (Beargrass Christian Church)	0.00	35.00	0.00	0.00	35.00
-54604 Louisville Tue 1000 am	0.00	0.00	180.00	0.00	180.00
-56682 Louisville Thurs 10AM	51.98	0.00	49.00	0.00	100.98
-800265 Lexington Sat AM online	0.00	36.90	0.00	0.00	36.90
Total #18 Kentucky (Kentucky)	313.90	165.10	269.00	0.00	748.00
#22 Michigan (Michigan)					
- Michigan Unknown (Non numbered group)	0.00	0.00	0.00	17.63	17.63
- Personal	20.00	0.00	50.00	0.00	70.00
-00069 Portage Sat 1100 am	36.00	0.00	0.00	0.00	36.00
-00410 Hudsonville Sat 900 am	20.00	0.00	0.00	0.00	20.00
-01953 Muskegon Tue 1000 am (Muskegon)	15.00	30.00	0.00	0.00	45.00
-07045 Rochester Hills Mon 730p (Rochester Mon PM)	30.00	0.00	0.00	0.00	30.00
-09026 Greater Detroit IG (Greater Detroit IG)	253.40	0.00	0.00	75.00	328.40
-09208 Western Michigan IG (Western Michigan IG)	0.00	200.00	0.00	0.00	200.00
-09251 Ann Arbor IG (Greater Ann Arbor IG)	100.00	50.00	0.00	0.00	150.00
-16847 Grand Rapids Sat 1000 am (Grand Rapids)	0.00	20.00	0.00	0.00	20.00
-17631 Bay City Mon 1000 am (Bay City Mon AM New Hope)	0.00	5.00	0.00	0.00	5.00

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	Jan - M...	Apr - J...	Jul - S...	Oct 1 - ...	TOTAL
-19743 St Clair Shr Sat 1000 am (St Clair Shores MI)	20.00	0.00	0.00	0.00	20.00
-22572 Traverse City Tue 1215 p (Traverse City noon)	32.00	0.00	0.00	0.00	32.00
-29352 Charlevoix Alano Club	75.00	0.00	0.00	0.00	75.00
-32527 Bloomfield H Wed 1000 am (Bloomfield Wed)	20.00	0.00	0.00	45.00	65.00
-35730 Wyandotte Sat 1000 am (Wyandotte MI)	6.10	0.00	0.00	0.00	6.10
-39685 Garden City Sat 100 pm	0.00	0.00	0.00	10.50	10.50
-49379 Bay City Thu 700 pm	0.00	5.00	10.00	0.00	15.00
-49919 Grandville Thu 1000 am	20.00	0.00	0.00	0.00	20.00
-50804 Plymouth Thu 830 am	0.00	0.00	0.00	6.10	6.10
-51149 Portage Wed 700 pm	0.00	15.00	0.00	0.00	15.00
-51179 Okemos Tue 700pm	0.00	200.00	0.00	0.00	200.00
-51645 Livonia Wed 800 am	60.00	0.00	0.00	0.00	60.00
-53463 Kalamazoo Mon noon	0.00	0.00	75.00	0.00	75.00
-54870 Grand Rapids Thu 7PM	45.00	0.00	0.00	0.00	45.00
-54904 Fenton Tue 630 am	20.30	0.00	0.00	0.00	20.30
-57508 Ann Arbor Thurs 6PM BB	0.00	0.00	16.00	0.00	16.00
Total #22 Michigan (Michigan)	772.80	525.00	151.00	154.23	1,603.03
#35 Ohio (Ohio)					
- Personal	120.00	30.00	144.50	0.00	294.50
-00915 Elyria Mon 730 pm (Elyria Mon New Life)	0.00	0.00	20.00	0.00	20.00
-01041 Mentor Thu 1000 am (Mentor Thurs AM)	30.90	0.00	30.00	0.00	60.90
-02089 Columbus Thu 930 am (ColumbusThu NW Christian)	11.20	25.00	25.00	0.00	61.20
-02169 Medina Wed 730 pm	10.00	0.00	40.00	0.00	50.00
-02612 Parma Heights Mon 930 am (Parma Heights Mon)	0.00	30.00	30.00	0.00	60.00
-05141 Pepper Pike Sat 300 pm (New Directions Sat)	33.33	0.00	0.00	0.00	33.33
-07447 Lyndhurst Fri 10 am (Lyndhurst Y Friday 10 AM)	0.00	0.00	15.00	0.00	15.00
-09134 Central Ohio Intergroup	0.00	0.00	1,000.00	0.00	1,000.00
-09274 Crossroads of Hope IG	0.00	300.00	0.00	0.00	300.00
-11253 Brooklyn Tue 700 pm	0.00	20.00	0.00	0.00	20.00
-12766 Cincinnati Sat 1030 am (spring grove village)	20.93	34.00	0.00	0.00	54.93
-15272 Olmsted Falls Sat 10 am	173.40	0.00	158.11	0.00	331.51
-16720 Brunswick Tue 1000 am (Brunswick Tue AM)	0.00	28.00	0.00	0.00	28.00
-18655 Cincinnati Sat 1000 am (Church of the Resurrection)	129.21	0.00	0.00	0.00	129.21
-19937 Bedford Sat 1000 am (Bedford Sat AM Big Book)	15.00	0.00	0.00	0.00	15.00
-20893 Youngstown Wed 730 pm (Youngstown Northside Wed)	60.00	0.00	0.00	0.00	60.00
-21586 Kettering Sun 630 pm (Kettering Mighty Fortress)	0.00	100.00	15.00	0.00	115.00
-22079 Westlake Sun 10 am (West Lake Sun10am St John's Westshore Hospital)	51.00	78.50	46.00	0.00	175.50
-22635 Lakewood Tue 930 am	17.00	0.00	34.00	0.00	51.00
-23004 Westerville Mon 700 pm (Westerville Mon PM)	49.40	0.00	175.00	0.00	224.40
-24484 Toledo Tue 930 am (Christ Presbyterian)	47.70	0.00	0.00	0.00	47.70
-29265 (dayton,)	0.00	0.00	78.00	0.00	78.00
-29990 Chesterland Mon 730 pm (Chesterland Mon PM OA)	8.08	0.00	0.00	0.00	8.08
-32588 Dayton Sat 900 am	35.10	0.00	150.00	0.00	185.10
-35369 Columbus Sat 930am (Columbus North Community)	59.90	0.00	32.00	0.00	91.90
-35869 Parma Thu 730 pm (Parma Lutheran Thu PM)	0.00	11.34	0.00	0.00	11.34

**Overeaters Anonymous Region 5
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	Jan - M...	Apr - J...	Jul - S...	Oct 1 - ...	TOTAL
-40685 Springfield Mon 1030 am	0.00	30.00	0.00	0.00	30.00
-40943 Concord Twp Sun 700 pm	10.00	0.00	0.00	0.00	10.00
-46541 Strongville Mon 730 pm (N. Royalton OH Mon)	0.00	0.00	32.52	0.00	32.52
-47134 Cleveland Thu 645 pm	0.00	0.00	102.00	0.00	102.00
-47594 Cincinnati Thu 10 am (Thurs 10:00 am Cincy)	0.00	0.00	12.40	0.00	12.40
-47705 Thurs Step Study	104.25	0.00	0.00	0.00	104.25
-49022 Bay Village Tue 730 pm	17.20	23.00	12.50	0.00	52.70
-53001 Athens Mon 600 pm	0.00	0.00	108.00	0.00	108.00
-53969 Westerville Wed 700 pm	12.40	6.00	9.50	0.00	27.90
-54299 Athens Saturday 1000 am	0.00	0.00	126.20	0.00	126.20
-57037 Findlay Thu 530pm	0.00	30.00	0.00	0.00	30.00
-57288 Fort Thomas Tuesday 730	15.90	0.00	0.00	0.00	15.90
-80061 Elyria Thursday S&T	78.00	53.15	40.00	0.00	171.15
-88932 Virtual Meeting	72.80	0.00	0.00	0.00	72.80
Total #35 Ohio (Ohio)	1,182.70	798.99	2,435.73	0.00	4,417.42
#49 Wisconsin (Wisconsin)					
- Personal Contributions	39.50	68.00	35.80	0.00	143.30
-00122 Franklin Mon 645 pm	20.20	0.20	7.05	0.00	27.45
-00347 Racine Mon 700 pm	10.00	0.00	0.00	0.00	10.00
-00400 Waukesha Mon 4pm	0.00	10.00	22.50	0.00	32.50
-02063 Wauwatosa Mon 630 pm (Aurora Hospital)	4.00	0.00	3.50	0.00	7.50
-03478 West Bend Thu 300 pm (West Bend Mon)	10.00	6.00	18.45	0.00	34.45
-03631 New Berlin Wed 930 am (New Berlin Wed)	26.00	33.00	47.61	0.00	106.61
-04055 West Allis Sat 930 am (Brookfield Sat AM)	22.00	26.50	28.50	0.00	77.00
-09053 Milwaukee Intergroup	51.20	0.00	0.00	0.00	51.20
-20992 Wauwatosa Wed 630 am (Martin Luther Lutheran Church)	27.30	41.10	30.50	0.00	98.90
-21024 Menomonee Falls Tues 10A	22.30	12.00	31.50	0.00	65.80
-22299 Elkhorn Mon 700 pm	10.00	2.00	0.00	0.00	12.00
-22626 Madison Thu 1200 pm (Madison Thu Noon St Johns)	0.00	0.00	30.00	0.00	30.00
-30176 Whitefish Bay Mon 700 pm (Christ Ch HOW)	29.60	14.80	27.80	0.00	72.20
-32466 Fox Point Sat 930 am (Milw St Michael's Sat HOW)	45.00	57.00	23.06	0.00	125.06
-38390 Wauwatosa Sat 730 am (Sat, HOW Lakeview)	92.34	65.50	56.40	0.00	214.24
-39166 Neenah Mon 600 pm (Neenah WI Mon)	86.30	0.00	0.00	0.00	86.30
-39445 Mequon Tue 630 pm (Spirit Life HOW)	23.60	0.00	5.00	0.00	28.60
-40998 Moniowoc Mon 130 pm	0.00	19.25	0.00	0.00	19.25
-46721 Delavan Fri 845 am (Thurs 7:00 pm Delavan)	0.00	15.00	7.50	0.00	22.50
-48802 LakeGeneva Wed 700 pm	10.00	0.00	0.00	0.00	10.00
-49329 Burlington Sat 830 am	15.00	0.00	10.00	0.00	25.00
-49816 Slinger Mon 630 pm	10.00	20.00	20.00	0.00	50.00
-50571 Green Bay Tue 6 pm	30.00	0.30	10.00	0.00	40.30
-51134 Cambridge Fri 830 am	221.20	0.00	0.00	0.00	221.20
-51443 Appleton Thur 630 pm	5.00	0.00	0.00	0.00	5.00
-53314 Cambridge Mon 830 am	221.20	0.00	0.00	0.00	221.20
-54646 Milwaukee Wed100 pm (Pass it on)	0.00	16.00	10.00	0.00	26.00
-56006 Menomonee Fls Wed 630pm	6.00	6.00	6.00	0.00	18.00

**Overeaters Anonymous Region 5
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	Jan - M...	Apr - J...	Jul - S...	Oct 1 - ...	TOTAL
-56592 Oconomowoc Tue 1030 am	8.00	0.00	15.00	0.00	23.00
-56816 Cambridge Wed 830am	221.20	0.00	0.00	0.00	221.20
-57013 Milwaukee Sat AM	0.00	1.76	26.00	0.00	27.76
-57013 Milwaukee Sat PM	20.00	17.88	2.50	0.00	40.38
-57340 Oakcreek Thurs noon	5.00	0.00	0.00	0.00	5.00
-57396 Waukesha Tues 4PM	10.00	0.00	0.00	0.00	10.00
-88911 Zoom BB Mon 830 AM	16.00	21.00	20.00	0.00	57.00
-89909 Zoom Tues 10AM	16.50	6.00	3.50	0.00	26.00
-89919 Zoom Sun 630PM	33.20	45.00	32.50	0.00	110.70
-89998 Zoom Fri 5PM	7.50	9.00	9.50	0.00	26.00
Total #49 Wisconsin (Wisconsin)	1,375.14	513.29	540.17	0.00	2,428.60
Other Region Individual (7th Tradition contributions outside of region 5)	215.00	5.00	59.00	0.00	279.00
Total Contributions (Contributions to Region 5 from groups and intergroups)	9,670.09	5,962.81	6,610.81	214.68	22,458.39
Total Income	9,670.09	5,962.81	6,610.81	214.68	22,458.39
Gross Profit	9,670.09	5,962.81	6,610.81	214.68	22,458.39
Net Ordinary Income	9,670.09	5,962.81	6,610.81	214.68	22,458.39
Net Income	9,670.09	5,962.81	6,610.81	214.68	22,458.39

Media Committee Report

The Committee hopes that you have seen and been using the updated website that launched in the early Summer. The Committee is in the process of reviewing and rewriting the Media Committee's description in the R5 Policies and Procedures and hope to get this finalized and into new business suggestions at the Fall Assembly. Keri shared the website analytics and data (since the new site went live) about the Online Newsletter viewership, etc. See the email information below. The Committee will use the data to help guide their proposals about the changes in the Media Committee.

Email below

On the Summer Conference call, you all asked to see as much data as possible, related to the Article views on the R5 Online Newsletter. Attached is the information we were able to pull, but remember these numbers are only over the last couple months, since our new website went live at the beginning of the Summer.

We could not pull detailed and accurate data from the old R5 website setup, as Joel has explained.

The only new Article that was posted the website and that we promoted via the new graphic email (as illustrated below, but example is not interactive like the actual emails):

CHECK OUT the **New Article** Posted to the R5 Website!

 Keri E. Region 5 Secretary
To: Ken Evans

Click the **WHAT'S NEW!** graphic link below to read the **newest article** featuring **Louisville Metro Intergroup's article** about their **"Meeting Transition During Covid"**.



You can always read previously published **articles** by clicking the **ONLINE** or **PRINT** graphic links below.



Thanks,
Keri E.
Region 5 Secretary

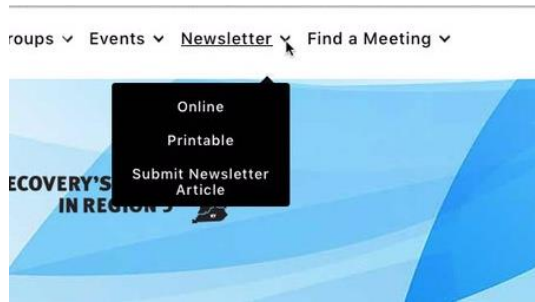
If you want to unsubscribe from this (or any other) Group click [here](#)

Was the KY Article. This article is also highlighted in yellow in the attached spread sheet. All of the other articles that are listed in the spreadsheet were posted to the website and promoted via email, **BEFORE** the new website went live and so those numbers only show Article views from the last couple months, and **NOT** views based on the Article's initial release dates. Hope that makes sense!

Page	Pageviews
/a-personal-history-in-oa-meetings/	4
/a-poem-of-gratitude-for-the-miracles/	2
/a05-r5-chair-report-summer-conference-2021-07/	1
/an-oa-poem/	4
/article-3-new-intergroup-series/	1
/article-4-new-intergroup-series/	1
/article-5-how-do-you-best-use-your-sponsor-r5-intergroup-writing-series/	2
/article-5-new-intergroup-series/	1
/article-6-how-do-you-best-use-your-sponsor-r5-intergroup-writing-series/	1
/article-6-new-intergroup-series/	6
/article-submission-page/	5
/before-and-after-oa/	8
/being-an-oaer-during-the-holidays/	1
/carrying-the-message/	10
/finding-serenity-during-the-pandemic/	1
/food-for-thought/	6
/freedom-from-bondage-newsletter	3
/freedom-from-bondage-newsletter/	32
/freedom-from-bondage-newsletter/page/6/	1
/freedom-from-bondage/	6
/hopes-dreams-fears-and-insecurities/	1
/i-am-abstinent-no-matter-what/	1
/i-slipped-and-fell/	3
/keep-it-simple/	5
/kg-go-home/	2
/kiss-group-email-page/	1
/looking-back-on-what-went-right/	1
/louisville-metro-intergroup-meeting-transition-during-covid/	117
/madison/meetinglist.html	1
/maintaining-your-anonymity-with-your-email-address/	1
/milwaukee-area-group-email-page/	2
/miracles-melbourne/	24
/oa-humor/	12
/only-i-see-my-recovery-by-looking-at-my-wrist/	3
/overeater-anonymous-literature-in-the-early-days/	9
/overeaters-anonymous-is-alive-and-well/	1
/self-amends-prayer/	4
/stay-teachable/	6
/the-gift-of-covid-19/	1
/the-importance-of-connection-in-oa/	1
/the-paradoxes-of-recovery/	1
/three-blocks-to-my-hp/	2
/turning-point-email-contact-page/	4
/twelve-steps-of-oa/	6
/welcome-to-region-5-of-oa/	12
/what-has-being-a-member-of-intergroup-given-to-me/	12
/when-is-joy-the-flip-side-of-grief/	24
/why-i-pray-why-i-write/	3

Also, please note that we added the new submit article tool, as follows:

Pull-down menu from homepage:



Linked Article submission page that is mailed to the Media Committee Chair.

A screenshot of the 'SUBMIT NEWSLETTER ARTICLE' page. The page has a white header with a logo on the left and navigation links: 'Home', 'New To OA', 'Region 5', 'Intergroups', 'Events', 'Newsletter', and 'Find a Meeting'. Below the header is a blue banner with the 'OVEREATERS ANONYMOUS' logo and 'RECOVERY'S ALIVE IN REGION 5' text. The main content area is white and contains a form with the following fields: 'Name *' (split into 'First' and 'Last' text boxes), 'Email *' (a single text box), 'Newsletter Text' (a large text area), and 'File Upload (256MB limit)' (a dashed box with a file icon and instructions: 'Click or drag files to this area to upload. You can upload up to 10 files.'). A 'Submit' button is located at the bottom left of the form.

Thanks.

Shirley L. (with Keri E's help)

To Region 5 Board Members, Representatives, and Guests

I think I can speak for Preston and myself when I say it has been a great honor to serve on this committee for the past year. Personally, as a co-chair I have had to learn about delegating responsibilities, trusting that those responsibilities will be completed (and completed in a satisfactory manner), increasing my active listening skills and deepening my understanding of what it means to “Let go and let God.”

We had a total of 15 regularly attending subcommittee members; each assisting with planning every detail of the convention. Without their continuous support this convention would not have been possible. Thank you to Deanna B, Gerri M., Marilyn A, Rose Marie G., Ree L., Darlette P, Maureen M., Christine G., Phil C., Kelly, Lori de R., Robin E., Chris B., CJ M., and Martha, D. Thank you also to Joel I. for your calming guidance and wisdom.

During the weekend we added 26 additional volunteers whose names are too many to list here. Your assistance with Zoom co-hosting, moderating, and the reading of OA materials is invaluable. It allowed the rest of us to sit back and enjoy the convention while you took the wheel for a while.

Here are a few statistics related to the Region 5 2022 Convention:

- We had a total of 284 unique registrations (several were duplicated).
- A very small number of Fellows used the mail-in registration form (3); we do not recommend using this option in the future. There are ways members can help each other register if they need help with online registration and access.
- Members linked to the Region 5 online registration form through several pathways. Those pathways include OACleveland.org (81), ChiwifOA.org (24), OAMilwaukee (22), OA.org (41), OA.org (41), and Google.com (22). It appears your websites are actively beneficial to the good of OA.
- Registrations were from Canada and the US only even though we were listed on the Virtual Region’s newsletter. English was the only language identified on our flier. We had representatives from all regions within North America with high concentrations outside Region 5 in Region 4 (Nebraska), Region 2 (San Francisco), and Region 7 (New Jersey and New York).
- Our total income was \$5,655. The hosting Intergroups (Chicago Suburban Southwest, Suburban North, Chicago West Far Out, and Turning Point) are discussing what they want to do with their portions of these proceeds.

- We reached out to 9 members that identified themselves as newcomers. All but one had received the “Where Do I Start?” pamphlet prior to the convention. The additional member received the link immediately that weekend through our Newcomer Room subcommittee.

Our exit survey was completed by 137 Fellows. Here are a few significant takeaways:

- Overwhelming amount of positive comments about the speakers. We had a total of 22 speakers sharing their recovery with us that weekend.
- Significantly greater positive comments on the ease and convenience of a virtual convention. However, should the convention need to be virtual in the future we would highly recommend a hybrid presentation. Equal percentages of the Fellowship are ready to be reunited. Given our experience with video communications a hybrid convention is a viable solution.
- We offered a lunch break reading and sharing session which was met with enthusiasm and gratitude.
- There were equal numbers of positive and negative comments on the length of the event. As a committee we thought members might be tired of virtual conventions by now and we went with an abbreviated format.
- There were significant comments on the access to the convention. (The links came too late. They wanted to see the program earlier. Or they could not find the links and/ or proof of registration because it went into their spam). As a committee we realize even with an in-person convention the Fellowship does not have access to the program prior to walking into the hotel.
- Based on comments, if the convention is virtual in the future we would recommend recording the speakers.

A new flash drive is in the process of being consolidated and will be shared with the new Convention Committee. I ask all representatives to please consult with their Intergroups and consider hosting a 2023 Region 5 Convention. I promise you will not regret it.

In conclusion, we had so much fun the weekend of Sept 16-18. We hope you did, too. Even though the talk about the convention has died down a bit, Fellows are still talking about how the Convention helped grow their recovery. It is obvious recovery is alive in Region 5!

In loving service,

Kerry M

Region 5 2022 Convention Co-chair

To Region 5 Board Members, Representatives, and Guests

I think I can speak for Preston and myself when I say it has been a great honor to serve on this committee for the past year. Personally, as a co-chair I have had to learn about delegating responsibilities, trusting that those responsibilities will be completed (and completed in a satisfactory manner), increasing my active listening skills and deepening my understanding of what it means to “Let go and let God.”

We had a total of 15 regularly attending subcommittee members; each assisting with planning every detail of the convention. Without their continuous support this convention would not have been possible. Thank you to Deanna B, Gerri M., Marilyn A, Rose Marie G., Ree L., Darlette P, Maureen M., Christine G., Phil C., Kelly, Lori de R., Robin E., Chris B., CJ M., and Martha, D. Thank you also to Joel I. for your calming guidance and wisdom.

During the weekend we added 26 additional volunteers whose names are too many to list here. Your assistance with Zoom co-hosting, moderating, and the reading of OA materials is invaluable. It allowed the rest of us to sit back and enjoy the convention while you took the wheel for a while.

Here are a few statistics related to the Region 5 2022 Convention:

- We had a total of 284 unique registrations (several were duplicated).
- A very small number of Fellows used the mail-in registration form (3); we do not recommend using this option in the future. There are ways members can help each other register if they need help with online registration and access.
- Members linked to the Region 5 online registration form through several pathways. Those pathways include OACleveland.org (81), ChiwifOA.org (24), OAMilwaukee (22), OA.org (41), OA.org (41), and Google.com (22). It appears your websites are actively beneficial to the good of OA.
- Registrations were from Canada and the US only even though we were listed on the Virtual Region’s newsletter. English was the only language identified on our flier. We had representatives from all regions within North America with high concentrations outside Region 5 in Region 4 (Nebraska), Region 2 (San Francisco), and Region 7 (New Jersey and New York).
- Our total income was \$5,655. The hosting Intergroups (Chicago Suburban Southwest, Suburban North, Chicago West Far Out, and Turning Point) are discussing what they want to do with their portions of these proceeds.
- We reached out to 9 members that identified themselves as newcomers. All but one had received the “Where Do I Start?” pamphlet prior to the convention. The additional member received the link immediately that weekend through our Newcomer Room subcommittee.

Our exit survey was completed by 137 Fellows. Here are a few significant takeaways:

- Overwhelming amount of positive comments about the speakers. We had a total of 22 speakers sharing their recovery with us that weekend.
- Significantly greater positive comments on the ease and convenience of a virtual convention. However, should the convention need to be virtual in the future we would highly recommend a hybrid presentation. Equal percentages of the Fellowship are ready to be reunited. Given our experience with video communications a hybrid convention is a viable solution.

- We offered a lunch break reading and sharing session which was met with enthusiasm and gratitude.
- There were equal numbers of positive and negative comments on the length of the event. As a committee we thought members might be tired of virtual conventions by now and we went with an abbreviated format.
- There were significant comments on the access to the convention. (The links came too late. They wanted to see the program earlier. Or they could not find the links and/ or proof of registration because it went into their spam). As a committee we realize even with an in-person convention the Fellowship does not have access to the program prior to walking into the hotel.
- Based on comments, if the convention is virtual in the future we would recommend recording the speakers.

A new flash drive is in the process of being consolidated and will be shared with the new Convention Committee. I ask all representatives to please consult with their Intergroups and consider hosting a 2023 Region 5 Convention. I promise you will not regret it.

In conclusion, we had so much fun the weekend of Sept 16-18. We hope you did, too. Even though the talk about the convention has died down a bit, Fellows are still talking about how the Convention helped grow their recovery. It is obvious recovery is alive in Region 5!

In loving service,
Kerry M
Region 5 2022 Convention Co-chair

INTERGROUP TO INTERGROUP SUB-COMMITTEE REPORT

OA REGION 5 FALL ASSEMBLY 2022

The intergroup-to-Intergroup Subcommittee is also known as IG2IG, IG Best Practices and IG Resources. We met June 6, July 16, August 10, September 14.

The committee is pursuing two lines of effort:

PART 1: R5's Digital Content Coordinator requested that committee members update IG information on R5 Website. This was done by selecting "Intergroup List" from menu bar, then select "Want to update...", then select "Submit Intergroup Information". All IG's are encouraged to keep their information current.

PART 2: The committee is preparing a web site page entitled "IG Best Practices" which lists areas in which some IG's have experience to share. Other IG's can select one to view different ways IG's are functioning in that area. Currently our "bingo card" looks like

General Liability Insurance	Social Media (Facebook, Twitter, etc)
IG Website – Design, Management and Support	Public Outreach to hospitals, providers, etc.
Phone Line	Workshops, Training, Conventions
Electronic Donations	Spreading the Message

The committee decided to use responses from 2019 survey because (1) the data has not been used yet and we don't want to burden IG's with another survey when we had not used the first survey (2) we are using the survey to identify categories we want to begin with and those are pretty basic.

The committee looked at a variety of ways to present information from each IG – from very long explanations to just IG name and contact information. We decided to start with entries which include one or two sentences describing the IG's experience in that area along with generic contact information (no personal numbers or emails). Currently, committee members are filling out their information on mockup documents so we can see what it looks like when several are combined on one page.

We feel this will be a great resource for IG's to start out in another area, truly sharing our EXPERIENCE, strength, and hope.

Committee Members: Amanda M., Kathy C., Carolyn H., Norma B., June L., Linda P., Barbara H., Barbara K. (R5 Trustee), Mike F., Pam P., Judy W., Pam L., Cecilia S. (chair)

Submitted by Cecilia Sinclair

Region 5 Fall Assembly 2022

Sponsorship Subcommittee Report

The Sponsorship Committee's goal is to assist Intergroups in promoting sponsorship at the group/intergroup level. There is already an abundance of information on workshops and other sponsorship activities available on the OA.org website, so we will not duplicate those efforts.

Our primary focus has been to gather information from our Region 5 Intergroups of upcoming workshops or other events for posting on the Region 5 website.

Additionally, some Intergroups have a sponsor/speaker list. The list would not be posted on the Region 5 Website, as that would require regular updates. The current list would be available from an Intergroup contact person listed on the website.

The information gathered thus far has been sent to the Region 5 Secretary.

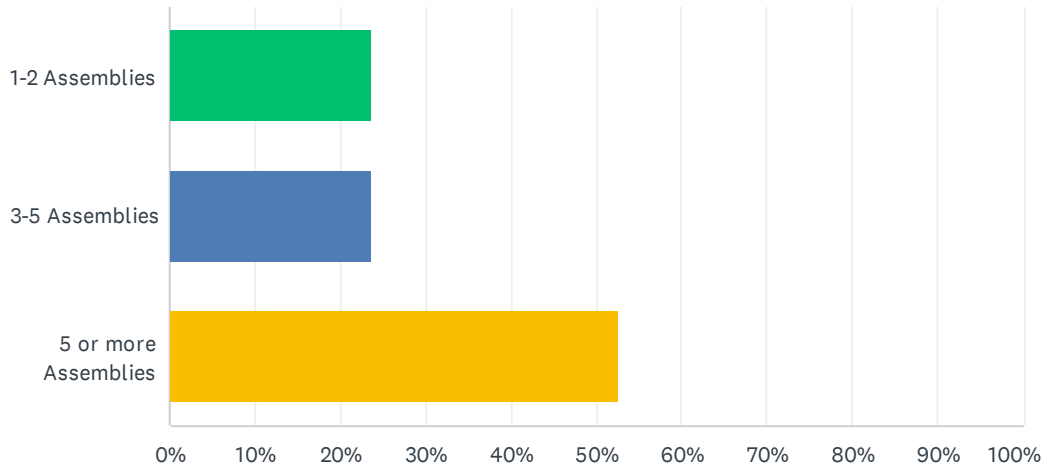
Respectfully submitted,

Pat K,

Region 5 Rep, Central Indiana Intergroup

Q1 How many Region 5 Assemblies have you attended?

Answered: 38 Skipped: 1



ANSWER CHOICES	RESPONSES	
1-2 Assemblies	23.68%	9
3-5 Assemblies	23.68%	9
5 or more Assemblies	52.63%	20
TOTAL		38

Q2 Does Region 5 have room for improvement? In what ways?

Answered: 34 Skipped: 5

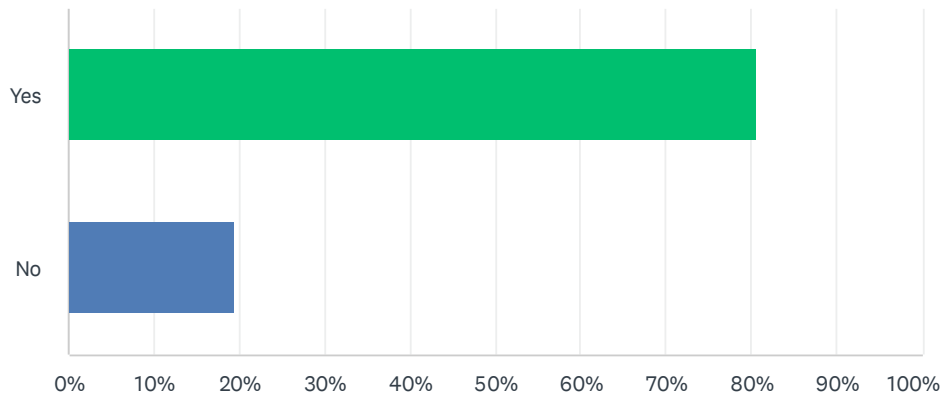
#	RESPONSES	DATE
1	I think clear communication could be improved. Many times people throw around jargon and insider terms without being clear as to their meaning. Also, sometimes Board members micro-manage the responsibilities of other trusted servants (committee members, Intergroup chairs, etc.) have been entrusted with. Sometimes decisions have been made informally and impulsively without engaging all stakeholders in the decision-making process	9/30/2022 6:42 PM
2	I've only attended one Assembly and am still processing everything.	9/18/2022 1:41 PM
3	Sure. Don't we all? I think more narrative on what is happening at the time it is happening. "Right now we are going to... We do this because..." or appoint mentors to newcomers that can sit next to Green Dots for a few Assemblies and explain what is happening when it is happening. The intention is to help green dots feel more included and informed. I think also a welcome letter to Green Dots before they attend Assembly. Letting them know how to prioritize what to read in the packets (because it does not get read in many cases). It's been a long time since my orientation. I'd say the orientation really didn't help me much. It was like a speed session in learning a new language. Maybe an orientation after the the first Assembly for Q & A to see if further discussion after the fact will answer any lingering questions. Reps should not be asked to volunteer for tasks until they have been there for a whole yearly cycle. They need more time to adjust. Committee chairs do not get enough information about what is expected of them when they serve in that position.	8/7/2022 8:22 PM
4	-more professional outreach -getting more information out to intergroups about R5 programs to help them -doing more social events at assemblies	8/5/2022 6:24 PM
5	more technology education	7/31/2022 8:24 AM
6	I have not been to Region since late 90's	7/30/2022 7:18 PM
7	I'm sure there is room for improvement as there always is. But I've been away from region service for 10 years and am no longer familiar with current issues	7/29/2022 2:17 PM
8	we all have room for improvement - always. Nothing comes to mind at the moment. I'll need to ponder this	7/29/2022 6:52 AM
9	No, not really. I believe that those who represent our fellowship through Region 5 are committed to making positive changes and improvements as/when any issue should arise.	7/28/2022 11:16 AM
10	Yes. In every situation people should be treated with respect. As a region 5 rep I am representing the beliefs of our region for how we do business. After another rep and I questioned something we were doing on our committee we were told to do our job in an email. Multiple members of the committee quit as a result. I am not the only person from my region that has felt disrespected during either a committee experience or during the general session.	7/26/2022 6:26 PM
11	Yes. There are times I'm feeling that it's getting "clickish".	7/19/2022 11:43 PM
12	I don't have anything to compare it to	7/19/2022 9:39 PM
13	Of course. We all do. More new people willing to step up to service would be great.	7/18/2022 12:30 PM
14	Yes - communication among the Board members, more defined Board/appointee role descriptions. COVID has impacted the face-to-face opportunities to interact with the Board; I hope this changes going forward as I believe there is a disconnect between the members and "the Region".	7/18/2022 9:49 AM
15	I don't have an opinion	7/18/2022 7:55 AM
16	Communication is great!	7/18/2022 5:19 AM
17	I think it's just fine. Assembly dates could be moved so it doesn't coincide with the time change especially in the spring.	7/17/2022 10:39 PM

Overeaters Anonymous Region 5

18	No opinion.	7/17/2022 12:04 PM
19	Shorten length of conference if possible. Save non-business stuff for in-person and keep business stuff on zoom.	7/16/2022 10:26 PM
20	I would hope that we will always continue to improve. Unfortunately, I do not have suggestions on how to fix them. We should know at least one contact from every IG and find ways to get them to attend our assemblies.	7/16/2022 9:29 PM
21	We always have room for improvement. I like to see focus. Having a theme for the year and all subcommittee goals are focused on the theme.	7/16/2022 8:50 PM
22	Hmm... There's "always" room for improvement. Vet board candidates more thoroughly.	7/16/2022 7:29 PM
23	Unsure.	7/16/2022 7:02 PM
24	I don't know if improvement is needed. I'm too new to have something to compare it to. So far, I've found it well organized, enjoyable, interesting, and educational.	7/16/2022 6:08 PM
25	Always. Not sure what ways right now.	7/16/2022 4:36 PM
26	Not sure. I haven't been involved on the region level for years.	7/16/2022 4:22 PM
27	Sticking to business. Especially when we're zooming.	7/16/2022 3:22 PM
28	Agenda seems to run smoothly. Always room for improvement in any situation, but no specific suggestions at this time.	7/16/2022 1:42 PM
29	It seems to do what it's supposed to	7/16/2022 1:30 PM
30	Don't know.	7/16/2022 1:25 PM
31	I think everyone and everything has room for and try to continually improve. Progress not perfection.	7/12/2022 4:11 PM
32	Always room for improvement and suggestions, r5 is always open for new ideas	7/12/2022 1:55 PM
33	What are our goals for the year? What are all our committees doing for the good of OA?	7/12/2022 10:46 AM
34	We need to have more volunteers realizing it doesn't take that much time to help recovery in our region.	7/12/2022 9:29 AM

Q3 Do we set realistic short and long-term goals in our committees?

Answered: 36 Skipped: 3

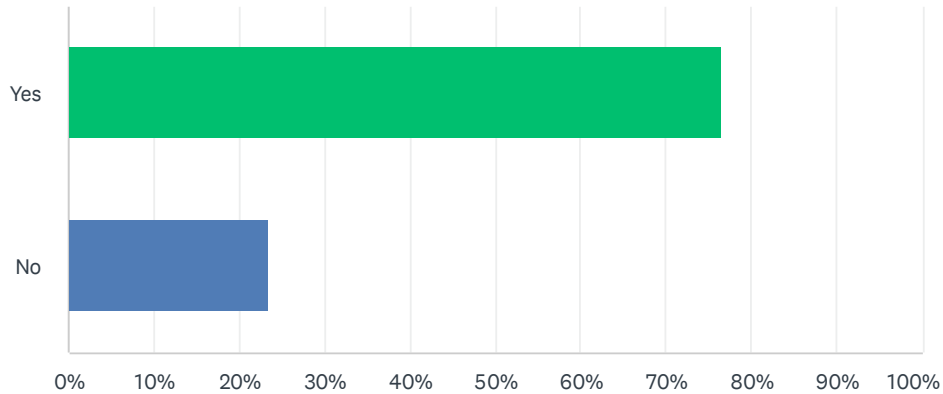


ANSWER CHOICES	RESPONSES	
Yes	80.56%	29
No	19.44%	7
TOTAL		36

#	EXPLAIN IF NEEDED:	DATE
1	I've attended PI/PO committee meetings where the goals were not at all clear and everyone was just throwing around ideas without any planning	9/30/2022 6:42 PM
2	Sometimes. Often the Reps on the committees do not understand this is a year only commitment.	8/7/2022 8:22 PM
3	I don't know enough about the goals to say	8/5/2022 6:24 PM
4	I have heard that you are	7/30/2022 7:18 PM
5	This is based on my past experience and what I see today.	7/28/2022 11:16 AM
6	One of our committees did not set any goals. We talk in circles and accomplish nothing.	7/26/2022 6:26 PM
7	Sometimes the liasons are over involved. Chairs need good direction and assistance. May need some revisions to job descriptions.	7/19/2022 11:43 PM
8	I haven't been to Region 5 in several years	7/18/2022 7:55 AM
9	No opinion	7/17/2022 12:04 PM
10	If no one wants to take a lead - we should let it go.	7/16/2022 10:26 PM
11	The problem I think we have is that we don't have set terms in among the IG's. Some replace reps at the beginning of the year, some in the spring, fall, etc. That means that people are assigned to committees and may only have a month or two left on their terms	7/16/2022 9:29 PM
12	Seems like make work and no cohesion	7/16/2022 6:28 PM
13	How would one know this?	7/16/2022 4:22 PM
14	In my committees we have, but others, no.	7/16/2022 3:22 PM
15	At least I think we try to.	7/12/2022 4:11 PM

Q4 Do the committee's goals accomplish our primary purpose or the purpose of the committee?

Answered: 34 Skipped: 5

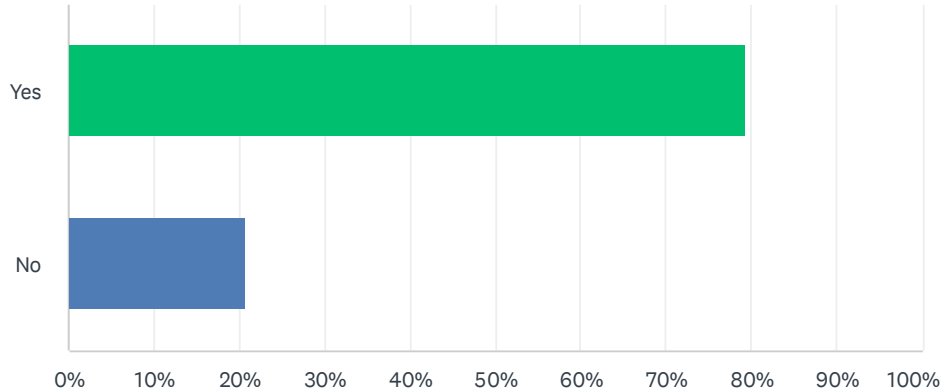


ANSWER CHOICES	RESPONSES	
Yes	76.47%	26
No	23.53%	8
TOTAL		34

#	EXPLAIN IF NEEDED:	DATE
1	Even if we are just a little bit saner...	8/7/2022 8:22 PM
2	I don't know enough about the goals to say	8/5/2022 6:24 PM
3	It depends on if the purpose is defined.	7/19/2022 11:43 PM
4	To share the message of recovery	7/18/2022 12:30 PM
5	Often seems as if the same goal is approached every year with a bit of variation. Not sure the committee members really understand the commitment to service that's needed to be a Rep to Region and its committees.	7/18/2022 9:49 AM
6	I don't know	7/18/2022 7:55 AM
7	No opinion	7/17/2022 12:04 PM
8	Too few people doing too much of the work. Delegate to "meetings" and Intergroup where possible.	7/16/2022 10:26 PM
9	I don't remember or understand what all the committee goals are. Maybe they get posted on the website	7/16/2022 8:50 PM
10	From the little I've seen, work gets done, albeit slowly.	7/16/2022 6:08 PM
11	How would one know this?	7/16/2022 4:22 PM
12	Most of the Times	7/16/2022 3:53 PM
13	But the purposes should continue to be evaluated and updated as needed.	7/12/2022 4:11 PM
14	???	7/12/2022 1:55 PM
15	They aren't doing anything	7/12/2022 10:46 AM

Q5 Do we choose our service people with care and consideration, placing principles before personalities, for the welfare of the region as a whole?

Answered: 34 Skipped: 5



ANSWER CHOICES	RESPONSES	
Yes	79.41%	27
No	20.59%	7
TOTAL		34

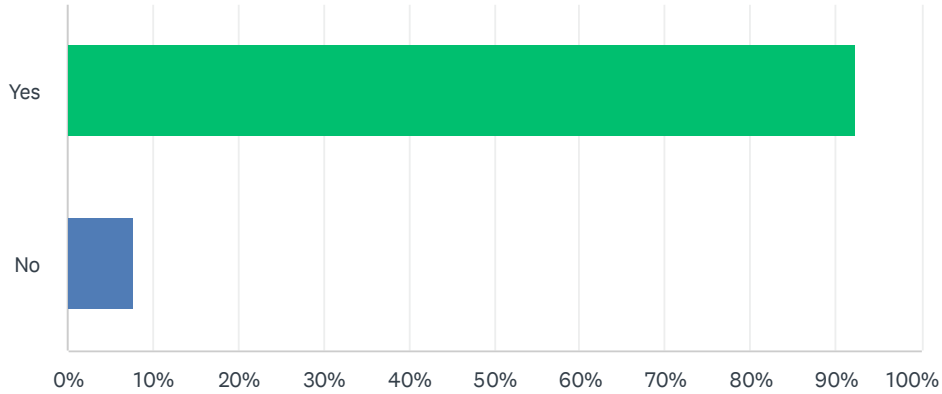
#	COMMENTS:	DATE
1	I think this depends. I can't answer yes or no. There may not be enough effort to recruit new folks for Board positions	9/30/2022 6:42 PM
2	in the case of electing or voluntelling someone they are a new chair of a committee or assigning people to committees when they are not sure what the expectation is. Yes, in the case of the Board.	8/7/2022 8:22 PM
3	Not sure	7/31/2022 6:02 PM
4	There are requirements for voice and representation for Region 5 business and OA as a whole. These requirements are equal across the board and reflect the fellowship as a whole.	7/28/2022 11:16 AM
5	I think personalities take precedence.	7/19/2022 11:43 PM
6	Willing servants is the key ingredient. I wish we had more!	7/18/2022 12:30 PM
7	Not always - seems to be some close relationships (friends/sponsor/sponsee) among the Board members - I think this influences (or complicates) the work of the Board. A big factor tho is the lack of willingness for others in R5 to step up to serve at this level. How do we address that? a	7/18/2022 9:49 AM
8	This is one of our traditions	7/18/2022 7:55 AM
9	No opinion	7/17/2022 12:04 PM
10	I have seen our reps be very kind and welcoming to all people	7/16/2022 9:29 PM
11	Not sure I understand the question. Which service people? The board, the committee chairs? If it is the board we typically have had only 1 candidate running so hard to choose.	7/16/2022 8:50 PM
12	See previous comment.	7/16/2022 7:29 PM

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13	How would one know this?	7/16/2022 4:22 PM
14	People Volunteer	7/16/2022 3:53 PM
15	I feel that we do the best we can do.	7/16/2022 3:22 PM
16	Best we can with those willing to serve	7/16/2022 1:30 PM
17	But I also think we struggle to find people to volunteer, so abilities and personalities can create struggles, because of an urgency to cover the work/responsibilities.	7/12/2022 4:11 PM
18	Sometimes people are chosen because there is no one else volunteering.	7/12/2022 9:29 AM

Q6 Is an opportunity given to each member to participate in the region's activities?

Answered: 39 Skipped: 0

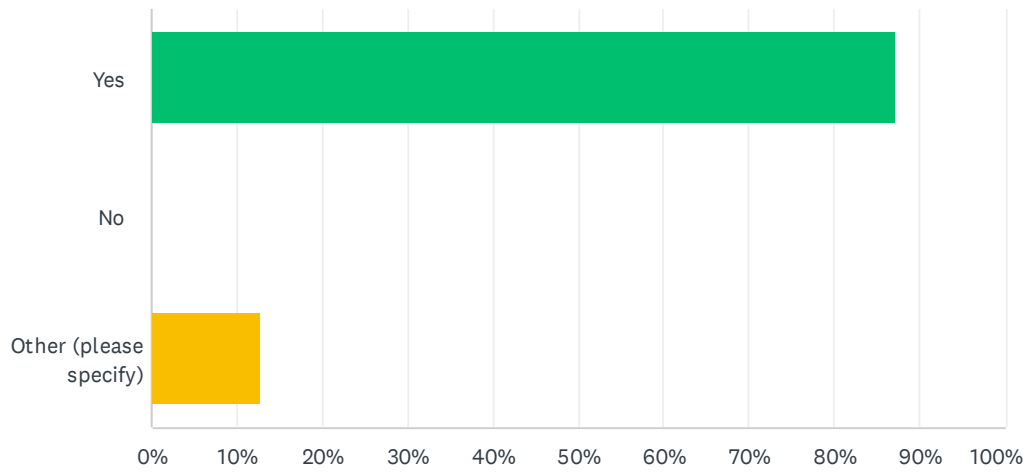


ANSWER CHOICES	RESPONSES	
Yes	92.31%	36
No	7.69%	3
TOTAL		39

#	EXPLAIN IF NEEDED:	DATE
1	Too often Board members interfere in the decision process of other trusted servants such as committee chairs and Intergroup chairs.	9/30/2022 6:42 PM
2	I think the opportunity is there but I have no desire to step up with the experience that I have had in the 2+ years that I have been coming.	7/26/2022 6:26 PM
3	I know it's covid affected, but I've seen other things.	7/19/2022 11:43 PM
4	I don't know how to make it more clear that every OA member can be involved, but something isn't working.	7/18/2022 9:49 AM
5	Not sure I know what region activities are being considered, i answered yes because of business meetings	7/16/2022 8:50 PM
6	Most do not participate	7/16/2022 6:28 PM

Q7 Do region assemblies adhere to an agenda?

Answered: 39 Skipped: 0

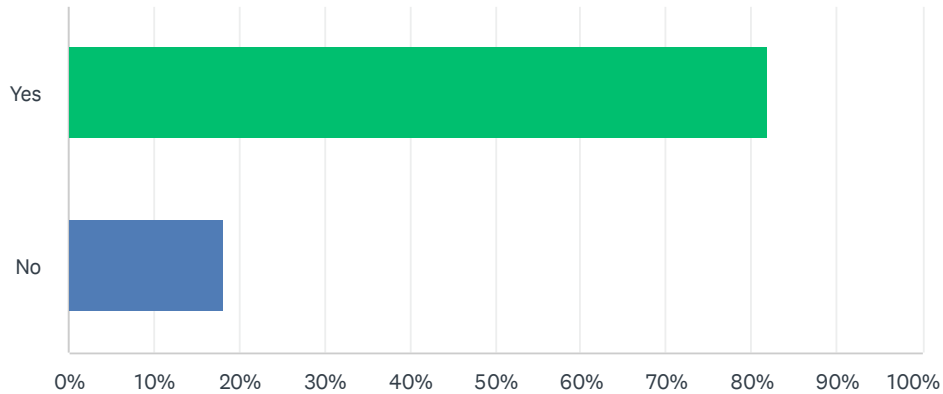


ANSWER CHOICES	RESPONSES
Yes	87.18% 34
No	0.00% 0
Other (please specify)	12.82% 5
TOTAL	39

#	OTHER (PLEASE SPECIFY)	DATE
1	In Bloomington we don't typically attend the assemblies, because nobody wants to go. Very bureucratic and dry.	7/17/2022 12:04 PM
2	For the most part; however at times do feel we go off script	7/16/2022 8:50 PM
3	Yes, but need to tighten it up.	7/16/2022 7:29 PM
4	I have no idea	7/16/2022 4:22 PM
5	Sometimes people talk out without raising their hand.	7/16/2022 3:22 PM

Q8 Is there a cohesiveness between the board and the assembly?

Answered: 33 Skipped: 6

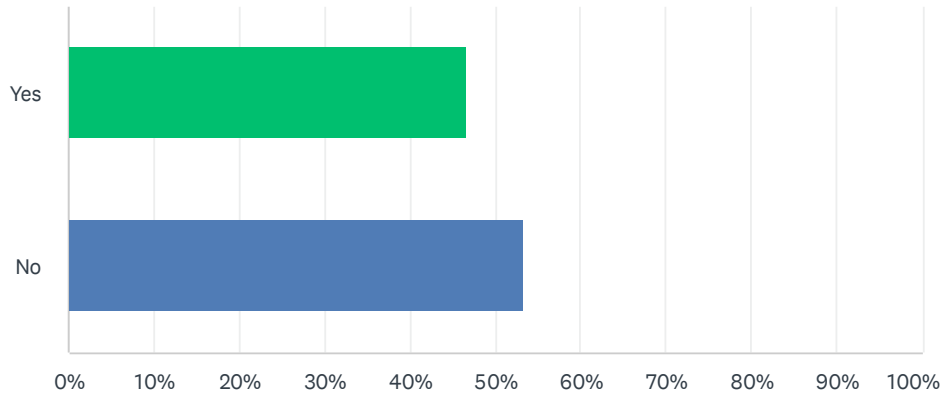


ANSWER CHOICES	RESPONSES
Yes	81.82% 27
No	18.18% 6
TOTAL	33

#	EXPLAIN IF NEEDED:	DATE
1	Could be improved. I often feel "talked down to"	9/30/2022 6:42 PM
2	Sometimes no but I think it is getting better or maybe it is just me. It's nice when we are virtual and the chair personally greets people.	8/7/2022 8:22 PM
3	I do not feel that there is cohesiveness. I have not felt welcomed in this group by most of the leadership. There are exceptions	7/26/2022 6:26 PM
4	I certainly hope so. It is all "we" not "us" and "them."	7/18/2022 12:30 PM
5	I think there is, but the challenge is greater with zoom. Face-to-face assemblies are much more cohesive; there is an energy that is missing on zoom.	7/18/2022 9:49 AM
6	I hope that we do	7/18/2022 7:55 AM
7	No opinion.	7/17/2022 12:04 PM
8	I think committees bring recommendations and they are shut down. Told it is in the bylaws so you need to do it, instead of hearing the assembly and maybe directing the committees to submit a bylaw change.	7/16/2022 8:50 PM
9	No comment	7/16/2022 7:29 PM
10	Not sure	7/16/2022 6:28 PM
11	Again, I have no idea	7/16/2022 4:22 PM
12	Sometimes I feel like egos get in the way of some board members.	7/16/2022 3:22 PM
13	Sometimes personalities get in the way.	7/12/2022 9:29 AM

Q9 Do all the groups in our geographic area know about our region and the services we offer?

Answered: 30 Skipped: 9



ANSWER CHOICES	RESPONSES
Yes	46.67% 14
No	53.33% 16
Total Respondents: 30	

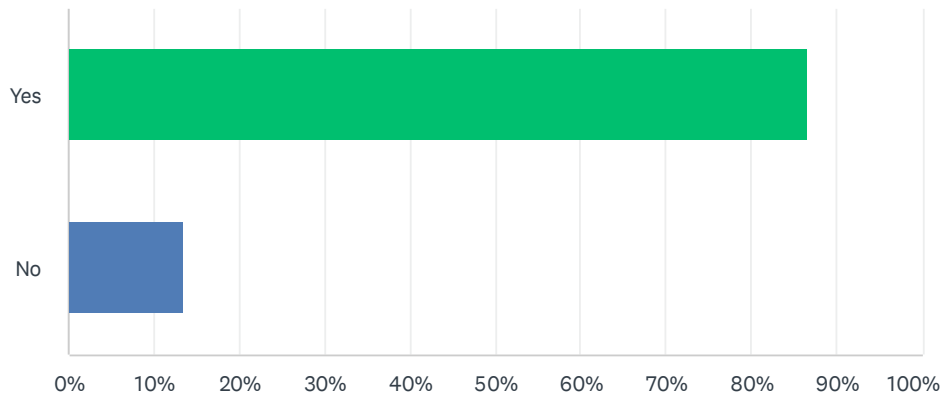
#	OTHER (PLEASE SPECIFY)	DATE
1	The Region 5 Website is excellent.	9/18/2022 1:41 PM
2	but is that up to reps to share with the groups? Maybe it is time for more traveling Board members. It is a lot easier now that meetings have virtual options.	8/7/2022 8:22 PM
3	not certain can only speak for those i attend and personally educate	7/31/2022 8:24 AM
4	I don't know. There always seems to be a small intergroup or unaffiliated meeting that is unaware of region	7/29/2022 2:17 PM
5	I think that there are many members who attend local meetings who are not aware that they are a part of Region 5 or the services that they provide. Many meetings announce Region 5 events but general discussion of how they represents our fellowship is not really discussed much.	7/28/2022 11:16 AM
6	I think there has been great attempt to provide that information to all groups	7/26/2022 6:26 PM
7	unknown	7/19/2022 11:43 PM
8	Many groups do not participate and therefor don't know about the Region.	7/18/2022 12:30 PM
9	I hope so.	7/18/2022 9:49 AM
10	I spread the word to my group contacts. I am not sure about the Intergroups who don't participate.	7/17/2022 10:39 PM
11	Hard to get the info out.	7/16/2022 10:26 PM
12	Probably not	7/16/2022 8:50 PM
13	Unsure	7/16/2022 7:02 PM

Overeaters Anonymous Region 5

14	Many groups do not have a gsr	7/16/2022 6:28 PM
15	I don't know. I've heard there are unaffiliated groups, so possibly no?	7/16/2022 6:08 PM
16	Only because they are not interested. They get information, but many are not into service at that level.	7/16/2022 4:36 PM
17	They should but probably not.	7/16/2022 4:22 PM
18	Some people find out later	7/16/2022 3:53 PM
19	I do not know.	7/12/2022 4:11 PM

Q10 Do we inform all new representatives of the structure of OA?

Answered: 37 Skipped: 2

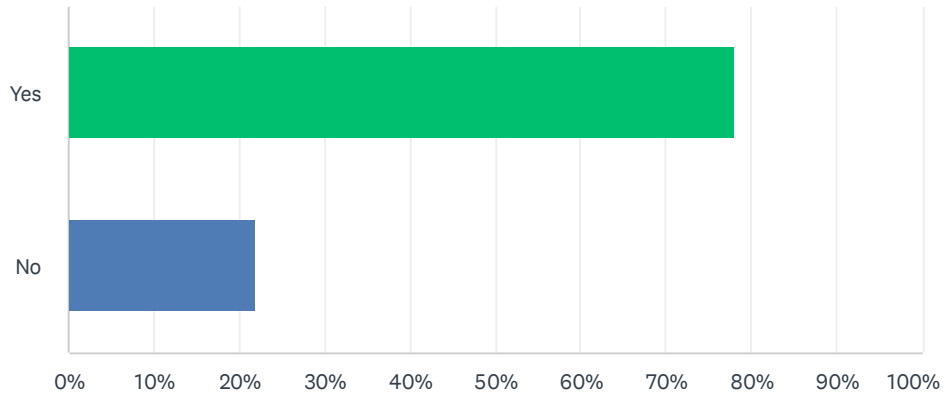


ANSWER CHOICES	RESPONSES
Yes	86.49% 32
No	13.51% 5
TOTAL	37

#	IF "NO" WHAT HAS BEEN YOUR EXPERIENCE?	DATE
1	We need to pass out the inverted triangles. Have it posted more, discuss it more. parliamentary type moment on the structure. Great to do on Friday night but also needs to be done more often.	8/7/2022 8:22 PM
2	Based on my past experience, Region 5 does a good job with this.	7/28/2022 11:16 AM
3	I came as a guest then when I came back as a rep I did not understand or was not invited to come to the new rep orientation. One of the others that did still did not feel that she understood her role. Maybe not enough focus is placed on orientating new reps.	7/26/2022 6:26 PM
4	I hope so.	7/18/2022 9:49 AM
5	I know it is done but it is not retained. So much information is given to newcomers that is lost sometimes.	7/16/2022 9:29 PM
6	I learned more of the structure from my intergroup what it was really meaningful at the all about conference at WSBC.	7/16/2022 8:50 PM
7	Unknown - during orientation???	7/16/2022 7:29 PM
8	Unsure	7/16/2022 7:02 PM
9	Mostly	7/16/2022 6:28 PM
10	That was actually explained to me at the intergroup level	7/16/2022 1:30 PM
11	I still get confused between the Business Committees and the Outreach Sub-Committees.	7/16/2022 12:51 PM
12	We try to, not everyone attends.	7/12/2022 9:29 AM

Q11 Do new reps feel welcomed? Is 25 minutes adequate for new reps orientation?

Answered: 32 Skipped: 7



ANSWER CHOICES	RESPONSES	
Yes	78.13%	25
No	21.88%	7
TOTAL		32

#	OTHER (PLEASE SPECIFY)	DATE
1	I think 25 minutes is fine.	9/18/2022 1:41 PM
2	Suggest a follow up session after we have had a chance to apply what was said.	8/7/2022 8:22 PM
3	Unsure. I've only attended as a visitor	7/31/2022 6:02 PM
4	No and no in my experience	7/26/2022 6:26 PM
5	unknown	7/19/2022 11:43 PM
6	Yes they are welcome, but no 25 minutes is not long enough for orientation but, it is an on-going process.	7/18/2022 12:30 PM
7	I hope they feel welcome; I can't speak to the 25 minutes question.	7/18/2022 9:49 AM
8	Reps are felt welcomed without a doubt. It would be nice to have a newcomer meeting for 25 minutes before and 25 minutes after the first assembly. I think it will build comradery and allow for exchange of ideas and an opportunity to answer questions	7/16/2022 9:29 PM
9	My experience was someone reading a powerpoint	7/16/2022 8:50 PM
10	Unsure	7/16/2022 7:29 PM
11	Although I attended new rep orientation again at my second assembly. I was so clueless at the first one, so attending again was helpful.	7/16/2022 6:08 PM
12	I have no idea	7/16/2022 4:22 PM
13	Everyone who wants to attend should be there for 45 minutes.	7/16/2022 3:22 PM
14	Not a rep	7/16/2022 1:25 PM
15	But it is hard to grasp what any of it means until you experience it.	7/12/2022 4:11 PM

Q12 Please put suggestions on how to help new representatives here:

Answered: 28 Skipped: 11

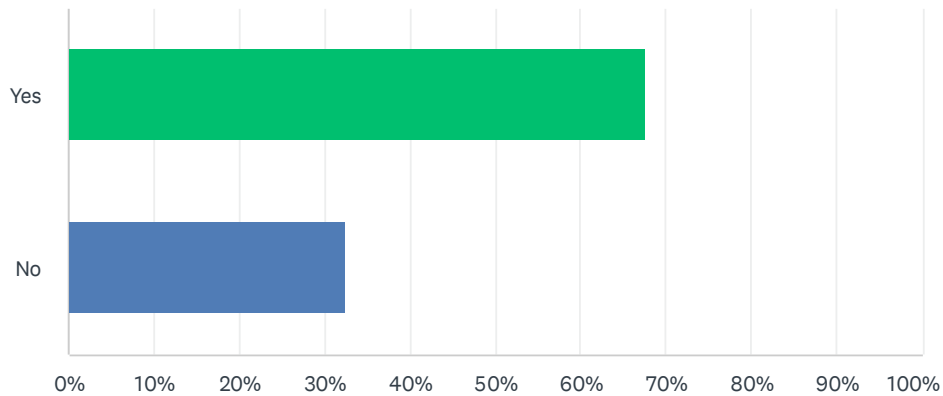
#	RESPONSES	DATE
1	Assign them a buddy	9/30/2022 6:42 PM
2	I was surprised to find out it was mandatory to participate on two committees at my first Assembly. That was a little overwhelming. I signed up thinking my role was to communicate Region 5 happenings back to my Intergroup. I should have done a little more research, lol.	9/18/2022 1:41 PM
3	Assign mentors: a year long commitment to a Green Dot.	8/7/2022 8:22 PM
4	keep coming back it is a fulfilling job	7/31/2022 8:24 AM
5	I had no difficulty when I was a rep for the first time - other than the fact that the person providing the orientation was very late so it was not well done. However my partner rep from my intergroup was very helpful during the Assembly, the chair made roberts rules very clear and my fellow reps were kind and welcoming. I loved Assembly	7/29/2022 6:52 AM
6	Matching up "Green Dots" with Mentors. This may be something that is currently done, but I don't remember. This has been (and might currently still be done) at WSBC. I always found this very helpful.	7/28/2022 11:16 AM
7	I would be nice if the board was at least a part of the orientation and we need to help them understand what their roles are and what to expect with enrollment in Assemblies, reading all of the info before the meetings and what to expect in the committee work.	7/26/2022 6:26 PM
8	unknown	7/19/2022 11:43 PM
9	Make them feel very welcome. Explain that it is on the job training and no one knows how to do this when they first come to Region. Let new reps know that they are not expected to know or understand everything right away. Make sure someone is available for any questions they have.	7/18/2022 12:30 PM
10	I think those who want OA to continue should step up.	7/18/2022 7:55 AM
11	I don't have any. It has been a while for me.	7/17/2022 10:39 PM
12	I am the Region 5 Rep, but don't enjoy these assemblies. Very dry, too much information that I don't have knowledge of. Nobody in Bloomington wants to attend these assemblies. I forward all of the newsletters and articles to the members of Bloomington OA. KISS is our intergroup. The articles are very helpful and many members read them.	7/17/2022 12:04 PM
13	Current procedures are good.	7/16/2022 10:26 PM
14	see above	7/16/2022 9:29 PM
15	Maybe assign a mentor just like WSBC.	7/16/2022 8:50 PM
16	Assign a mentor/buddy.	7/16/2022 7:29 PM
17	Unsure	7/16/2022 7:02 PM
18	The packets are overwhelming. Please give new reps a list of what is most important to start out, like anything related to the committee and subcommittee they will be working with and the regions expectations of the reps tasks going forward. I did not know I was obligated to the committees monthly meetings and had conflicts.	7/16/2022 6:08 PM
19	It was helpful for me to call someone I knew in the region, especially to sort through the mountain of papers sent. They suggested which ones to print out and which to just browse over.	7/16/2022 4:36 PM
20	Make sure they are paired with previous Reps	7/16/2022 3:53 PM
21	More time with chair or Trustee	7/16/2022 3:22 PM

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22	Perhaps a mentor assigned to each new rep can afford additional time & attention to familiarize them with the procedures and to answer any specific questions. Kind of like a service sponsor.	7/16/2022 1:42 PM
23	Perhaps assign a mentor	7/16/2022 1:30 PM
24	None	7/16/2022 1:25 PM
25	Number agenda items so the chair can refer to the number and help everyone find where we are on the page.	7/16/2022 12:51 PM
26	With mentors	7/12/2022 1:55 PM
27	I would like to see more reps asking questions or debating, I think that people are scared to let others know that they don't know about the structure and how to use it	7/12/2022 10:46 AM
28	MORE time with Trustee and Chair for their orientation.	7/12/2022 9:29 AM

Q13 Do you volunteer for service positions at region?

Answered: 34 Skipped: 5



ANSWER CHOICES	RESPONSES	
Yes	67.65%	23
No	32.35%	11
TOTAL		34

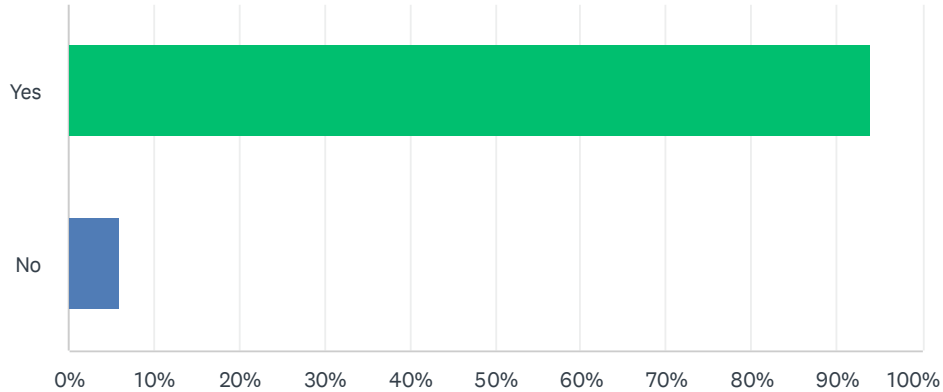
#	WHY OR WHY NOT?	DATE
1	I believe it's mandatory and it's a way for me to give back.	9/18/2022 1:41 PM
2	I volunteered to serve on committees	7/31/2022 6:02 PM
3	I am no longer a region rep.	7/29/2022 2:17 PM
4	I am not currently involved with Region 5 service but I have in the past and will again as my schedule allows. It in one way for me to give back to the fellowship and to feel more a part of the event or committee I serve on. I can't do much long term service right now because of my schedule but I do assist with service at Region 5 events.	7/28/2022 11:16 AM
5	I wanted to leave my rep position after the incident that happened recently but wanted to see if it would get better in person. However the date was changed for the next assembly and I have a vacation booked. Until I feel better about being a rep I do not want to extend my level of service any more.	7/26/2022 6:26 PM
6	Sometimes you get volunteered!	7/19/2022 11:43 PM
7	Busy	7/19/2022 9:39 PM
8	I serve to grow in my recovery and help others too.	7/18/2022 12:30 PM
9	I have served 2 two year terms	7/18/2022 7:55 AM
10	busy with local intergroup	7/18/2022 5:19 AM
11	I don't have a lot of time and carry most of the positions in the Intergroup.	7/17/2022 10:39 PM
12	Find it all very staid, boring and I'd rather be out hiking.	7/17/2022 12:04 PM
13	Too much, prefer sponsoring, Intergroup work and local service.	7/16/2022 10:26 PM
14	I was very active but I am taking a break	7/16/2022 9:29 PM
15	I was educated upon joining Region and World you were expected to join committees and to	7/16/2022 8:50 PM

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	participate.	
16	Generally not - have other service responsibilities	7/16/2022 7:29 PM
17	If I can	7/16/2022 7:02 PM
18	I'm overwhelmed with service to my intergroup, local meetings, and sponsees	7/16/2022 6:08 PM
19	There are so few recovered people to go around it makes it difficult to volunteer at the region level.	7/16/2022 4:22 PM
20	My responsibility	7/16/2022 3:22 PM
21	I always give service when I belong to an organization.	7/16/2022 12:51 PM
22	Service at the region level has made my program stronger	7/12/2022 10:46 AM

Q14 Does Region 5 supply adequate information to its representatives on upcoming motions to reach an informed group conscience?

Answered: 34 Skipped: 5



ANSWER CHOICES	RESPONSES	
Yes	94.12%	32
No	5.88%	2
TOTAL		34

#	WHAT COULD BE DONE DIFFERENTLY TO IMPROVE OUR EXPERIENCE?	DATE
1	Explain the contents of the packets more clearly and make the motions more visible in the packet. That information doesn't usually stand out from the tons of reports, etc.	9/30/2022 6:42 PM
2	Maybe call reps and ask them, did you read the motion? Do you have questions about the motion?	8/7/2022 8:22 PM
3	the purpose of the proposed amendment is always helpful	7/29/2022 6:52 AM
4	Continue proactive outreach and connection with our intergroups and local meetings.	7/28/2022 11:16 AM
5	Probably yes but I did not understand what all was being provided and how I needed to prepare before the meeting.	7/26/2022 6:26 PM
6	unknown	7/19/2022 11:43 PM
7	Call or text reps to ask them to check the website for assembly information when it is posted.	7/18/2022 12:30 PM
8	We rely on the reps to actually read the motions ahead of Assembly and be prepared. Not sure what else we could do unless we incorporate some sort of informal Q&A ahead of the formal business sessions to address questions/explain.	7/18/2022 9:49 AM
9	As Cor Sec I send out and report Region 5 motions	7/18/2022 7:55 AM
10	Depends on individual's familiarity w/ bylaws and P&P	7/16/2022 7:29 PM
11	But I didn't know that. New reps need help negotiating their way the packets.	7/16/2022 6:08 PM
12	Our rep does try to present all info.	7/16/2022 4:22 PM
13	Most of the times	7/16/2022 3:53 PM
14	But sometimes it's difficult to understand.	7/16/2022 3:22 PM

Q15 Are there other alternatives to the present region structure that might be more useful in meeting our area's needs? If so, what?

Answered: 26 Skipped: 13

#	RESPONSES	DATE
1	I believe the structure just changed, so I think it's too early to know.	9/18/2022 1:41 PM
2	LOVE the virtual option! Saves money and time. LOVE the Region 5 Coffee Meeting. Wish it was discussed more as a way to get to know the Board members.	8/7/2022 8:22 PM
3	none I can think of	7/31/2022 8:24 AM
4	I cannot answer many questions as it's been years since I was at an assembly	7/30/2022 7:18 PM
5	WSBC has just changed how regions and region trustees will work going forward. Let's see how that works before we make any more changes.	7/29/2022 2:17 PM
6	I hope that when the Assembly returns to in-person this Fall it will be able to provide a virtual option	7/29/2022 6:52 AM
7	I believe the current structure of Region 5 works as well as it could. They continue to seek out ways to provide support for members in the areas they serve.	7/28/2022 11:16 AM
8	Not sure	7/26/2022 6:26 PM
9	unknown	7/19/2022 11:43 PM
10	I have no opinion	7/18/2022 7:55 AM
11	Nc	7/17/2022 10:39 PM
12	As far as KISS Bloomington goes, continue sending us the information and the newsletters. As I said, many of our members read them and find them useful. Also, being cooped up in a hotel for two days is truly agonizing. I am entirely grateful for Abstinence as it has changed my life for the better; gotten me on a spiritual path.	7/17/2022 12:04 PM
13	Not sure.	7/16/2022 10:26 PM
14	Composition of the board needs to represent different intergroups	7/16/2022 8:50 PM
15	None readily come to mind	7/16/2022 7:29 PM
16	Way too much procedure; very bogged down. Lots of debates about minutiae	7/16/2022 6:28 PM
17	Like what? I'm not sure I understand this question. Aren't the assemblies and committees set by the bylaws?	7/16/2022 6:08 PM
18	Not sure.	7/16/2022 4:36 PM
19	Communication: a one sheet quick bulletin of Region 5 activities after each assembly. Perhaps a one sheet of short and long term goals of Region could be posted. Thanks for your service. It's difficult for info to come downward.	7/16/2022 4:22 PM
20	No	7/16/2022 3:22 PM
21	Newer to the assembly & OA procedures. Continue to observe & learn.	7/16/2022 1:42 PM
22	Not that I can think of	7/16/2022 1:30 PM
23	Don't know	7/16/2022 1:25 PM
24	????	7/12/2022 1:55 PM
25	How can we do it different? Region is boring!! Is there another way to do it?	7/12/2022 10:46 AM
26	NO suggestions	7/12/2022 9:29 AM

