

# OVEREATERS ANONYMOUS REGION 5 SECRETARY LETTER



November 28, 2022

**RE: Region 5 2022 Fall Assembly**

Friday, October 28th, 2022, through Sunday, October 30<sup>th</sup>, 2022.

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

The Fall Assembly Packet C has been posted on the Assemblies page of [region5oa.org](http://region5oa.org).

There are 14 documents in Packet C as follows:

1. C01\_Region 5 2022 Fall Assembly Secretary Letter
2. C02.Region 5 2022 Fall Assembly Minutes
3. C03\_Region 5 2022 Fall Assembly Credentials Report
4. C04\_Region 5 2022 Fall Assembly Agenda
5. C05\_Region 5 2022 Fall Assembly StandRules
6. C06\_Region 5 Fall Assembly Convention Guidelines 2022
7. C07.Region 5 2022 Fall Assembly Bylaws 2022\_11\_1\_22
8. C08\_Region 5 Fall Assembly Business Committee Reports
9. C09\_Region 5 Fall Assembly Sub-Committee Reports
10. C10\_Region 5 2022 Fall Assembly Inventory Survey Responses
11. C11\_Region 5 2022 Fall Assembly\_Important Points from 2022 Region Inventory
12. C12\_Region 5 2022 Fall Assembly\_OA Overall Service Structure Graphic
13. C13\_Region 5 2022 Fall Assembly\_Final 2023 Budget
14. Packet C Combined Print Document

**Don't forget to mark your calendars:**

March 10-12, 2023	Region 5 Spring Assembly – Hilton Garden Inn Chesterton, IN (tentative)
July 15, 2023	Region 5 Virtual Summer Conference, Zoom
TBD - Late Summer 2023	Region 5 Virtual Convention, Zoom
TBD - Fall 2023 (Late Oct. or Early Nov.)	Region 5 Fall Assembly, TBD

Thanks for a great Assembly!

Keri E.

Region 5 Secretary

[R5Secretary@outlook.com](mailto:R5Secretary@outlook.com)



## Region 5 2022 Fall Assembly

Location: Chesterton IN

### Saturday, October 29, 2022 – Morning Session

- 1) The 2022 Fall Assembly Saturday Morning Session was called to order by the Region 5 Chair – Eileen C. at 9:30 AM ET, 8:30 AM CT. Opened with:
  - a) The OA Responsibility Pledge and the Serenity Prayer.
  - b) For Today was read by Lori H.
  - c) The 12 Steps were read by Lisa O.
  - d) 12 Traditions were read by Preston F.

- 2) Credentials Report:

- a) The Credential Report Roll Call was conducted by the Region 5 Vice-Chair – Deanna B.
- b) Counts were:

Voting Reps Present:	21
Voting Officers Present:	4
<b>Eligible Voters Present:</b>	<b>25</b>
Non-voting Alternates, Guests	3
Parliamentarian	1
Region Trustee Liaison	1
<b>Total Attendance</b>	<b>30</b>

- c) The full Credentials Report can be found in Packet C: “C03\_Region 5 2022 Fall Assembly Credentials Report”.
  - d) The Region 5 Chair declared a quorum to be present.
  - e) There was no objection to the Credentials Report as presented. The Credentials Report was approved.
- 3) Hotel Liaison Update:
    - a) Thanked Mike B. for his service preparing for the Assembly.
    - b) Announced that Vice-Chair Deanna B. is acting as Hotel Liaison in Mike’s place for the weekend.
  - 4) Standing Rules:
    - a) The Standing Rules, distributed in Packet A, were read by Bylaws Committee Chair - Marilyn D.
    - b) Hearing no objections, the Standing Rules were adopted as is.
  - 5) Agenda:
    - a) Corrections proposed for the Agenda for the Fall Assembly.
    - b) Hearing no objections, the Agenda was adopted.
    - c) The adopted Agenda will be in Packet C as file “C04\_Region 5 2022 Fall Assembly Agenda”.
  - 6) Announced that Juliette R. has withdrawn her application for Region 5 Chair.
  - 7) Consent Agenda:
    - a) There was no Consent Agenda for this Assembly.
  - 8) Countdown for years of Abstinence was conducted.
  - 9) Introduction of Assembly Newcomers (Green Dots) was conducted.

- 10) Former Region 5 Officers were introduced.
- 11) Volunteer Services:
  - a) Lisa O. and Sally L. – Minutes Approval Committee
  - b) Sheryl G. and Diane A. – Voting Tellers
  - c) Lori H. – Timer
  - d) Sheryl G. – Copy Coordinator
- 12) Executive Committee Reports and Q/A.
  - a) Region 5 Chair
    - i) Q and A about Intergroup Survey. Discussing at 4:00 pm.
    - ii) Q and A about Digital CC position. Eileen will appoint someone.
    - iii) No additional questions.
  - b) Region 5 Vice-Chair
    - i) Nothing additional to report and no questions.
  - c) Region 5 Secretary
    - i) Nothing additional to report and no questions.
  - d) Region 5 Treasurer
    - i) Linda thanked Finance Committee volunteers.
    - ii) Encouraged the Assembly to review
    - iii) No additional questions.
  - e) Region 5 Trustee
    - i) Reported some additional information from the WSO; Intergroups and IG Renewal; and the Survey that we will be reviewing and how it all impacts R5.
    - ii) Q and A about presented information and some other WSO items.
    - iii) No additional questions.
- 13) Announcements were made, including the following:
  - a) There were two Emergency New Business Motions to consider, that were not sent out in advance of the Assembly. Copies of these motions were given out at the registration tables. Assembly asked to review before the Sunday Morning Business Session.
- 14) The 2022 Fall Morning Assembly was adjourned at 9:41 AM ET, 8:41 AM CT for Business Committee Meetings and then lunch, with the Seventh Step Prayer.
- 15) Business Committee Meetings met in their established locations.
  - a) Bylaws Committee
  - b) Convention Committee
  - c) Finance Committee
  - d) Media Committee

### **Saturday, October 29, 2022 – Afternoon Session**

- 1) The 2022 Fall Assembly Saturday Afternoon Session was called to order by the Chair – Eileen C. at 1:31 PM ET, 12:31 PM CT. Opened with:
  - a) The OA Responsibility Pledge followed by the Serenity Prayer.
  - b) OA Concepts 1-7 were read by Sheryl G.
  - c) OA Concepts 8-12 were read by Lynn H.

- 2) Volunteer Service:
  - a) Lori H. – Timer
- 3) Eileen C. shared 2022 Spring Assembly Five Minute Writing Exercise responses.
- 4) Credentials Report:
  - a) The Credential Report Update Roll Call was conducted by Region 5 Vice-Chair – Deanna B.
  - b) Counts were:

Voting Reps Present:	21
Voting Officers Present:	4
<b>Eligible Voters Present:</b>	<b>25</b>
Non-voting Alternates, Guests	3
Parliamentarian	1
Region Trustee	1
<b>Total Attendance</b>	<b>30</b>

- c) The full Credentials Report can be found in Packet C: “C03\_Region 5 2022 Fall Assembly Credentials Report”.
  - d) There was no objection to the Credentials Report as presented. The Credentials Report was approved.
- 5) Minutes Approval Committee for the 2022 March Assembly.
  - a) No corrections were proposed.
  - b) As there were no objections to the 2022 Spring Assembly Minutes as presented, the Minutes were approved by the Assembly.
- 6) Linda P. instructed the Assembly on how to make a 7<sup>th</sup> Tradition donation.
- 7) Parliamentarian Moment was presented by Denise O.
  - a) Explained why we do Credential Reports.
  - b) Discussed some responses to the Survey.
- 8) Officer Election Candidate's Presentations.
  - a) Eileen C. Presentation followed by a Q and A.
  - b) Linda P. Presentation followed by a Q and A.
- 9) Outreach Committee of the Whole Sub-committees
  - a) Sponsorship Sub-committee
  - b) Intergroup Sub-committee
  - c) PIPO Sub-committee
- 10) Barb K. presented the R5 Inventory Survey results with an interactive small group discussion; Q and A; and brainstorming session.
- 11) Convention Bids:
  - a) The hope is that R5 can find a Convention Chair and then multiple Intergroups could work together to host/run a one-day Virtual Convention together.
  - b) 2024 possibly Milwaukee, TBD.
- 12) Announcements were made.
- 13) The 2022 Fall Saturday Afternoon Assembly was adjourned at 5:12 PM ET, 4:12 PM CT with The OA Promise.

## Sunday, October 30 2022 – Morning Session

1) The 2022 Fall Assembly Sunday Morning Session was called to order by the Region 5 Chair – Eileen C. at 9:30 AM ET, 8:30 AM Central Time. Opened with:

- a) The OA Responsibility Pledge and the Serenity Prayer.
- b) For Today was read by Diane A.
- c) The OA Diversity Statement was read by Pam P.

2) Volunteer Services:

- a) Lori H. – Timer
- b) Sheryl G. and Diane A. – Voting Tellers

3) Credentials Report

- a) The Credentials Report Update Roll Call was conducted by the Region 5 Vice-Chair – Deanna B.
- b) Counts were:

Voting Reps Present:	20
Voting Officers Present:	4
<b>Eligible Voters Present:</b>	
Non-voting Alternates, Guests	3
Parliamentarian	1
Region Trustee Liaison	1
<b>Total Attendance</b>	<b>29</b>

- c) The full Credentials Report can be found in Packet C: “C03\_Region 5 2022 Fall Assembly Credentials Report”.
- d) There was no objection to the Credentials Report as presented. The Credentials Report was approved.

4) Business Committee Reports:

- a) Bylaws Committee
  - i) Report presented by the Bylaws Committee Chair – Marilyn D.
  - ii) Pam P. will be the new Chair moving forward.
  - iii) No questions.
- b) Convention Committee 2022
  - i) Report was presented by the Convention Committee Co-Chair – Preston P.
  - ii) Q and A discussion.
  - iii) No additional questions.
- c) Finance Committee
  - i) Report presented by the Finance Committee Chair – Linda P.
  - ii) No additional questions.
- d) Media Committee
  - i) Report presented by the Media Committee Chair – Shirley L.
  - ii) No questions.

- 5) Committee of the Whole Reports:
  - a) Sponsorship Sub-committee
    - i) Presented by Subcommittee Acting Chair – Pat K.
    - ii) New Co-Chairs – Marylyn D. and Maryann M.
    - iii) No questions.
  - b) Intergroup Sub-committee
    - i) Presented by Sub-committee Chair – Cecelia S.
    - ii) No questions.
  - c) PIPO Sub-committee
    - i) Presented by Sub-committee Chair – Melissa B.
    - ii) No questions.
- 6) New Business:
  - a) Policy Motion B1.

**MOVE TO :**

Amend Bylaws page B-8 Article XV - Parliamentary Authority as follows.

**SUGGESTED LANGUAGE:**

All Region 5 Assembly meetings shall be conducted in accordance with the current edition of Roberts Rules of Order Newly Revised where not in conflict with the Overeaters Anonymous Twelve Traditions and Twelve Concepts, Region 5 Bylaws, Policies & Procedures or Standing Rules ~~special Bylaws or special rules~~ that representatives may adopt. A parliamentarian may be requested at the discretion of the chair.

- b) Did not require a second because it is from the Bylaws Business Committee.
- c) The Policy Motion B1 was presented by the Bylaws Committee Chair – Marilyn D.
- d) The proposed Policy Motion B1 was debated pros and cons.
- e) The proposed Policy Motion B1 was allowed five to seven minutes for discussion.
- f) The proposed Policy Motion B1 was brought to a vote.
- g) The Policy Amended Motion B1 was adopted with a vote of 23 to zero.

- 7) Emergency New Business:
  - a) Emergency Policy Amendment ENB1.

**MOVE TO :**

Motion to replace the entire Policies and Procedures Manual, Convention Guidelines- Section D with the updated Convention Guidelines-Section D dated October 2022.

**SUGGESTED LANGUAGE:**

Several changes were made to update information on the Hotel Liaison and to add specifics regarding a virtual convention. The entire updated Conventions Guidelines can be found in Packet C: "C06\_Region 5 Fall Assembly Convention Guidelines 2022".

- i) Emergency Policy Amendment seconded by Preston F.
- ii) The Emergency Policy Motion ENB1 was presented by the Bylaws Committee Chair – Marilyn D.
- iii) The proposed Emergency Policy Motion ENB1 was debated pros and cons.
- iv) The proposed Emergency Policy Motion ENB1 was allowed five to seven minutes for discussion.
- v) The proposed Emergency Policy Motion ENB1 was brought to a vote.
- vi) The Policy Emergency Policy Motion ENB1 was adopted with a vote of 23 to zero.

b) Emergency Policy Amendment ENB2

**MOVE TO :**

Create an ad-hoc committee to:

- 1) recommend an option for 2023 R5 convention - no later than spring 2023 assembly
- 2) recommend approach for future conventions - no later than 2023 fall assembly

**INTENT:**

To continue to have Region 5 solvent and self-supporting.

**IMPLEMENTATION:**

The Region Chair will appoint committee members after the 2022 fall Assembly.

- i) Emergency Policy Amendment ENB2 seconded by Mary Ann M.
  - ii) The Emergency Policy Motion ENB2 was presented by the Bylaws Committee Chair – Marilyn D.
  - iii) The proposed Emergency Policy Motion ENB2 was debated pros and cons.
  - iv) The proposed Emergency Policy Motion ENB2 was allowed five to seven minutes for discussion.
  - v) The proposed Emergency Policy Motion ENB2 was brought to a vote.
  - vi) The Policy Emergency Policy Motion ENB2 was adopted with a vote of 23 to zero.
- 8) Election for Eileen C. – Region 5 Chair
    - a) Count = 24 ballots cast, 13 votes needed.
    - b) Eileen received 24 votes in favor. Unanimously reelected for a second term.
  - 9) Election for Linda P. – Region 5 Treasurer
    - a) Count = 24 ballots cast, 13 votes needed.
    - b) Eileen received 24 votes in favor. Unanimously reelected for a second term.
  - 10) Motion to destroy the ballots by Barb K. Seconded by Eileen C. Motion passed.
  - 11) Motion to adopt the R5 2023 Adjusted Budget.
    - a) Adjusted Budget (approved by the Finance Business Committee) was presented by Linda P.
    - b) Debated pros and cons.
    - c) Q and A discussion.
    - d) 2023 Budget adoption was brought to a vote.
    - e) 2023 Budget was adopted.
  - 12) Recognized outgoing Representatives.
  - 13) Announcements were made.
  - 14) New Representative Graduation Ceremony was conducted.
  - 15) The 2022 Fall Sunday Morning Assembly was adjourned at 10:58 AM ET, 9:58 AM.

**Keri J. Evans**

Region 5 Secretary

Date Minutes were approved: 11/29/2022

# 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	3	3	3
IL	Chicago West Intergroup Farout	9168	19	2	0	0	0
IL	Turning Point	9467	19	2	0	0	0
IL	Central Illinois	9482	4	1	0	0	0
IL	Chicago Suburban Southwest	9539	22	3	2	2	2
IL	Forest City	9625	2	1	0	0	0
	<b>Illinois</b>		<b>93</b>	<b>12</b>	<b>5</b>	<b>5</b>	<b>5</b>
IN	Central Indiana	9096	23	3	2	2	2
IN	Three Rivers	9145	6	1	0	0	0
IN	Northwest Indiana	9291	8	1	0	0	0
IN	Kiss Intergroup	9311	4	1	1	1	1
IN	Let Go Let God (LG2)	9642	5	1	0	0	0
	<b>Indiana</b>		<b>46</b>	<b>7</b>	<b>3</b>	<b>3</b>	<b>3</b>
KY	Louisville Metro	9022	21	3	1	1	1
	<b>Kentucky</b>		<b>21</b>	<b>3</b>	<b>1</b>	<b>1</b>	<b>1</b>
MI	Greater Detroit Intergroup	9026	44	5	0	0	0
MI	Southwest Michigan	9141	8	1	1	1	1
MI	Western Michigan	9208	14	2	0	0	0
MI	Greater Ann Arbor Area	9251	23	3	2	2	2
MI	Jackson Area	9354	6	1	0	0	0
	<b>Michigan</b>		<b>95</b>	<b>12</b>	<b>3</b>	<b>3</b>	<b>3</b>
OH	Greater Cincinnati	9040	16	2	0	0	0
OH	Cleveland Central	9041	41	5	3	3	3
OH	Greater Canton Area	9122	4	1	0	0	0
OH	Central Ohio Service	9134	22	3	1	1	1
OH	Greater Dayton	9175	12	2	1	1	0
OH	Crossroads of Hope	9274	8	1	0	0	0
	<b>Ohio</b>		<b>103</b>	<b>14</b>	<b>5</b>	<b>5</b>	<b>4</b>
WI	Milwaukee Area	9053	40	5	3	3	3
WI	Rock River	9073	8	1	1	1	1
WI	Madison Area	9161	25	3	0	0	0
	<b>Wisconsin</b>		<b>73</b>	<b>9</b>	<b>4</b>	<b>4</b>	<b>4</b>
	<b>Voting Reps Present</b>		<b>431</b>	<b>57</b>	<b>21</b>	<b>21</b>	<b>20</b>
	<b>Voting Officers Present</b>			<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>
	<b>Eligible Voters Present</b>				<b>25</b>	<b>25</b>	<b>24</b>
	<b>Non-voting alternates, guests</b>				<b>3</b>	<b>3</b>	<b>3</b>
	<b>Parliamentarian</b>				<b>1</b>	<b>1</b>	<b>1</b>
	<b>Region Trustee</b>				<b>1</b>	<b>1</b>	<b>1</b>
	<b>Total Attendance</b>				<b>30</b>	<b>30</b>	<b>29</b>





**REGION 5 FALL ASSEMBLY**  
**October 28th, 29th, and 30th, 2022**  
**Hilton Garden Inn**  
**Chesterton, IN**

***Responsibility Pledge***

Always to extend the hand and heart of OA  
to all who share my compulsion;  
for this I am responsible.

***OA Promise***

I put my hand in yours, and together we can do  
what we could never do alone.

No longer is there a sense of hopelessness,  
no longer must we each depend upon our own  
unsteady willpower.

We are all together now, reaching out our hands  
for power and strength greater than ours,  
and as we join hands, we find love and understanding  
beyond our wildest dreams.

***Third Step Prayer***

God, I offer myself to Thee - to build with me and to do with me as Thou wilt.  
Relieve me of the bondage of self, that I may better do Thy will. Take away  
my difficulties, that victory over them may bear witness to those I would help  
of Thy Power, Thy Love and Thy Way of Life. May I do Thy will always!

***7th Step Prayer***

My Creator, I am now willing that you should have all of me, good and bad. I  
pray that you now remove from me every single defect of character which  
stands in the way of my usefulness to you and my fellows. Grant me  
strength, as I go out from here, to do your bidding. Amen.

# PROPOSED AGENDA

## 2022 Region 5 Fall Assembly, Chesterton IN

### FRIDAY (October 28<sup>th</sup>, 2022)

*All times listed are Central Time*

3:00 PM CT	<b>Region 5 Board Meeting</b> (Sand Creek, open to visitors)
5:15 PM CT	<b>Open OA Meeting</b> (Sand Creek, hosted by Central Indiana Intergroup)
6:15 PM CT	<b>Check-in</b> (Outside of Sand Creek, hosted by Northwest IN and Greater Ann Arbor Intergroups)
6:25 PM CT	<b>New Representative Orientation</b> (Sand Creek, Region 5 Trustee Liaison)
7:00 PM CT	<b>Evening Session</b> (Sand Creek, Intros, Announcements, Region 5 Updates)
8:00 PM CT	<b>Break</b>
8:10 PM CT	<b>Intergroup Sharing Meeting</b> (Sand Creek - Note: This session will be broadcast over Zoom for OA members who register in advance for this opportunity.)
9:15 PM CT	<b>State/Province Meetings</b> (Sand Creek, or as determined by each state)

### SATURDAY (October 29<sup>th</sup>, 2022)

*All times listed are Central Time*

7:00 AM CT	<b>Hotel Kitchen Opens for Breakfast</b>
7:45 AM CT	<b>Check-in</b> (Outside of Coffee Creek, hosted by Northwest IN and Greater Ann Arbor Intergroups)
8:30 AM CT	<b>MORNING BUSINESS SESSION</b> (Coffee Creek) <ul style="list-style-type: none"><li>• <b>Call to Order</b></li><li>• <b>Opening Ceremonies</b> (OA Responsibility Pledge, Serenity Prayer, For Today, 12 Steps, 12 Traditions)</li><li>• <b>Morning Business</b><ol style="list-style-type: none"><li>1. Roll Call</li><li>2. Adoption of Credentials Report</li><li>3. Assembly Standing Rules</li><li>4. Agenda</li><li>5. Consent Agenda</li><li>6. Responses to 5 Minute Writing Exercise (From previous Assembly)</li><li>7. Mini-Countdown (Years of Abstinence)</li><li>8. Recognitions (New representatives, Former region officers, Former trustees)</li><li>9. Appointments (Minutes approval committee, Copy coordinator, Timer, Tellers)</li><li>10. Executive Committee Reports Q &amp; A (Chair, Vice Chair, Secretary, Treasurer, Trustee)</li><li>11. Announcements</li><li>12. Adjournment</li></ol></li></ul>
9:15 AM CT	<b>Break</b>
9:30 AM CT	<b>Committee Meetings</b> <ol style="list-style-type: none"><li>1. Bylaws Committee (Coffee Creek)</li><li>2. Convention Committee (Sand Creek)</li><li>3. Finance Committee (Coffee Creek)</li><li>4. Media Committee (Sand Creek)</li></ol> <p><b>Note: New Business Motions are due to the Trustee Liaison by 12:30 PM.</b></p>
12:00 PM CT	<b>Luncheon</b> (Back of Michael's Grill in Private Room, advanced registration required)
1:00 PM CT	<b>Emergency New Business Committee Meetings</b> (reconvene, if necessary, in same locations)
1:24 PM CT	<b>Five Minute Writing Exercise</b> (Coffee Creek)

Updated 10/29/22 – KE

1:30 PM CT

**AFTERNOON BUSINESS SESSION** (Coffee Creek)

- **Call to Order**
- **Opening Ceremonies** (Welcome, OA Responsibility Pledge, Serenity Prayer, Concepts of Service 1-7, Concepts of Service 8-12, and More Responses to 5 Minute Writing Exercise)
- **Afternoon Business** (Coffee Creek)
  1. Roll Call
  2. Adoption of Credentials Report
  3. Report of the Minutes Approval Committee of the March and July 2022, Minutes
  4. 7th Tradition Collection
  5. Parliamentary Moment (Parliamentarian)
  6. Candidate presentations and Q&A (3 minutes to talk, 5 minutes for questions)

2:30 PM CT

**Outreach Committee of the Whole Sub-committee Meetings**

1. Intergroup Resources Sub-committee (Coffee Creek)
2. Sponsorship Sub-committee (Sand Creek)
3. PIPO Sub-committee (Coffee Creek)

**Note: New Business Motions are due to the Trustee Liaison by 4:30 PM.**

3:45 PM CT

**Afternoon Session Continued** (Coffee Creek)

1. Discuss the R5 Inventory Survey results with Barb K.
2. Region 5 Convention bids (If any)
3. Announcements
2. Adjournment

4:30 PM CT

**Special Committee Meetings**

1. Bylaws Committee (consider emergency new business, if necessary, Coffee Creek)

5:00 PM CT

**Dinner on Your Own**

8:00 PM CT

**Open OA Meeting** (Coffee Creek, hosted by Central Indiana Intergroup)

**SUNDAY** (October 30<sup>th</sup>, 2022)

*All times listed are Central Time*

7:00 AM CT

**Hotel Kitchen Opens for Breakfast**

8:30 AM CT

**MORNING BUSINESS SESSION** (Coffee Creek)

- **Call to Order**
- **Opening Ceremonies** (Welcome, Serenity Prayer, For Today, The OA Unity with Diversity Policy Statement)
- **Morning Business**
  1. Opening Ceremonies
  2. Roll Call and Adoption of Credentials Report
  3. Business Committee Reports (please be ready to report at the front microphone)
    - a. Bylaws Committee (Marilyn D.)
    - b. 2022 Convention Committee (Kerry M./Preston F.)
    - c. Finance Committee (Linda P.)
    - d. Media Committee (Shirley L.)
  4. Growing Recovery Outreach Committee of the Whole:
    - a. Sponsorship Sub-Committee (Need Chair)
    - b. Intergroup Resources (Cecelia S.)
    - c. PIPO Sub-committee (Need Chair)

**Updated 10/29/22 – KE**

5. New Business
  - a. Emergency New Business (if needed)
6. Election for Chair and Treasurer
7. Approval of the 2023 Budget
8. Unfinished Business (If any)
9. Recognition of Outgoing Representatives
10. Green Dot Ceremony
11. Announcements<sup>1</sup>
12. Chair’s Lifeline Drawing
13. Adjournment and OA Promise<sup>2</sup>

10:30 AM CT

**Good of the Order<sup>3</sup>** (Coffee Creek, for Region 5 officers, trustee, committee chairs (current, outgoing, and incoming). All others are asked to leave the room.)

11:00 AM CT

**Hotel Checkout**

11:30 AM CT

**Closed Board Meeting** (Coffee Creek, All officers (current, outgoing, and incoming) need to attend.)

## REGION 5 TIMELINE

### 2022

Sept. 16-19

Region 5 Convention, Chicago, IL, Virtual

Oct. 28-30

Region 5 Fall Assembly, Hilton Garden Inn  
Chesterton, IN

### 2023

March 10-12

Region 5 Spring Assembly, Location TBD

July 15

Region 5 Summer Conference Call

TBD

Region 5 Convention, Location TBD

TBD

Region 5 Fall Assembly, Location TBD

<sup>1</sup>The name badges will be collected in a bag and returned to the secretary.

<sup>2</sup>Please pick up and discard all handouts and other materials at the end of today’s session.

<sup>3</sup>Representatives and visitors are requested to visit outside the meeting room during the Good of the Order.



OVEREATERS ANONYMOUS

**STANDING RULES FOR REGION 5 ASSEMBLY**

1. Two (2) Officers and any Region Representatives present shall constitute a quorum for the transaction of any Region 5 business.
2. Parliamentary Rules shall be followed.
3. New motions should be submitted to the Region 5 Secretary electronically, if possible, using the appropriate format/form provided on the "Form" page of [region5oa.org](http://region5oa.org).
4. Please wait until you are recognized by the Chair before you speak. Give your name and intergroup and then state your business. Please use the microphone provided on the floor.
5. Discussion of main motions is limited to three (3) speakers for pro and three (3) speakers for con. Each speaker is limited to three (3) minutes. Discussion of debatable subsidiary motions is limited to two (2) speakers for pro and two (2) speakers for con. Each speaker is limited to two (2) minutes.
6. The group conscience is more important than the technicalities of the actual motion.
7. All committee reports are to be made electronically or in writing and a summary will be included with the Minutes of the Assembly. Motions pertaining to the committee reports may be reported upon during the reports.
8. New business shall include only those items which have been submitted prior to the agenda deadline and should be expressed in motion form.

(Continued on opposite side)

9. Emergency new business consists of items that should not wait until the next assembly. These must be submitted in writing or electronically, prior to 12:30 pm on Saturday of the fall assembly and prior to 5:00 pm on the Saturday of the spring assembly. The Emergency New Business Committee shall determine if these are urgent matters that should be considered at this assembly.
10. All voting Region Reps and Alternates will sit in the front of the room. Visitors (all are welcome) and nonvoting alternates are requested to sit in the rear of the room.
11. No personal tape recorders are to be used at the assembly. The meeting is taped by the Secretary for the purpose of clarity in transcribing the minutes.
12. No merchandise, raffle tickets or other group or intergroup fundraising items shall be sold or displayed in any assembly business session.
13. As a courtesy to those with allergies please avoid perfumes, fragrances, and other strong scents in meeting rooms.
14. No food of any kind shall be consumed in the meeting room during the business sessions.
15. All cell phones, pagers and other electronic devices are to be turned off or muted during business sessions. All private conversation will be conducted outside the meeting rooms.
16. Region Representatives shall be present for the roll call when their Intergroup is named in order to be eligible to vote.
17. No animals will be present at assembly except service animals as defined by law.
18. Electronic devices are permitted at Assembly Meetings only to assist attendees to conduct assembly related business.
19. The Chair shall determine the items to be placed on a Consent Agenda. Items for the Consent Agenda may be considered if they are of a routine, non-controversial or of a housekeeping nature.

## **REGION 5 CONVENTION GUIDELINES**

The general duties and responsibilities listed below are meant to be guidelines only. The hosting intergroups have restrictions or opportunities unique to them. They will have the right to modify the duties and responsibilities as appropriate as long as the Region 5 Convention Committee agrees. Any discrepancies will need to be shared with the Region 5 Executive Board.

### **REGION 5 CONVENTION DEFINITION:**

It is a special event, usually lasting from 8 p.m. Friday evening until Sunday noon when in person. The actual length of time is determined by the group conscience of the Region 5 Convention Committee as a Whole. There may be some early bird sessions if the committee wants.

During virtual conventions hosting Intergroups have held their conventions within the same perimeters. Some Intergroups have not had events on Friday night. Some Intergroups have had OA meetings on Friday night. Most virtual conventions included Saturday sessions in the morning and afternoon. Possible virtual entertainment options include virtual dances, comedy hours, and talent shows. Sunday morning sessions during virtual conventions continue to be well attended. The actual length of time for a virtual convention is determined by the group conscience of the Region 5 Convention Committee as a Whole.

### **PURPOSES OF A REGION 5 CONVENTION:**

1. To stimulate unity; to bring people together from many groups within our region as well as from distant areas to share with each other.
2. To contribute to a greater understanding of the OA program and the people who are part of it through open meetings to which the public, professionals, and media are invited. (This avenue has not been explored during virtual conventions.)
3. To provide an opportunity to experiment with new formats not usually done at a regular meeting. Some suggestions for formats may include panel discussions, skits, writing workshops and guided meditation. (It is Region policy that these new formats be within the framework of the 12 Steps and 12 Traditions.)
4. To provide a variety of program options, which strengthens those recovering from compulsive overeating as well as to those with a desire to stop compulsive overeating.
5. To allow for raising money for Region purposes.

### **HOSTING A REGION 5 CONVENTION:**

A Region 5 Convention is sponsored by Region 5 with organization initiated by the Region Assembly. The Intergroup or Intergroups in the area where the Convention is held serves as the "host" group(s).

### **REGION 5 CONVENTION ACTIVITIES/EVENTS:**

Activities and events are determined by the hosting Intergroup Convention Committee as a Whole in conjunction with the Region 5 Board. Events should reflect the 12 Steps, 12 Traditions, and 12 Concepts. In addition to a banquet with a speaker, other possible events are:

1. Speaker meetings
2. Panel Discussions
3. Workshops (fourth step, for example)
  1. Special focus meetings for OA young people, men in OA, couples in the program, etc

### **REGION 5 CONVENTION COMMITTEE REQUIREMENTS:**

The hosting Intergroup Convention Chairperson(s) should be a region representative or past Region Representative who has 1 year of current continuous abstinence, is practicing the 12 Steps, 12 Traditions and 12 Concepts who has been active in OA events or workshops, and who lives near the site of the Convention. The Convention Chairperson(s) is approved by the Region 5 Assembly. The chairperson of the Convention Committee as a Whole will then select the committee chair(s) from volunteers who are also abstaining and practicing the 12 Steps, 12 Traditions and 12 Concepts. In some instances, it has been suggested that a state or province within a region take responsibility for a sub-committee with one person as sub-committee chairs. All committees are responsible for their own signage. In other instances, neighboring intergroup may join together to host the Region 5 Convention. In this case it is suggested that each intergroup take responsibility for a subcommittee.

### **HOSTING INTERGROUP CONVENTION CHAIRPERSON:**

General duties and responsibilities:

1. May select an assistant Convention Chairperson immediately after being approved as chairperson.
2. Works with the Region 5 Vice Chair and hotel liaison to plan the Convention events.
3. Selects subcommittee chairs and delegates to work as the committee chairs, and may also appoint coordinators as desired (i.e. volunteer coordinator, graphics coordinator, etc). Listed below are examples of typical subcommittees:
  - a. In-person subcommittees:
    - i. Hotel Liaison
    - ii. Program

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- iii. Registration/Finance
- iv. Huggers/Greeters
- v. Hospitality
- vi. Publicity
- vii. Literature
- viii. Fundraising/Raffles
- ix. Decorations
- x. Volunteer Coordinator
- xi. Timer Coordinator
- xii. Digital Coordinator
- b. Virtual Meeting Subcommittees
  - i. Program
  - ii. Registration/Finance
  - iii. Decorations/Signage
  - iv. Volunteer Coordinator
  - v. Timer Coordinator
  - vi. Digital Coordinator
  - vii. Host/Cohost Committee
  - viii. Virtual Greeters

4. Chairs the first general Convention Committee meeting after the outgoing Convention Chairperson from that year has passed the baton to the new Convention Chairperson at first Region 5 Assembly following the previous Convention.
5. During the first session the Convention Committee chair should
  - a) Get acquainted
  - b) Pass out guidelines and go over each page with entire group
  - c) Remind each subcommittee chair that each must set up their own timetable, that must fit within the overall event timetable.
  - d) Discuss a theme. The theme is typically communicated to the Board by the Fall Assembly the year before the Convention is to occur.
6. Meets with Convention Subcommittee chairs to work out problems and finalize plans.
7. Is an ex-officio member of EVERY convention committee and is to be invited to all meetings. If unable to attend, they should be informed of ALL happenings, especially dates, to coordinate with other convention committees. Monthly subcommittee meetings are highly suggested.
8. Maintains the convention timetable to keep subcommittees on track.

9. Encourages and supports all workers, attempts to involve as many people as possible.
10. Becomes thoroughly familiar with all aspects of the Convention Guidelines.
11. Proposes necessary changes to Convention Guidelines to the Bylaws Committee.
12. Encourages reading of the Third Step Prayer, 12 Traditions or similar program material at all Convention Committee planning meetings.
13. Selects emcee(s) for the Convention.
14. Works with the Programming Subcommittee to select keynote, panelist, general session and dinner speakers with Board approval.
15. Selects someone to present the invocation if desired.
16. Is responsible for putting a script together for the opening and closing of Convention. The opening ceremony should include the Serenity Prayer and reading of the Preamble, Our Invitation to You, the Steps, the Traditions, and the Concepts.
17. Maintains and provides a roster of Convention Committee chairs and assistants including last names, mailing addresses and best phone numbers to use, etc., to all Convention subcommittee chairs.
18. Arranges for a taping company to record speakers when applicable.
19. Reports to the first Region 5 Assembly following the Convention and files a written report with Region.
20. Submits reports to Region 5 Secretary prior to Spring Assembly and Summer Conference.
21. Maintains all electronic files (subcommittee reports, minutes and agendas, scripts, signage, etc) for further reference by future committees.
22. Passes on electronic files to the incoming chair (co-chair) after the Convention.

#### **HOTEL LIAISON DUTIES:**

The Hotel Liaison will serve as liaison with the hotel. All subcommittee chairs need to communicate directly to the hotel liaison for any hotel concerns.

Duties and responsibilities as Hotel Liaison:

1. All arrangements with the hotel should be in a written contract to be signed by the Hotel Liaison at least one year or more prior to the Convention. This is done as soon as possible after the site is selected. The Region 5 Board reviews and approves the contract terms, and the Convention Chairperson is approved. (See timeline)
2. Confirm that the facility will provide meeting space for periodic convention planning meetings and its accessibility for registrants with physical limitations.
3. Confirms the facility's capacity for hybrid meetings if desired.
4. Become thoroughly familiar with all hotel facilities and services.
5. Negotiate all arrangements for meals including planning the menus.

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6. Work with the Program Committee chair(s) for arrangements of meeting rooms and audio equipment. Communicate with the Board regarding all costs.
7. Work with the Program Committee and hotel to arrange rooms with tables for literature display, recording, discussion and/or meditation, hospitality, etc., and a secure area for literature and Intergroup Marketplace.
8. Arrange for a registration area in a central location.
9. Negotiate with the hotel for complimentary rooms. The Region 5 Board will decide how these rooms will be used.
10. Negotiate room rates and prices of meals to determine the cost of the package for the weekend.
11. Keep the hotel informed of the number of meals and room guarantees.
12. Negotiate with the hotel to offer the convention sleeping room rate and access to hotel accommodations, including parking, one day prior to the Convention and one day after the Convention.
13. Communicate with the hotel during the event regarding room set up and temperature control.
14. Relay information from the hotel to the Convention registrants in the form of announcements at the start of large group sessions.

#### **SELECTING THE ACCOMMODATIONS FOR THE CONVENTION:**

The hotel Liaison will work with the upcoming Convention Committee chair(s) and subcommittee chair(s) to choose a hotel 1 year prior from the Convention. If the upcoming Hosting Intergroup is known sooner the Hotel Liaison can look for hotel space sooner than 1 year.

1. Verify the capacity of various meeting rooms.
2. Verify the capacity and availability of restaurants or cafeterias in the hotel or within the vicinity of the hotel for “on your own” meals. Communicate the information with the Hospitality Subcommittee.
3. Verify the capacity of the banquet room, allowing for people who are listening to the speaker only.
4. Inquire whether we can provide our own coffee, and tea. If not, see if the hotel will be able to provide coffee and tea for purchase during all meeting times, and find out how much they will charge.
5. Verify the capacity and number of sleeping rooms.
6. Determine the current and/or projected costs of sleeping accommodations.
7. Determine the current and/or projected costs of meeting rooms.
8. Determine the current and/or projected costs of meals.
9. Inquire about the times meeting rooms will be available.

10. Verify the availability of elevators if the hotel is more than one story.
11. Verify that meeting rooms will be heated or air-conditioned as appropriate.
12. Verify that sleeping rooms will be heated or air-conditioned as appropriate.
13. Determine if the hotel can provide food selections to fit a majority of different types of meal plans.
14. Verify that good speaker systems are available for large meeting rooms. See if they will allow us to bring in outside equipment.
15. See if there is a stage or platform available for meeting rooms.
16. Inquire as to whether there are any other rules or restrictions for use of the facility.
17. Determine the availability of transportation to the facility from public transportation such as buses, trains, or airplanes.
18. Check the accessibility of getting to the Convention site from other areas of Region 5.
19. Determine the capacity of restrooms near the meeting rooms. (Get contact info for housekeeping should we need more toilet paper.)
20. Verify how many functions the facility has accommodated that were the same size as we anticipate.
21. Determine check-in and check-out times for rooms.
22. Investigate local attractions.
23. Inquire whether or not we can bring in entertainment.
24. Verify pool and other recreational facilities available at the facility.
25. Confirm parking options and cost
26. Determine if other meetings will be occurring during the time of the Convention.

### **CONVENTION SUBCOMMITTEES:**

#### **REGISTRATION AND FINANCE:** Duties and responsibilities:

1. Obtain initial seed money from the Region 5 Board if needed.
2. Create registration form appropriate for both online and mail-in registrations and submit for approval from the Region 5 Executive Board. Refer to registration forms from previous years if possible. While a limited number of members will use mail-in options for registration it is still suggested to provide a mail-in option so the event can be inclusive to all.
3. Provide fliers for distribution at Regional Assemblies and Intergroup email lists. Region 5 Intergroup contact information can be obtained from the Region 5 secretary just after the Region 5 Assemblies..
4. Provided a JPEG or PNG version of the Convention flier to the Region 5 Webmater to post it on the Region 5 website 9 months prior to the event.
5. Meet with Region 5 Digital Communications Coordinator 7-8 months prior to the Convention to train on the online registration platform.

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6. Maintain an on-going list of all Registrants, including any payments, meal/banquet registrations, and service commitments. Share with other Committees as appropriate.
6. Rent a post office box local to the Convention Treasurer or Region 5 Treasurer for mail- in registrations. A six month lease is suggested.
7. Identify an address for mail-in registrations. Add these members to the registration lists either manually or using the online registration process.
8. Coordinate deposit of any mailed payments with the Region 5 Treasurer.
9. Submit receipts for any reimbursements using appropriate forms with receipts attached.
10. Encourage other Region 5 intergroups to post the Convention flier on their websites. It is suggested that the registration flier be sent again 2 months, 1 month, and 2 weeks before the event date to boost registration.
11. Provide alphabetical breakdown of registrants to online hosts and co-hosts during virtual conventions.
12. Distribute meeting room links to registrants no later than 5 days prior to the oConvention. Include dial in phone numbers and any necessary passwords.

**REGISTRATION TABLE:** In-Person Convention: Duties and Responsibilities:

1. Have signs made designating the hours the registration table is open and an alphabetical breakdown of registrants.
2. Make sure that meal tickets are printed and nametags are prepared.
3. Make sure the program has been printed and is ready for distribution with the registration packets.
4. Provide registration packets for those that have pre registered.
5. Keep the Hotel Liaison informed of the number of meals guaranteed and the number registered.
6. Make sure the registration tables are stocked well with supplies, draped properly, and set up prior to registration opening up.
7. Make sure the registration tables are covered with adequate personnel from Friday afternoon until the registration packets are disbursed. Coordinate with Region 5 Board members to make sure they will be available to assist and collect all checks and money for walkin registrations.
8. Communicate with the Region 5 Treasurer regarding walk-in registrations. The Region 5 Treasurer is responsible for collection and safe storage of all checks and monies.
9. Receive and process scholarship applications in collaboration with the Region 5 Board according to the following
  - A. Scholarships will be for REGISTRATION ONLY
  - B. Only scholarships for up to the full registration fee shall be awarded
  - C. The deadline for requesting scholarships shall be the pre-registration deadline of the Region 5 Convention.

D. Scholarships may be given on a first come/first served.

Preference may be awarded to those who have not attended a previous Region 5 Convention or have not previously requested a scholarship.

F. Scholarships will be awarded to OA members living in Region 5 only.

G. Scholarship recipients will need to do service at the Convention.

H. Recipients of scholarships can only receive them once every five years.

I. Scholarships are not necessary for a virtual convention but service is highly suggested for those not contributing.

**HUGGERS/GREETERS:** In-Person Convention: Duties and responsibilities:

1. Act as hosts and hostesses, greet each person.
2. Answer questions and guide people to rooms, meetings, registration, etc.
3. Check with the front desk of the hotel to obtain updated restaurants within the vicinity of the hotel.
4. Check with the front desk of the hotel to obtain a list of area places for worship services.

**NOTE:** The committee should devise a way to make themselves easily identifiable as Huggers and Greeters Committee members in the Convention crowd. (ribbon, corsage, hat identification, for example).

5. Submit receipts for any reimbursements using appropriate forms with receipts attached no later than the last day of the Convention.

**THIRSTAID STATION HOSPITALITY: HOSPITALITY ROOM:** In-Person Convention:

Duties and responsibilities:

1. Consult with the Hotel Liaison to determine hotel policies regarding limitations of bringing in foods and beverages.
2. Make sure the room is adequate with Wifi and electric outlets for registrants to plug in a variety of devices.
3. Arrange for volunteers to host the room when the room is open. It is suggested the room be closed during main speaker meetings.
4. Arrange for several tables spread around the room for a variety of activities during fellowship times. Some suggested activities include: adult coloring books, crafts, jigsaw puzzles, card and board games, etc.
5. Provide for cleanup.
6. Submit receipts for any reimbursements using appropriate forms with receipts attached no later than the last day of the Convention.

**PROGRAMMING:** Duties and responsibilities:

1. Become thoroughly familiarized with the events of the past, successes and shortcomings.
2. Call an initial meeting of the Program Subcommittee members at the Region Assembly.
3. Works with the Convention Committee as a Whole to determine the theme for the Convention. Suggestions may be pooled from the Fellowship as well.
4. Determine topics and formats for each session as they relate to the theme of the Convention.
5. Have Region 5 Board Approve Program Topics before moving forward.
5. Follow abstinence requirements for speakers.
6. It is best to limit speaker meetings and workshops going on simultaneously up to three when in- person limit to two when virtual.
7. All speakers for the Convention will need to be registered.
8. Coordinate available meeting rooms with the Hotel Liaison.
9. As a committee, assign topics and times to speakers.
10. Notify all speakers in writing of their topics and times to speak.
11. As a committee, pull together final material for the program (graphics for printed program indicating rooms, times and topics, etc).
12. Have the program printed and made available to the registration committee.
13. Names of speakers are not to be listed on flyers or programs.
14. Work with the taping company during the Convention.
15. Submit receipts for any reimbursements using appropriate forms with receipts attached no later than the last day of the Convention.

**PUBLICITY:** Duties and responsibilities:

1. Keep an accurate timetable of when things have to be done (deadlines for times to be submitted to Region 5 newsletter and appropriate electronic media).
2. Remind necessary committee chairs to have information available for publication deadlines.
3. Design, print, and distribute board-approved flyers for the Convention.

**NOTE:** Flyers should be sent to all intergroups listed with Region 5 and to nearby Intergroups outside of Region 5 at least three months prior to the Convention.

4. Send information to appropriate electronic media. This information should include: date of event, Region 5 Convention site with address when in-person, email address, one or two telephone numbers and names to contact.
5. Enlist help from each state/province or intergroup for local publicity.
6. Submit receipts for any reimbursements using appropriate forms with receipts attached no later than the last day of the Convention.

**LITERATURE:**Duties and responsibilities:

1. It is Region policy that only OA and AA conference approved literature may be sold at the Convention.
2. The host Intergroup(s) literature bank is used, unless prior approval is received from the Region for other arrangements.
3. Transport literature to and from the display area.
4. Set up display.
5. Keep only one copy of each item out. The rest should be kept in boxes behind the display table.
6. Obtain a cash box with funds for change from the Registration and Finance committee.
7. Have the committee chair and one (1) collector sign the outside of a sealed collection envelope. Arrange for the Region 5 Treasurer to pick up the collection envelope before closing the display. .
8. Make sure that someone is there at all times to oversee the display. When the literature table is not open, keep literature locked up.
9. Keep an accurate inventory of literature before and after the Convention. Report amount ordered and sold for reference by future committees.
10. Submit receipts for any reimbursements using appropriate forms with receipts attached no later than the last day of the Convention.

**FUNDRAISING AND RAFFLES:** In-Person Convention: Duties and responsibilities:

Intergroup Marketplace: Intergroups may rent a table(s) to sell fundraising items, which are consistent with OA's 12 traditions when room space is available. Each Intergroup is responsible for its own table(s).

Raffles: Should the Convention Committee elect this option the Convention Committee will set up all the details included in implementing a raffle. Some raffle suggestions include: 50/50 Drawing, Convention Scholarship, Lifeline subscription, and Basket raffles.

**BANQUET TABLE DECORATIONS:** In Person Convention: Duties and responsibilities:

1. Work with the Hotel Liaison to see what type of decorations the hotel can provide for the banquet tables.
2. Present ideas and costs to the Convention Chair(s) and subcommittees for approval.
3. Submit receipts for any reimbursements using appropriate forms with receipts attached no later than the last day of the Convention.
4. Put finishing touches on banquet tables.
5. Clean up Convention decorations. Store the decorations and materials for future years.



**VOLUNTEER COORDINATOR:** In- Person Convention: Duties and responsibilities:

The purpose of the Volunteer Committee is to schedule volunteers that will be serving during the actual Convention. The main source of these volunteers is the registration form. The Volunteer Committee will coordinate who is needed, where and when, and contact volunteers to notify them of their assignment(s).

**TIMER COORDINATOR:** In Person Convention: Duties and responsibilities:

1. Schedule volunteers for each session to act as a timer.
2. Inform each volunteer that they are to facilitate/moderator the assigned session.
3. Supplies for each session (script, signs with Stop, 1 Minute, 3 Minutes & 5 Minutes).
4. If the timer does not show up for the session please ask for a volunteer from the floor.
5. Stress the importance of leaving supplies – timer, script, signs with Stop, 1, 3, and 5 Minutes at the podium for future sessions.

**GUIDELINE SPECIFIC TO VIRTUAL CONVENTIONS:**

The Region 5 Convention Chair(s) and subcommittee chairs shall meet with the Region 5 Digital Communications Coordinator to establish direct lines of communication. The Convention Committee as a Whole will meet with the Digital Communications Coordinator at least once, one week prior to the virtual Convention.

**SIGNAGE:** Signage is developed and distributed by the Convention Committee. For virtual conventions Intergroups have used virtual backgrounds promoting the Convention before and during the Convention. Convention Committee members have also used a unique background to distinguish themselves during the course of the Convention in order to be visible to members that may have questions.

**TECHNICAL CHAIR: Duties and responsibilities:**

1. Train with Region 5 Digital Coordinator to establish the virtual platform to be used, determine operational skill levels and establish meeting settings used during the Convention.
2. Meet regularly prior to the Convention to establish a schedule of times and responsibilities for all virtual Hosts and Co-hosts.
3. Recruit, schedule, training and support virtual Hosts and Co-host volunteers during the Convention.
4. Establish a communication link with virtual Host and Co-Hosts to communicate off screen with each other to ensure rooms are adequately secured during the Convention.

5. Notify participants of appropriate on-screen behaviors and monitor screens for inappropriate on-screen behavior (No eating, chewing gum, exercising, nudity)
6. Notify participants on appropriate name conventions and assist with renaming if necessary.
7. Mute all participants during the speakers to avoid distractions. Unmute participants when it is their time to share when applicable.
8. Monitor digital on screen timer if applicable.
9. Disable chat and monitor it during large group sessions.
10. Allow access to rooms if the waiting room is enabled.
11. Remove intruders when appropriate.
12. Share all documents with Convention Chair (s) for documentation purposes.

**Virtual Hospitality: Duties and responsibilities:**

1. Meet regularly prior to the Convention to establish a schedule and responsibilities for all hospitality subcommittee volunteers during the Convention.
2. Recruit, schedule, training and support hospitality subcommittee volunteers during the Convention.
3. Greet registrants as they enter the Convention. It is suggested the room be opened 15 to 30 minutes prior to the Convention for fellowship.
4. Provide fellowship opportunities in off hours during the Convention (meetings, open sharing, Question and Answer sessions.
5. Share all documents with Convention Chair (s) for documentation purposes.

**OPTIONAL COMMITTEES:**

**CLOTHING EXCHANGE:** In-Person Convention

The local hosting intergroup(s) Convention Committee as a Whole may choose to have a clothing exchange if room space is available. Seventh Tradition is suggested.

**ENTERTAINMENT: Duties and Responsibilities::**

1. Will depend on what the local intergroup(s) Convention Committee as a Whole wants to do for the Convention. It has become customary to have a dance after the banquet which means a DJ from the local area would be hired. Here are other ideas such as skits, which need Region 5 Approval, improv, song and dance, karaoke, and plays.
2. The Convention Committee as a Whole also needs to check with the next hosting Intergroup to see if they want to present a skit after the banquet or after the closing to present where the next Region 5 Convention will be held
3. Work with Region 5 Board regarding taping if necessary.

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4. Submit receipts for any reimbursements using appropriate forms with receipts attached no later than the last day of the Convention.

#### HOSTING INTERGROUPS FOR REGION 5 CONVENTIONS

1979	June	None Held at University of Dayton
1980	July	Greater Detroit & Southwestern Ontario (Detroit)
1981	October	MidNorth Indiana (Lafayette)
1982	October	Greater Dayton
1983	June	Central Indiana & Mid Hoosier (Anderson)
1984	September	Southwestern Ontario
1985	November	CHI WIF & Milwaukee (Fontana, WI)
1986	October	Northwest Indiana (Merrillville)
1987	October	Cincinnati
1988	October	Southwestern Ontario (Chatham)
1989	September	Western Michigan (Muskegon)
1990	October	Cleveland
1991	November	Wisconsin at the Abbey
1992	October	Toledo
1993	September	INI (Chicago)
1994	October	Cincinnati
1995	September	Northwest Indiana (Michigan City)
1996	October	Cleveland
1997	September	Indianapolis
1998	October	Greater Ann Arbor, Jackson Area, Greater Grand Rapids
1999	October	Turning Point (Chicago)
2000	October	Cleveland Central
2001	October	Dayton
2002	October	Milwaukee
2003	October	TPI, CSSI, CHI-WIF, SNI (Chicago)
2004	November	Indianapolis
2005	October	Cleveland
2006	October	Columbus
2007	October	Louisville
2008	October	Cincinnati
2009	October	TPI, CSSI, CHI-WIF, SNI (Chicago)

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2010	October	Greater Detroit, Ann Arbor, Southwestern Ontario
2011	October	Indianapolis
2012	October	Cleveland
2013	April	Milwaukee
2014	October	Columbus
2015	September	SNI, TPI, CSSI, CHI-WIF, NWII (Chicago area)
2016	September	Land Between the Lakes, Greater Detroit, Jackson Area (Detroit area)
2017	October	Cincinnati
2018	Indiana	Indianapolis
2019	Milwaukee	
2020	Cleveland	
2021	October	Central Ohio Service
2022	September	TPI, SNI, CSSI, CHI-WIF (Chicago area)
2023		

# BYLAWS OF REGION 5 of OVEREATERS ANONYMOUS, INC.

## ARTICLE I - NAME

The name of the organization is Region 5 of Overeaters Anonymous, Inc.

## ARTICLE II - PURPOSE

The primary purpose of the organization is to aid those with the problems of compulsive eating through the Twelve Steps and Twelve Traditions of Overeaters Anonymous, guided by the Twelve Concepts of OA Service, and to serve and represent the OA intergroups and groups from which it is formed. This association is organized exclusively for the educational purpose within the meaning of Section 501(c)(3) of the Internal Revenue Service Code of 1954; contributions which are deductible under Section 170(c) of the Internal Revenue Service Code of 1954 (or the corresponding provision of any future United States Internal Revenue Law).

### Section 1 - The Twelve Steps

1. We admitted we were powerless over food - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

## Section 2 - The Twelve Traditions

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose - to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

## Section 3 - Twelve Concepts:

1. The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.
2. The OA groups have delegated to the World Service Business Conference the active maintenance of our world services; thus, the World Service Business Conference is the voice, authority and effective conscience of OA as a whole.
3. The right of decision, based on trust, makes effective leadership possible.
4. The right of participation ensures equality of opportunity for all in the decision-making process.
5. Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.
6. The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.
7. The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws Subpart B
8. The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.
9. Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.
10. Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

11. Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.
12. The spiritual foundation for OA service ensures that:
  - a. no OA committee or service body shall ever become the seat of perilous wealth or power;
  - b. sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
  - c. no OA member shall ever be placed in a position of unqualified authority;
  - d. all important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity;
  - e. no service action shall ever be personally punitive or an incitement to public controversy; and
  - f. no OA service committee or service board shall ever perform acts of government, each shall always remain democratic in thought and action.

### **ARTICLE III - MEMBERSHIP AND VOTING**

- A. Geographical definition: Those areas as designated by the World Service Office (WSO).
- B. Any group as defined by OA, Inc. Bylaws, Subpart B, Article V, Section 1a and Section 2, may be a member group in the organization.
- C. The voting membership of Region 5 representing the entire membership of OA in the region shall be called the Region 5 Assembly and shall be comprised of:
  1. Duly elected Region 5 representatives or their alternates.
  2. All Region 5 officers, excluding the chair. The chair shall have the ability to vote only when an anonymous method is used.
- D. The region trustee shall attend each Region 5 Assembly as liaison to and from the World Service Office. The trustee shall serve with no vote, but shall have a voice at the Region 5 Assembly.
- E. Each intergroup shall be entitled to send Region 5 representatives according to the following formula: one Region 5 representative for every ten (10) groups or portion thereof currently registered with WSO. Groups contesting the World Service count may have additional Region 5 representatives seated with the permission of the Assembly.

### **ARTICLE IV - INTERGROUPS**

- A. Composition
  1. Each state/province may have at least one intergroup.
  2. Each intergroup shall be composed of groups within its state/province when feasible.
  3. Two or more groups may form an intergroup.
  4. In a state/province having only one group, that group may function as an intergroup.
  5. At a meeting of which members have been given notice, each group shall elect its representative to the intergroup to be called "intergroup representatives."
- B. It shall be the purpose of each intergroup to service and represent its member groups in accordance with the Twelve Steps, Twelve Traditions and Twelve Concepts of OA Service.
- C. Functioning
  1. Intergroups may conduct the business of their groups by any method they choose.

2. With prior notice to all member groups, intergroups shall convene at least once a year for election of officers and selection, when necessary, of delegates to the World Service Business Conference (WSBC) of Overeaters Anonymous.
3. Intergroups may meet more often if necessary for the purpose of conducting further business.

#### **ARTICLE V - ELECTION AND ELIGIBILITY OF REGION 5 REPRESENTATIVES**

- A. Each Region 5 representative and alternate shall be elected by the intergroup they represent to serve for a two-year term. Elections shall be held at an intergroup meeting for which all member groups have been given prior notice.
- B. Region 5 representatives and alternates shall be selected for judgment, experience, stability, willingness, and for faithful adherence to the Twelve Steps, Twelve Traditions, and Twelve Concepts of Overeaters Anonymous.
- C. Region 5 representatives and/or voting alternates shall have at least one (1) year of current abstinence upon submitting their qualifications. Permission for any exception may be requested by an intergroup from the Region 5 executive board at least fifteen (15) days prior to the Region 5 Assembly.
- D. Each Region 5 representative/alternate shall be the sole judge of his/her abstinence and maintenance.

#### **ARTICLE VI - OFFICERS**

- A. Election of Officers
  1. The officers shall be chair, vice chair, secretary and treasurer.
  2. Officers shall be elected at the last Region 5 Assembly of each year.
  3. No Region 5 representative or former Region 5 representative shall be considered for an office until he/she has
    - a. Served actively for one year at Region 5 as a Region 5 representative.
    - b. Attended at least three (3) Region 5 assemblies, not necessarily consecutively, prior to submitting an application.
    - c. Declared themselves as practicing all Twelve Steps to the best of their ability and be committed to the Twelve Traditions of OA and Twelve Concepts of OA Service.
    - d. Officers shall have at least two years of current continuous abstinence, one year of which shall be of maintenance of a healthy body weight. Each person shall be the judge of his or her own recovery including abstinence and maintenance of a healthy body weight.
  4. All elected officers shall live within the boundaries of Region 5.
  5. The applicant(s) for the office of Region 5 chair must have attended at least one (1) World Service Business Conference as a delegate and have at least two (2) years of service beyond the group level prior to submitting an application.
  6. Officers shall be elected by the Region 5 representatives and shall serve two-year terms. Terms shall commence at the adjournment of the assembly during which they are elected.
  7. Chair and treasurer shall be elected in even numbered years; vice chair and secretary in odd numbered years.



8. a. The election shall be by written or electronic ballot. To be elected, a nominee must receive a majority of the votes cast. If more than one written or electronic ballot is necessary for any position, on subsequent written or electronic ballots, the name of the candidate with the lowest number of votes shall be dropped from the written or electronic ballot, except that the top 2 candidates must remain.
- b. In the event that no candidate is elected a vacancy is declared. The Executive Board shall fill this vacancy at the next or a special meeting of the Executive Board by appointing a qualified member to the position to serve until the next assembly where an election would then take place.
9. No person shall serve more than five (5) consecutive years in any one office.
10. No person shall serve more than eight (8) consecutive years as a Region 5 officer.

**B. Vacancies**

1. If an officer fails to attend two consecutive Region 5 assemblies without prior notification to the chair, the office may be declared vacant by a majority vote of the assembly representatives present at the second meeting missed by the officer.
2. If an officer resigns before the mailing of the agendas, notice of the vacancy and resume forms will be sent out with the agendas. Resumes may be returned up until the time of the assembly at which the election will take place. If an officer resigns after the agenda mailing, Region 5 representatives will be notified at the assembly, resumes will be turned in by 5:00 p.m. on Saturday, and elections will take place as the first order of business on Sunday morning.
3. The member shall take office immediately after the election.

**C. Any officer may be removed for cause by a majority of the assembly.**

**D. Resignation**

1. Any officer who advises another officer of Region 5 that he/she has returned to compulsive overeating will be considered as having resigned as of the moment of receipt of such notice.
2. Any officer may resign at any time for any reason by giving the chair of Region 5 written notice of the resignation.

## **ARTICLE VII - REGION 5 TRUSTEE**

**A. Nominations of the Region 5 Trustee**

1. At least one hundred fifty (150) days prior to the scheduled opening of the annual WSBC, all intergroups within Region 5 shall be notified by the Region 5 officers of the forthcoming WSBC, with a request to all qualified members from Region 5 to submit nominations to Region 5.
2. At least ninety (90) days prior to the annual conference of OA, each region shall choose up to three proposed and qualified nominees from that region. Resumes of these nominees must be sent to the Board of Trustees within one week of their selection. Copies of these resumes will be sent to all members of the conference at least forty-five (45) days prior to the WSBC.
3. Qualifications for Region 5 trustee set by World Service require that in no case shall the nominee have less than seven (7) years in the Fellowship; five (5) years of service beyond the group level; attendance as a delegate to at least two (2) World Service Business Conferences; five (5) years of continuous recovery in Overeaters Anonymous as

- evidenced by 1) five (5) years of current continuous abstinence, maintenance of a healthy body weight for at least two years and 2) emotional and spiritual growth as a result of incorporating into their lives the Twelve Steps and Twelve Traditions as a new way of living. These qualifications must be met at the time application for trustee is submitted to the WSO. Specifically, such trustee nominees must also have given away a Fourth-Step inventory, declared themselves as practicing the Twelve Steps to the best of their ability, and as committed to the Twelve Traditions of Overeaters Anonymous to be affirmed on their trustee application forms. Upon election, the Region 5 trustee shall make a commitment of adherence to the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA Service and continual recovery including abstinence and maintenance of a healthy body weight throughout the entire term(s) of office. Each person shall be the judge of his or her own recovery including abstinence and maintenance of a healthy body weight, and that he or she agrees to comply with and be bound by all the terms and provisions of the prevailing Overeaters Anonymous, Inc. Bylaws.
4. The nominee(s) chosen at the Region 5 Assembly shall be submitted to the WSBC for election.
  5. All Region 5 trustee nominees shall live within the boundaries of Region 5.

#### **ARTICLE VIII - EXECUTIVE BOARD**

- A. The Region 5 officers shall serve as the Executive Board of Region 5. All officers have a vote. Two (2) members constitute a quorum.
- B. The Executive Board shall:
  1. Have general supervision of the affairs of Region 5 between Region 5 assemblies.
  2. Make recommendations to the Region 5 Assembly.
  3. Perform such duties as are specified in these Bylaws.
  4. Be subject to the orders of the Region 5 Assembly and none of its acts shall conflict with the action taken by the Region 5 Assembly.
  5. Appoint an officer to act as a board liaison to any standing or special committee as needed.
- C. The Executive Board shall meet at the call of the chair or a majority of its members.
- D. Officers may participate in and act at any meeting of the Executive Board through the use of a conference telephone or other equipment by means of which all participating in the meeting can communicate with each other at the same time. Participation in such meeting shall constitute attendance and presence in person at the meeting.

#### **ARTICLE IX -STANDING COMMITTEES**

- A. The Region 5 Assembly shall appoint such committees as are deemed necessary for the welfare and operations of the groups and intergroups within Region 5.
- B. The chair may delegate to any such committees any of the powers of the Region.
- C. Members of any such committees shall be current Region 5 representatives.
- D. Each committee may prescribe its own rules for calling and holding meetings and its methods of procedures, subject, however, to the rules prescribed by the Region.
- E. Any committee shall act only in the interval between Region 5 assemblies and shall be subject at all times to the direction of the Region.
- F. Vacancies shall be filled by the committee chair.

- G. All standing committees are bound by the Twelve Traditions.

## **ARTICLE X - MEETINGS**

- A. The Region 5 Assembly shall meet two (2) times a year.
- B. Any Region 5 officer(s) or trustee may call special meetings as necessary.
- C. Proper notification shall consist of written notices emailed to voting members at least thirty (30) days prior to the date of the Region 5 Assembly.
- D. At a Region 5 Assembly held upon proper notification, two Region 5 officers and any Region 5 representatives present shall constitute a quorum for the transaction of any Region 5 business.
- E. The Region 5 Board may determine that an assembly cannot meet in a single, physical location. In that case, the Region Board shall arrange to hold an assembly using electronic methods. This action may be taken up to one week prior to the start of an assembly. Notification of this action shall be posted on the Region 5 website and shall be emailed to all Region 5 Intergroups and registered representatives within 24 hours.

## **ARTICLE XI - FINANCIAL STRUCTURE**

- A. The activities of the Region shall be financed primarily by the contributions of its member groups and the Region 5 Convention.
- B. Secondary source of financial income to the Region may be from such occasional projects as authorized by the Region.
- C. The Region may accept donations from OA members, groups or intergroups conforming with the general practice of OA.
- D. Notification of bequests must be received within one (1) year of a member's death and must also conform to the general practice of OA.
- E. The Region shall not accept the responsibility, trusteeship or enter into the distribution or allocation of funds set up outside of the Region.

## **ARTICLE XII - REGION 5 RECORDS**

- A. The Region 5 financial records shall be open to all members of OA by written request and upon presentation of the request to an officer or Region 5 representative, a month before the requested examination.
- B. The minutes may be examined upon request at any meeting

## **ARTICLE XIII - REGION 5 DELEGATES TO W.S.B.C.**

If Region 5 was represented at the previous WSBC by fewer than forty percent (40%) of its intergroups and other eligible service bodies it may send up to five (5) additional delegates to WSBC. Preference shall be given to delegates selected from intergroups and service bodies, which would not otherwise be represented by delegates. WSBC delegates/alternates selected under this article shall have at least 1 year current abstinence and at least 2 years of service beyond the group level.

## **ARTICLE XIV- AMENDMENTS TO THE BYLAWS**

- A. These Bylaws representing our Table of Organization may be amended at any time by two-thirds

(2/3) of the voting members present at any regular or special meeting of the Region except Article II Section 1, Section 2 and Section 3. The Twelve Steps, Twelve Traditions and Twelve Concepts **cannot** be amended at the region level. All proposed amendments to the Bylaws shall be submitted to the secretary, at any time, by voting representatives, committees, intergroups or groups. The secretary shall submit the proposed amendment to the Bylaws Committee to review at the next committee meeting. The Bylaws Committee chair shall then provide notice of the proposed amendment to the secretary for transmittal to the voting members at least thirty (30) days prior to the date of the Region 5 Assembly.

- B. Amendment without previous notice may be approved by a nine-tenths vote if notice of the amendment is given at an earlier meeting of the Assembly.
- C. Editorial changes may be made by the Region 5 Board when correcting an oversight or typographical error in these bylaws. Such changes cannot alter the intent or effect of the bylaw. Changes will be reported by the next assembly/conference call by the Region 5 Chair.

## **ARTICLE XV- PARLIAMENTARY AUTHORITY**

All Region 5 Assembly meetings shall be conducted in accordance with the current edition of *Robert's Rules of Order Newly Revised* where not in conflict with the Overeaters Anonymous Twelve Traditions and Twelve Concepts, Region 5 Bylaws, Policies & Procedures or Standing Rules that representatives may adopt. A parliamentarian may be requested at the discretion of the chair.

## **ARTICLE XVI - LEGAL DISCLAIMER**

No member of the Assembly or member of any intergroup which is a member of the Region, and no trustee, officers or employee or member of a committee or person connected with the Region or any other private individual shall receive at any time any earnings or pecuniary profit from the operation of the Region; provided that this shall not prevent the payment to such person reasonable compensation for services rendered to or for the Region in effecting any of its purposes as shall be entitled to share in the distribution of any of the assets upon the dissolution of the Region. All members of the Region and all members of local groups which are members of the Region shall be deemed to have expressly consented and agree that upon dissolution or winding up of the affairs of the Region whether voluntary or involuntary, the assets of the Region, then remaining in the hands of the Region 5 officers, after all debts have been paid shall be delivered and paid over, in such amount as the Region 5 officers may determine or as may be determined by a court of competent jurisdiction upon application of the Region 5 officers, exclusively to charitable, religious, scientific, literary or educational organizations which would then qualify under the provisions of Section 501 (c) (3); of the Internal Revenue Code of 1954. Notwithstanding any other provision of these articles, the Region shall carry only those activities permitted to be carried on by (1) an organization exempt from Federal Income Tax under Section (c) (3) of the Internal Revenue Law, or (2) an organization contribution to which are deductible under Section 170 (c) of the Internal Revenue Code of 1954 (or the corresponding provision of any future United States Internal Revenue Law).

# The Region 5 Bylaws Committee Report

for Saturday, October 29, 2022

## **Business:**

### **Decisions made:**

- 1) Voted to present Emergency New Business 1 to the Assembly.
- 2) Voted to present Emergency New Business 2 to the Assembly.
- 3) Decided a possible Emergency New Business motion was not an emergency and would not be presented to the Fall Assembly. We recommend that this goes back to the subcommittee for consideration for further action.
- 4) The Committee determined that the current Region 5 Standing Rules be reviewed within the committee.

### **Actions taken:**

Pam P. volunteered to be the Chair for this committee, the committee accepted.

Decided future meetings will be held the first Wednesday of each month at 7:30pm EST unless unnecessary.

### **Assignments made:**

No current assignments

### **Issues for later:**

Review current Standing Rules and recommend updates to current practices.

# The Region 5 Finance Committee Report

## The Region 5 Finance Committee Meeting Minutes

for Saturday, October 29, 2022

**Acting secretary:** \_\_\_Judy W\_\_\_\_\_

**Chair:** Treasurer Linda P

**Others members present:** \_\_\_Sally L, Judy W, Barbara H, Sheryl G, Kelly C, Linda P, Lori H

### Notes -

- 1) Opened with Third Step Prayer
- 2) Reviewed the purpose of this committee and how the Twelve Traditions and 12 Concepts apply;
  - a. Currently use QuickBooks to document donations and payments. Use this to balance the bank statements and produce reports.
  - b. Our banking is currently through Chase and our registration and credit card processing is through subsidiaries of Chase.
- 3) Old Business:
  - a. Reviewed the Budget to Actual as of quarter three and projections used for setting 2023 budget. Increased the budget for Assembly income to match the Assembly expense at \$6000 based on a projection for 2 in person Assemblies. Agreed to recommend the Budget as adjusted. This reduces the final budget deficit to \$16,042.00.
  - b. Discussed the Prudent Reserve and what the current requirement is for maintaining our checking account free of charges. Recommended that we set the Prudent Reserve at \$20,000; and leave both this and monies to cover the Budget deficit in the Region savings account.
  - c. Discussed Best Practices for making donations to Region 5, including IGs that collect and send one check; the fact that individual donations do not get assigned to a specific group unless there is a group name and number with the donations; different ways Zoom groups may do donations.
  - d. Money available to send IG delegates to WSBC as well as Region 5 to send up to 5 delegates to WSBC representing the Region (not an IG).
  - e. Audit function: Representatives will continue to get copies of the Bank statement and reconciliation monthly. Linda will also send everyone the access link for the Chase Bank folders on the OneDrive.
- 4) New Business:
  - a. Just a reminder to ask groups and intergroups to use the contribution form on the website and to request an email receipt rather than a mailed receipt if possible.
  - b. Agreed that we should continue to use RegFox for registrations and contributions. Zero dollar registrations charge a fee to the Region that the Region will continue to absorb since currently zero dollar registrations are rare (\$30-40 a year).
  - c. Draft 2023 budget recommended for approval by the Region 5 Assembly.
- 5) Closed the meeting with Serenity Prayer

## **The Region 5 \_\_\_Finance \_\_\_ Committee Meeting Report**

**for Saturday, \_\_November 29 \_\_,2022\_**

### ***Business:***

#### **Decisions made:**

- Updated Proposed Budget to match Assembly income to expenditures - \$6000.
- Will use \$20,000 as our Prudent Reserve Requirement as well as maintain enough in the Savings account to cover the projected budget deficit of \$16,000. Money from Savings account will be moved to checking as needed to cover any shortfall.
- Recommended Budget as revised be accepted by the Assembly.
- All Intergroups should be made aware of the opportunities for funding of representatives, delegates, and PI/PO projects via outreach from our Committee and any IG communications we send.
- We will continue to use RegFox for all registrations. The Region will absorb any fees charged for registrations that are for \$0 (when the event is not otherwise free).

#### **Actions taken:**

- Review of Finance Committee purpose and relationship to Concept 12
- Treasurer reviewed how we do our bookkeeping using Quickbooks and generate reports and balance bank accounts using this program.
- Reviewed year-to-date budget versus actual income and expenses. Reviewed proposed 2023 budget.
- Shared best practices for donations, including how an individual can donate to Region 5 and have it attributed to a group or intergroup.
- Recommended that Finance Committee reps share some of our discussions with their Outreach subcommittees.

#### **Assignments made:**

- The Treasurer will continue to send the bank statement and reconciliation to Committee members by email once a month. Comments and questions will be sent back to the Committee as needed.
- The Treasurer will give Committee members access to the Chase Bank folders on the Treasurer's OneDrive that contain the 2022 and 2023 monthly receipts and deposit information.

#### **Issues for later:**

- Should we add the extra Savings over reserves to the donations to WSO?
- Need to update the names of the Outreach Committees

# R5 PIPO OUTREACH COMMITTEE OF THE WHOLE SUB-COMMITTEE MEETING REPORT

## FALL ASSEMBLY 2022

Sub-Committee Name: PIPO

Sub-Committee Chair: Melissa B

Date: 10/29/22

### Smart Goals:

#### 1. Complete Poster Party Flyer and distribute to IGs within next 3 meetings.

**Description:** Suggested activity for IGs to gather and distribute useful OA resources that have been created for this purpose

**Relevance:**

Distributes useful OA resources that have been created for this purpose to reach compulsive overeaters

Draws members into service and fellowship

Fun and short term form of service likely to attract more participation

#### 2. Complete Elevator Speech Guidelines and distribute to IGs by 11/30/22 for use as part of 12<sup>th</sup> step focus in December

**Description:** Helpful guidelines for members to prepare their response to opportunities that arise to share their story (including our own examples)

**Relevance:**

Our personal story is a powerful resource to sharing information about OA

May help to address negative stigma or false ideas about OA more effectively

Members may feel anxious or reluctant or confused about sharing this information with the public and this could help people address those barriers

Members may benefit from reading elevator speeches and the various ways of approaching

Important service and 12<sup>th</sup> step work for members to grow in recovery

Share oa.org resources for use on IG

### Tasks:

1. ALL COMMITTEE MEMBERS WILL SEND MELISSA THE ELEVATOR SPEECH COMPLETED IN THE MEETING



2. SHIRLEY WILL SEND A TESTIMONY AND DESCRIPTION OF HER IG'S POSTER PARTY (WHAT THEY DID, HOW IT WENT, HOW IT ADDRESSED THE PIPO GOALS) – (WILL HAVE LORI SEND!)
3. MELISSA WILL COMPILE THE ELEVATOR SPEECHES AND SEND THEM OUT TO THE COMMITTEE PRIOR TO NEXT COMMITTEE MEETING
4. MELISSA WILL SEND THE FINISHED POSTER FLYER BEFORE THE NEXT COMMITTEE MEETING
5. LINDA WILL CHECK WITH KERI ON POSSIBILITIES FOR DISTRIBUTING THE POSTER PARTY FLYER (WEBSITE, EMAIL BLAST, ETC.)
6. MELISSA WILL ARRANGE ZOOM LINKS WITH KERI
7. COMMITTEE WILL MEET **2<sup>ND</sup> MONDAY OF EACH MONTH 6P C/7P E** ON ZOOM
8. PIPO COMMITTEE WILL MEET ON THE **2<sup>ND</sup> MONDAY OF EACH MONTH 6P C/7P E** – WE WILL MEET WITH CLEAR GOALS AND CANCEL THE MEETING IF WE DO NOT HAVE AGENDA ITEMS

**Issues for Later:**

1. Future focus will be to develop specific goals related to growth in the area of **digital resources** such as social media or the R5 website to support IGs with PIPO goals.

# INTERGROUP SUB-COMMITTEE MEETING REPORT

Members Present: Louise V, Barbara H, Barb K, Kevin G, Carolyn S, Pam P., Judy W., Lisa O. (minute taker!)

- Introductions
- REGULAR MEETING SCHEDULED: **2nd Mondays of the month @ 6:00 P.M. Eastern Time**
- This committee is planning to have links/intergroup info for 8 areas of information in Intergroup Resources - the 8 areas are already on the website but there are currently no links/resources available
  - General Liability Insurance
  - Website
  - Phone Line
  - Electronic Donations
  - Social Media
  - Public Outreach to Hospitals, providers, etc.
  - Workshops
  - Spreading the Message
- Current job is to agree on what level of detail needs to be included in the resources
- Include a link to [oa.org](http://oa.org) topic area in each detail page
- Who will be responsible for the maintenance of this site?
- How will we keep the contact information up to date?
- Any content that goes on the website must be approved by the Region 5 board
- How do we go about gathering more content?
  - 1st - do a new survey to get fresh & updated survey
  - 2nd - take survey and divide up the responses
    - Assign IG contacts to various subcommittee members
    - Subcommittee members are given a script to make call-to-call phone calls for the details
- Questions for the survey
  - Does your Intergroup have Liability Insurance? yes/no
    - Who could we contact regarding Liability Insurance? Phone/Email
  - Does your Intergroup have a website?
    - If yes, what is the name of your website?
    - If yes, could we contact for more information about your website?
  - Does your Intergroup have a phone service?
    - If yes, who could we contact for more information about your phone service?
  - Does your Intergroup accept electronic donations for 7th Tradition and/or other various donations?
    - If yes, who could we contact for more information about your electronic donation process?
  - Does your Intergroup have a presence on Social Media?
    - If yes, please check which Social Media Platforms your Intergroup uses:
      - Facebook
      - Instagram
      - Twitter
      - TikTok
    - If yes, who could we contact for more information about your Social Media presence?
  - Does your Intergroup specifically provide outreach to health care professionals?
    - If yes, who could we contact for more information?
  - Does your Intergroup host workshops, conventions, and/or retreats?
    - If yes, who could we contact for more information?

- How do you support sponsorship?
- How do you encourage newcomers?
- Cecilia will create an intro paragraph for the email that will be sent with the survey link
- Barb K will create the draft of the Survey Monkey - look for email in which she distributed it.

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HERE IS DRAFT OF PARAGRAPH TO GO AT THE TOP OF THE SURVEY

Greetings from the OA Region 5 IG-to-IG Subcommittee! Our goal is to provide a means for IG's to share their experiences with other IG's. Imagine selecting an area such as Workshops or Liability Insurance and finding a IG contact who has experience to share. Wouldn't it be great to *talk* to someone about their efforts?

To that end, we ask that you complete this survey so we can get a feel for who is doing what. Our next step would be to talk to the contact offered to get some general idea of the IG's experience and explore serving a resource to other Intergroups. No info from this survey is going to be posted anywhere - we just want to talk to you privately.

We appreciate your time and support in this effort! It's another way we can extend the hand of OA to those who still suffer.

Look forward to seeing you at our next meeting on **MONDAY NOVEMBER 14 6pm EST/7pm CST**

<https://us02web.zoom.us/j/85137662057?pwd=cVILMEJYMmIDZm13QUg3amFBMFVKUT09>

**Meeting ID: 851 3766 2057**

**Passcode: 123123**

**One tap mobile**

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**+19294362866,,85137662057#,,,,\*123123# US (New York)**

**+1 646 931 3860 US**

**Meeting ID: 851 3766 2057**

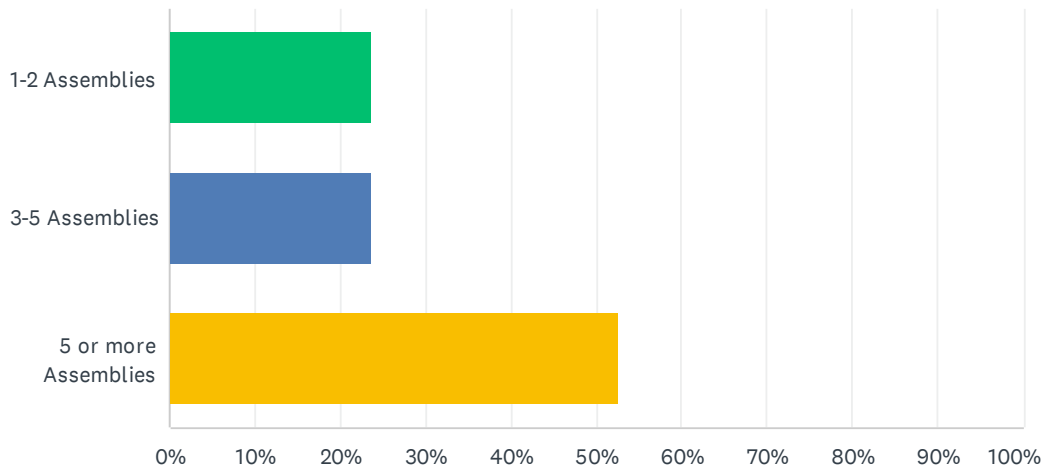
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Cecilia A. Sinclair

# 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
<b>TOTAL</b>		<b>38</b>

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

Answered: 34 Skipped: 5

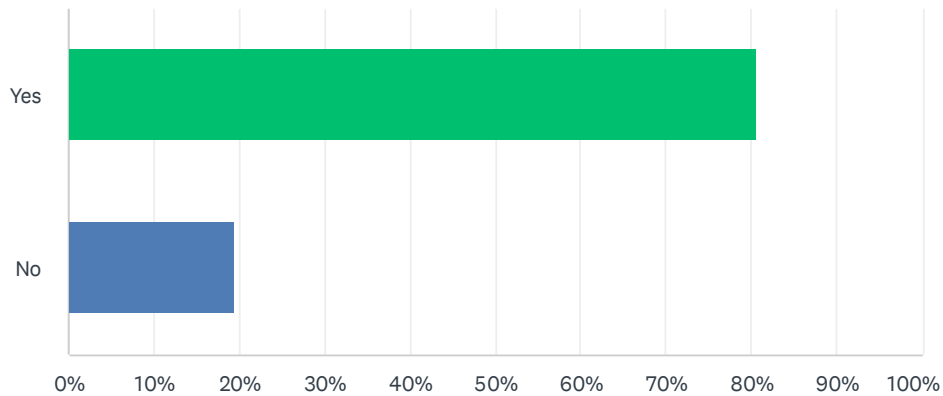
#	RESPONSES	DATE
1	I think clear communication could be improved. Many times people throw around jargon and insider terms without being clear as to their meaning. Also, sometimes Board members micro-manage the responsibilities of other trusted servants (committee members, Intergroup chairs, etc.) have 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
<b>TOTAL</b>	<b>36</b>

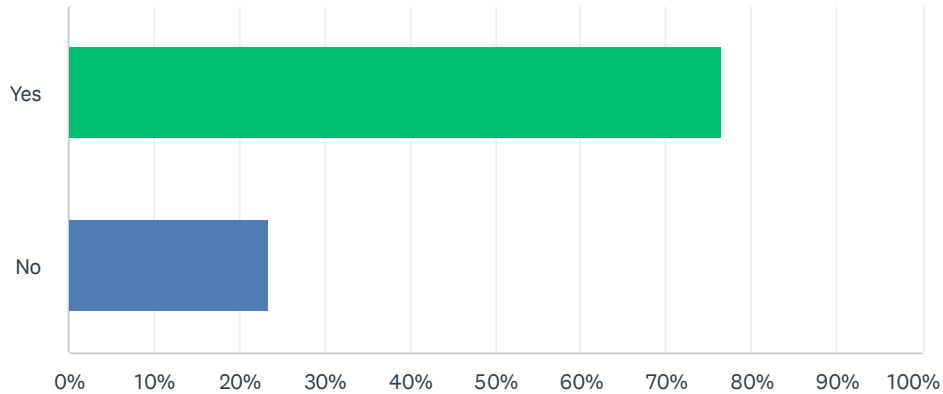
#	EXPLAIN IF NEEDED:	DATE
1	I've attended PI/PO committee meetings where the goals were not at all clear and everyone was just throwing around ideas without any planning	9/30/2022 6:42 PM
2	Sometimes. Often the Reps on the committees do not understand this is a year only commitment.	8/7/2022 8:22 PM
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



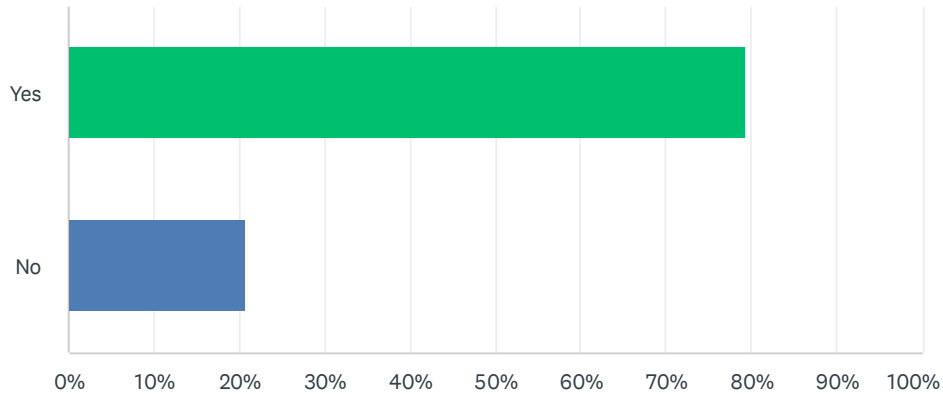
ANSWER CHOICES	RESPONSES	
Yes	76.47%	26
No	23.53%	8
<b>TOTAL</b>		<b>34</b>

#	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

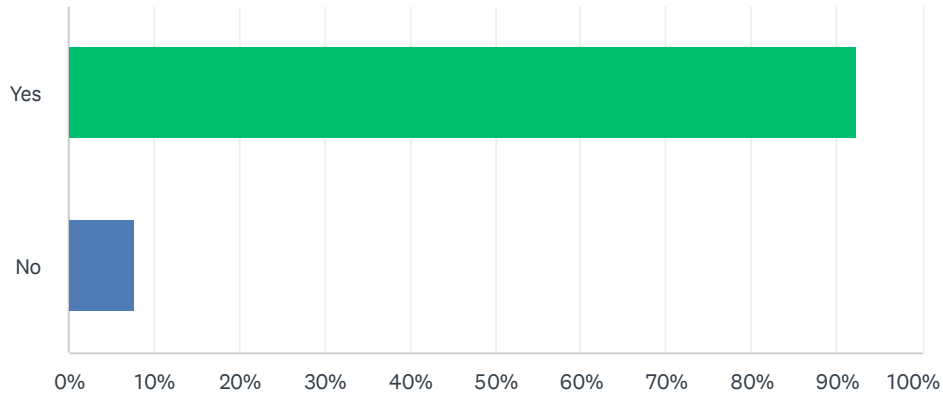
#	COMMENTS:	DATE
1	I think this depends. I can't answer yes or no. There may not be enough effort to recruit new folks for Board positions	9/30/2022 6:42 PM
2	in the case of electing or voluntelling someone they are a new chair of a committee or assigning people to committees when they are not sure what 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

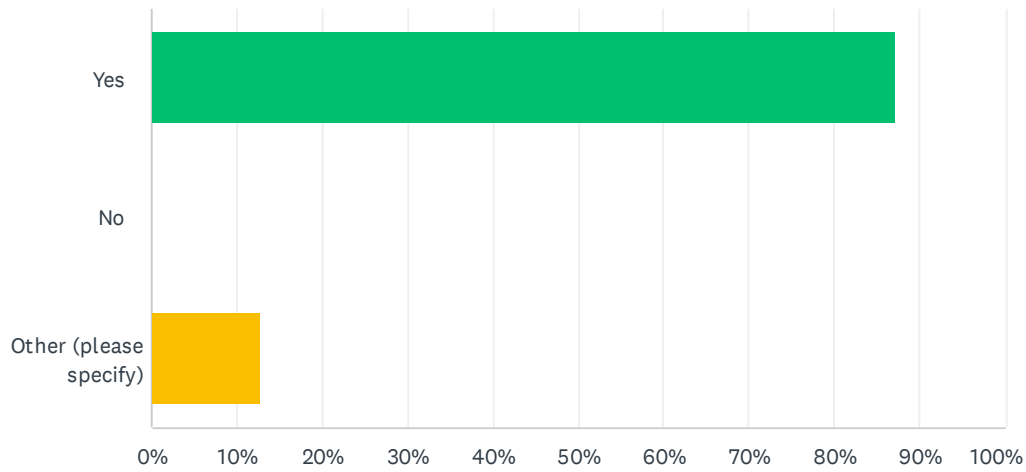


ANSWER CHOICES	RESPONSES	
Yes	92.31%	36
No	7.69%	3
TOTAL		39

#	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

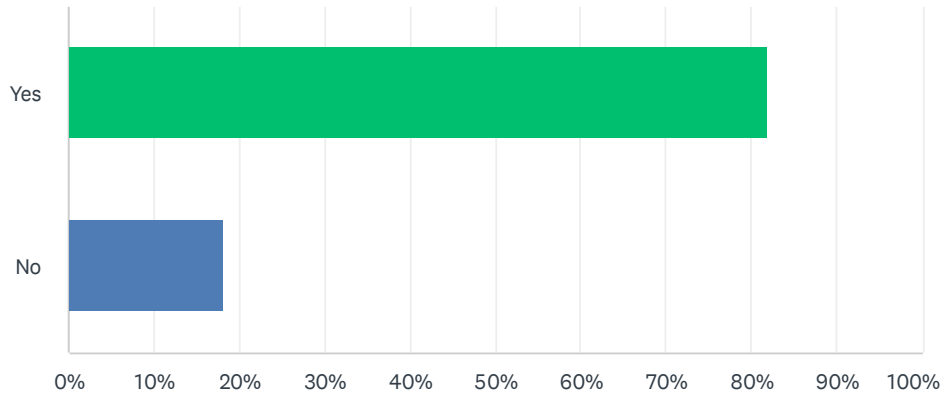


ANSWER CHOICES	RESPONSES
Yes	87.18% 34
No	0.00% 0
Other (please specify)	12.82% 5
<b>TOTAL</b>	<b>39</b>

#	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

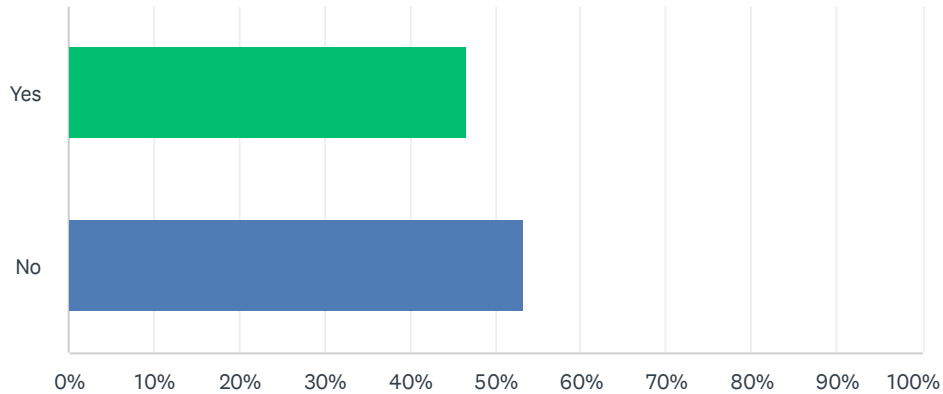


ANSWER CHOICES	RESPONSES
Yes	81.82% 27
No	18.18% 6
<b>TOTAL</b>	<b>33</b>

#	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

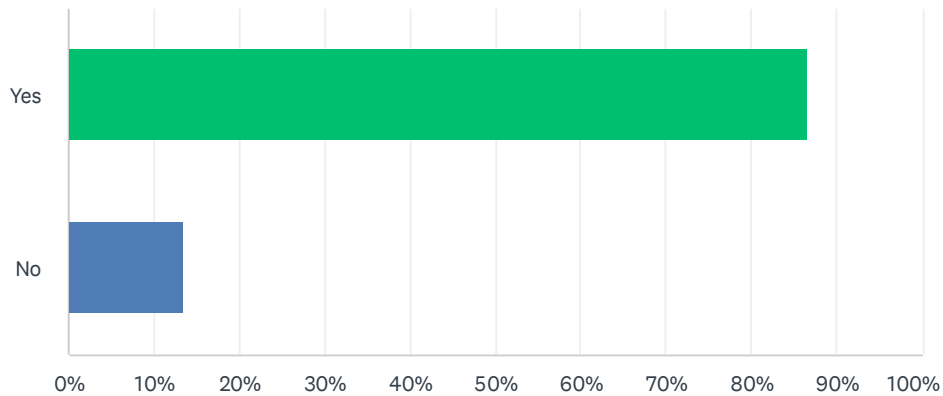


## Overeaters Anonymous Region 5

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

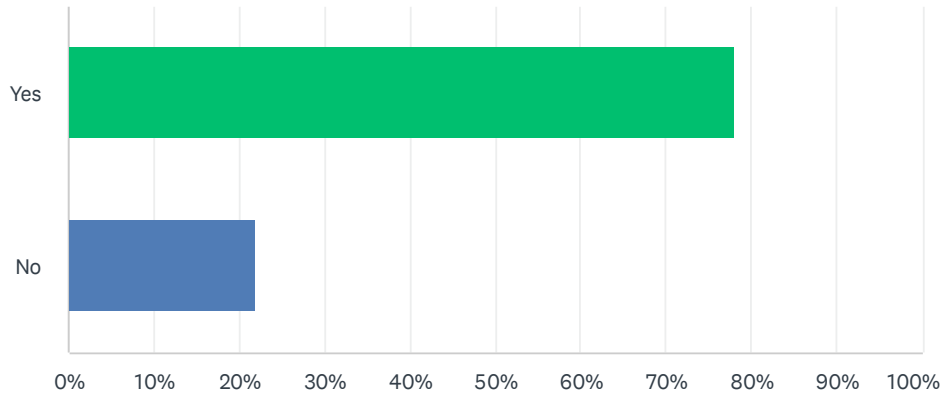


ANSWER CHOICES	RESPONSES	
Yes	86.49%	32
No	13.51%	5
TOTAL		37

#	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

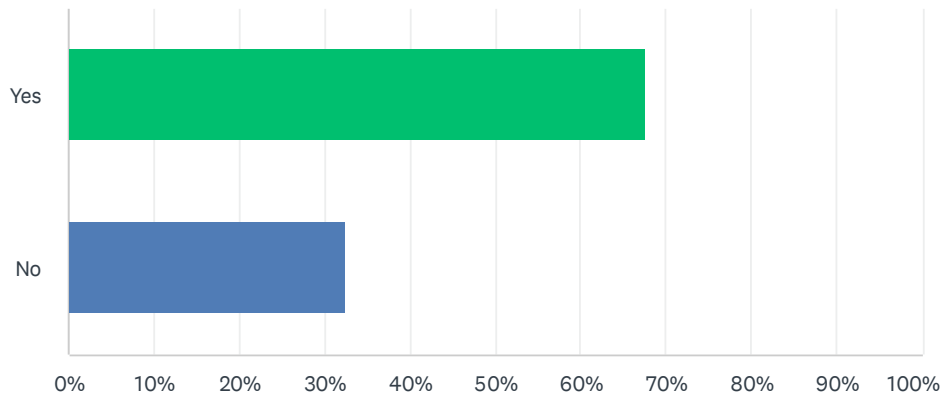
#	RESPONSES	DATE
1	Assign them a buddy	9/30/2022 6:42 PM
2	I was surprised to find out it was mandatory to participate on two committees at my first Assembly. That was a little overwhelming. I signed up thinking my role was to communicate Region 5 happenings back to my Intergroup. I should have done 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
<b>TOTAL</b>		<b>34</b>

#	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

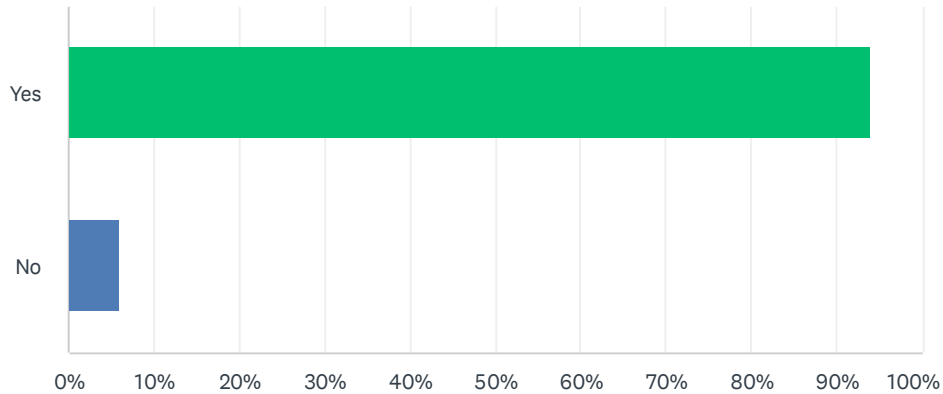
## Overeaters Anonymous Region 5

	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

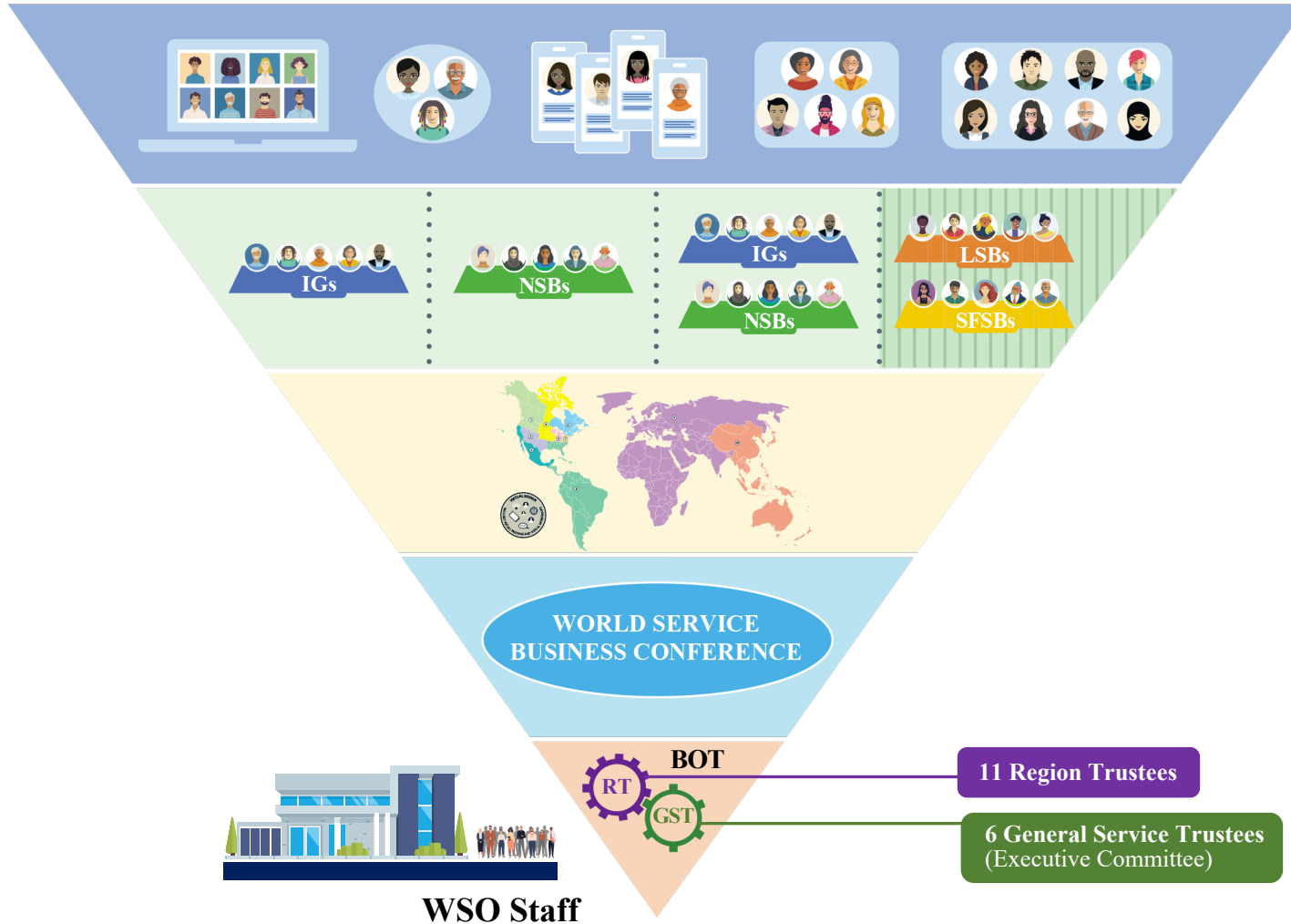
#	RESPONSES	DATE
1	I believe the structure just changed, so I think it's too early to know.	9/18/2022 1:41 PM
2	LOVE the virtual option! Saves money and time. LOVE the Region 5 Coffee Meeting. Wish it was discussed more as a way to get to know the Board members.	8/7/2022 8:22 PM
3	none I can think of	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



## Important Points from Region Inventory

- Communication
  - Better communication between Board/Committees; Region & Intergroups & Intergroup & members
  - Between Region and unrepresented unaffiliated Intergroups
  - Representatives asking their Intergroup what they need from Region before coming to Assembly
  - Region 5 to provide adequate information on Business to Committees
  - Discuss points from WSBC and Q&A for WSBC motions
- How to be creative and attract more and new people to Region
  - How to make Region “Attractive”
  - Promote “bring a visitor”
  - How can we have all Intergroups represented into assembly
  - Making everyone welcome
  - Explore why Intergroups are not participating in Region 5 and work towards strengthening and supporting intergroups
- New Representatives
  - Buddy System for new representatives
  - Possible mentor assignments for new representatives
  - More help for new representatives
  - More help with organization of packets
  - Preprint documents for all reps [Amazon?]
- Goals
  - Clarity of Committee Goals
  - Clarify region 5 goals
  - Publish goals on website and also accomplishments
  - Generate excitement/energy for goals accomplished
  - More understanding what Region is for
- Wrap-up After Assembly
  - Provide Summary Bullet points of region assembly for reps to take back to intergroups
    - Reflect energy about accomplishments of goals

# OVERALL SERVICE STRUCTURE



**This service structure chart shows how the various levels provide support for the level above it.**

Individuals form groups.

Groups provide support for individual OA members. Together we get better, and we don't have to do it alone.

Groups form Service Bodies.

Affiliated Groups get support from the following service bodies:

- Intergroups: An intergroup may maintain a website, provide meeting lists and contact information, organize recovery events, and provide other services.
- National Service Boards: A national service board may provide translated literature and materials, social media, public information, and other services in the local languages and the same types of support as above to all affiliated intergroups and groups of a country.
- Language Service Boards (e.g., Spanish, German) and Special-Focus Service Boards (e.g., men, 100-pounders, LGBTQ+): Language service boards and special-focus service boards may also support groups with specific common needs.
- Regions provide support for national service boards, intergroups, and unaffiliated groups.

The World Service Business Conference is comprised of delegates from intergroups, national service boards, and regions and the trustees. WSBC delegates make decisions for the common welfare of OA as a whole.

The Board of Trustees consists of eleven region trustees and six general service trustees. The board carries out the decisions of the WSBC.

Line #		2023	Notes 2023
		Budget	
Income			
1	Convention	\$ 5,000.00	
2	Assembly Income	\$ 6,000.00	Increased per Committee request
3	Contributions	\$ 26,000.00	
4	Savings Interest	\$ 8.00	
5	Region 5 Workshops	\$ 100.00	
6	Lunch Bag Sales		
7	Transfer from Savings		
8	<b>Total Income</b>	<b>\$ 37,108.00</b>	
Expense			
9	Conventions	\$ -	
10	Assemblies	\$ 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	\$ 1,500.00	
12	Bank Charges		
13	Committee - Bylaws	\$ 200.00	
14	Committee - Finance	\$ -	
15	Committee - Media	\$ 2,000.00	
16	Committee - Nominating		
17	Outreach Subcommittee - Professional Outreach/Public Information projects	\$ 3,000.00	
18	Outreach Subcommittee - IG Outreach programs	\$ 1,000.00	
19	Outreach Subcommittee - Sponsorship Support projects	\$ 500.00	
20	Equipment/Maintenance	\$ 200.00	
21	Insurance	\$ 1,200.00	
22	Officer Operating Expenses	\$ 3,000.00	
23	Postage	\$ 200.00	
24	Processing Fees	\$ 1,200.00	
25	Professional Fees - Accountant	\$ 1,500.00	
26	Professional Fees - Corporate statutory agent/incorporation fees	\$ -	
27	Hotel Liaison	\$ -	
28	Region Chair Committee Expenses	\$ 1,500.00	
29	Region Chair Committee Travel Assistance Fund	\$ 1,000.00	
30	Web Expense -Virtual Meetings	\$ 1,500.00	
31	Web Expense -Website Security	\$ 1,500.00	
32	Web Expense - Webmaster	\$ 5,000.00	
33	Web Expense -software and fees	\$ 1,600.00	
34	Taxes & Filing Fees	\$ 50.00	
35	Chair to WSBC	\$ 2,500.00	
36	Region 5 Delegates to WSBC	\$ 4,000.00	
37	Intergroup Assistance for WSBC	\$ 5,000.00	
38	Chair to OA Convention		
39	WSO Delegate Support Fund	\$ 1,000.00	
40	WSO General Fund	\$ 8,000.00	
41	WSO Prof. Exhibits Fund	\$ 1,000.00	
42	WSO Translation Fund	\$ 1,000.00	
43	Trustee Candidate Expense		
43	<b>Total Expense</b>	<b>\$ 56,150.00</b>	
44			
45	<b>Difference between income and expense</b>	<b>\$ (19,042.00)</b>	To be funded by monies from Savings as needed.