



OVEREATERS ANONYMOUS

REGION 5 SECRETARY

February 22, 2023

RE: Region 5 2023 Spring Assembly

Friday, March 10th through Sunday, March 12th, 2023.

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

The full Assembly will be held **in-person only** at the Hilton Garden Inn in Edinburgh, Indiana. **PLEASE NOTE that this is a NEW LOCATION for the Assembly and that it is located in the EASTERN TIME ZONE.** Beginning on Friday, March 10th through Sunday, March 12th and is **open to all Region 5 OA members.**

This letter is part of the 2023 Spring Assembly **Packet B**. Packet A was previously released and there will be one additional Packet released after the Assembly (**Packet C** – containing the Assembly Meeting Minutes and other supporting documents).

Region 5 2022 Fall Assembly Packet B Documents:

- B01_Region 5 2023 Spring Assembly Secretary Letter
- B02_Region 5 2023 Spring Assembly Credentials Report
- B03_Region 5 2023 Spring Assembly Chair Report
- B04_Region 5 2023 Spring Assembly Vice-Chair Report
- B05_Region 5 2023 Spring Assembly Trustee Report
- B06_Region 5 2023 Spring Assembly Treasurer Report
- B07_Region 5 2023 Spring Assembly 2023 Budget YTD
- B08_Region 5 2022 Spring Assembly Finance Meeting Contributions 2023
- B09_Region 5 2023 Spring Assembly Updated Contribution-Form2023
- B10_Region 5 2023 Spring Assembly Consent Agenda
- B11_Region 5 2023 Spring Assembly Bylaws Committee Report
- B12_Region 5 2023 Spring Assembly Convention Committee Report
- B13_Region 5 2023 Spring Assembly Media Committee Report
- B14_Region 5 2023 Spring Assembly IG2IG Sub-committee Report
- B15_Region 5 2023 Spring Assembly Sponsorship Sub-committee Report
- B16_Region 5 2023 Spring Assembly PIPO Sub-committee Report
- B17_Region 5 2023 Spring Assembly PIPO Poster Party Packet
- B18_Region 5 2023 Spring Assembly PIPO Twelve Step Messaging Campaign
- B19_Region 5 2023 Spring Assembly Important-Points-from-Region-Inventory Updated
- B20_Region 5 2023 Spring Assembly OA 2023 Virtual Convention Flyer
- **Packet B Combined Print Document**
 - We highly recommend reviewing all of the Packet A and Packet B materials before the business of the Assembly starts on Saturday morning.
 - Please note that we added Packet page numbering at the **TOP** of the **Combined Print Document PDF pages** (as suggested at the Fall Assembly) and blank Packet break pages, to assist with finding documents during the sessions. When searching for these new, top of page reference page numbers, please ignore any numbering that appears at the bottom of the pages (those numbers are native to the

original, individual documents). The R5 Chair will read out the page numbers during the Assembly and also provide long pauses for attendees to find the correct documents.

- When printing the Packet documents, please remember that we only added the page numbering to the **Packet A and B Combined Print Document** files and not in the original, individual PDF files. Also, please be sure to check your “print preview” window for the pages and, if needed, select “Scale to Fit” or “Fit to Page” (etc.) in your settings. So that the added page numbering does not get cut off at the top of your printed pages.
- We included the option to request Packet printouts as part of the Spring Assembly online registration, but the deadline for requesting printouts is February 24th. We will plan to bring a few extra copies to purchase for \$30 at the Assembly in case of unexpected needs.
- The Board hopes these new measures will help with the Packet documents during the Assembly.

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

Thank you.

Keri E.

Region 5 Secretary

R5Secretary@outlook.com

Region 5 Credentials Report - Spring 2023

Registered Intergroups: 25 Registered Groups: 409 Unaffiliated Groups: 31

Total Groups: 440 Eligible # of Region 5 Reps: 54 Virtual Meetings in R5: 86

St/Prov	Intergroup Name	Number	Groups	Eligible Reps	Sat A.M.	Sat PM	Sun AM
IL	Suburban North	9118	29	3			
IL	Chicago West Intergroup Farout	9168	18	2			
IL	Turning Point	9467	17	2			
IL	Central Illinois	9482	5	1			
IL	Chicago Suburban Southwest	9539	22	3			
IL	Forest City	9625	2	1			
		Illinois	93	12	0	0	0
IN	Central Indiana	9096	28	3			
IN	Northwest Indiana	9291	8	1			
IN	Kiss Intergroup	9311	4	1			
IN	Let Go Let God (LG2)	9642	5	1			
		Indiana	45	6	0	0	0
KY	Louisville Metro	9022	23	3			
		Kentucky	23	3	0	0	0
MI	Greater Detroit Intergroup	9026	40	4			
MI	Southwest Michigan	9141	5	1			
MI	Western Michigan	9208	13	2			
MI	Greater Ann Arbor Area	9251	24	3			
MI	Jackson Area	9354	3	1			
		Michigan	85	11	0	0	0
OH	Greater Cincinnati	9040	16	2			
OH	Cleveland Central	9041	36	4			
OH	Greater Canton Area	9122	4	1			
OH	Central Ohio Service	9134	21	3			
OH	Greater Dayton	9175	11	2			
OH	Crossroads of Hope	9274	7	1			
		Ohio	95	13	0	0	0
WI	Milwaukee Area	9053	36	5			
WI	Rock River	9073	8	1			
WI	Madison Area	9161	24	3			
		Wisconsin	68	9	0	0	0
	Voting Reps Present		409	54	0	0	0
	Voting Officers Present			4			
	Eligible Voters Present				0	0	0
	Non-voting alternates, guests						
	Parliamentarian						
	Region Trustee						
	Total Attendance				0	0	0



Chair Report for Assembly – March 2023

Hello all my family,

Welcome to the region assembly information. We are all getting ready for WSBC and R5 Assembly. I have looked at the motions, agenda and timeline, we have a lot to do together. Remember that

Some of the things that I saw in the inventory for region 5 are:

1. More time and training for the new reps
2. More training on Roberts Rules
3. How to ask questions during the assembly
4. Assign people that need help to a “seasoned” rep
5. Do you know how to “Vet” new volunteers to be on the board?
6. Does a position on the board scare you?
7. More communication between the board and committee’s
8. Training for new committee chairs
9. Board members being more available to other OA members

Thank you all for giving us our goals for the next year. What I would like to do is, show what each board position does so that more people will be willing run for these offices. Wouldn’t it be awesome if 3 or 4 people ran for the offices? We can do this!

I want OA to be in my future and I can’t do it without you. Being region Chair has helped me grow in a way I never would have expected. Think about it, how can we grow together.

The Region Chairs Committee (RCC) meeting in Region 5 for the Region 5 Fall Assembly at the end of October this year. It helps us as Region Chairs to learn how the business of OA is handled in other Regions. We also have the joy of making new connections with members of the fellowship in the Regions we visit. When the Chairs met, we discussed our current committee work and did more planning for the Forum for the 2023 World Service Business Conference.

We have a wonderful group of people from different intergroups that are putting on our convention this years convention that will be virtual. The convention theme is: Stepping into the Promises. We are looking for people to help with our convention committee.

I see this as an exciting time for our region! I am excited about the journey we are on for the region. Be a part of this adventure.

See you all soon,

Together we get better!
Thank you! Eileen C.

Region 5 Chair

Recovery is ALIVE in Region 5 - www.Region5OA.org

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

REGION 5 VICE CHAIR REPORT MARCH 2023

We are coming up on our 2nd Region 5 Assembly face to face since covid. I'm sure I speak for all of us that were at the October 2022 Assembly when I say it was so exciting to see all of you in person. Many of you I had only met on Zoom.

It has been so amazing for me these past several years to participate in Region Assemblies; first as a representative of my Intergroup and for these past 3 years your Region 5 Vice Chair. As my mentors in OA have told me "God does not call the equipped, but equips the called. It's on the job training as all service positions are from our groups, intergroups, and region. Believe me I'm still learning and hope to continue serving and learning. The Region Vice Chair has been perfect for me in my journey of continued service and growth. I pray and hope that many of you will consider placing yourselves in the running so you can experience the excitement, love, and fellowship. We can't do it alone, none of us can, but as our motto says " We can do together what we could never do alone ".

Getting back to the upcoming assembly, I'm really looking forward to have the opportunity of reviewing our goals for the coming year and what subcommittee's you all want to focus on. Be sure to review the smart goals in your packet which gives great guidelines to follow. I always found it comforting to also have samples in our packets to help with our reports and note taking. We will be deciding to continue with current subcommittee's or focus our attentions "Outside the Box" . Let's all see what we come up with.

See you all in March

Your Trusted Servant

Deanna B., Region 5 Vice Chair

224-639-0899

ddhope12@aol.com



March 2023 Region 5 Trustee Liaison Report

WSBC 2023 Update

Concepts of Service Will Be the Focus of WSBC 2023

April 25–29, 2023 at Embassy Suites Albuquerque Hotel

Registration is open until March 17, 2023

More information at: <https://oa.org/world-service-business-conference/>

Safeguard Your Virtual Meetings with Our New Suggestions

New Document on oa.org

Videoconference Meeting Training and Security/Preventive Measures

<https://oa.org/news/new-videoconference-meeting-training-and-security-preventive-measures/>

Professional Exhibits Fund

Is Your Intergroup Considering a Professional Exhibit?

New Rolling Deadline

Attention all professional outreach committees: OA has a new rolling deadline for Professional Exhibits Fund applications, which is the 10th of every month. Applications received by this deadline will be reviewed on the 15th of the same month.

The Professional Exhibits Fund has money available to help your service body participate in a trade conference or a convention for professionals who may refer patients and clients to OA. Take a look at the application to see what expenses OA can help cover. Find the application in the Document Library at oa.org under the category "Public Information."

"For Professionals" Document

This is a link to OA's document for professionals: "The Courier"

chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://oa.org/app/uploads/2023/01/courier-2023.pdf

Make sure you update your meeting information!

The WSO wants your group's most current meeting details. Go to Edit a Meeting: <https://oa.org/add-a-meeting/edit-a-meeting/> at oa.org to update your information so that members in recovery and still-

suffering compulsive eaters can locate meetings they can attend. While we are affected by social distancing, it is best to send meeting updates to your service body as well. Thank you for your service!

Updated: Lifeline Meeting Format

In keeping with the recent revival of our Lifeline content via the brand-new blog, <https://lifeline.oa.org/>, the Suggested Lifeline Meeting Format has been revised and posted in the Document Library on oa.org under the category “Meeting Formats.” <https://oa.org/document-library/>

Groups looking to include new perspectives and insights on compulsive eating can use this meeting format as a guided way to discover the wealth of Lifeline articles and shares available to our Fellowship. Back issues of our print Lifeline are available at bookstore.oa.org, and new testimonials can be found on lifeline.oa.org. Download the Suggested Life-line Meeting Format for your group today!

OA Blog link: <https://lifeline.oa.org/>

New podcasts on Lifeline – OA’s Doctor’s Opinions:
<https://lifeline.oa.org/tag/appendices-to-overeaters-anonymous-third-edition/>

Region 5 Liaison Activities

- Continue Intergroup Renewal
 - 2022 - Three Intergroups went through Virtual Renewal
 - 2023 – One intergroup has started on their venture and we hope to have a face-to-face Intergroup renewal. You may be invited to this to see how renewal works
- IG2IG Committee work
 - Contact Intergroups who we have not seen for a while at Assembly
 - Create surveys for Region 5
- Bylaws Committee
- Answering emails from Region 5 members
- World Service Activities
 - Chair of the Board Approved Literature
 - Updating several documents that are in oa.org
 - Updating the upside-down pyramid of service to include National Service and Language Boards
 - Member of the Website Review for oa.org
 - Temporary co-chair for the Young People’s Committee
- Attendance at BOT Meetings



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

Treasurer's Report - Spring Assembly 2023

First, I look forward to seeing most of you at the Assembly in person where I hope you will take the time for a personal hello and a hug – and of course feel free to ask any questions!

Some housekeeping –

The Contribution form used for mail-in contributions has been updated. Please print it out and spread it around to your meetings. We still get old forms, forms sent to wrong mailboxes, and even pieces of plain paper with no group number and no location, which means the group can't correctly be linked to their state or Intergroup.

Groups and Intergroups also need to take responsibility for keeping their meetings up to date on the OA website. If a group chooses to re-register as a Virtual group this becomes very important – they will no longer have a physical location associated with them so you can't look them up by state or city, they will also get a new group number, and unless they specifically enter their Intergroup and Region number, they become part of the Virtual Region. The result is that they become hard to find on the OA website – and that they are not counted as part of Region 5 when submitting contributions or attributing membership.

End of Housekeeping....

You an updated budget in your packet. This is for review and approval at this Assembly.

The Budget includes the final income and expenditures from 2022.

Our income was \$37,564.

Our final expenses were \$32,447.

Income exceeded expenses with lower than budgeted Committee costs.

Our savings account balance remains adequate at \$43,730.

At this time, we have a well balanced budget and a healthy reserve. I don't expect this to change.

Corrections/updates to the 2023 Budget are as follows:

- As you know November was our first in person Assembly in two years so it was impossible to correctly predict the cost or the income. I have updated the **Assembly income and expenses** based on our actual experience.



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

- I removed several lines related to the **Outreach Committee as a Whole** and consolidated this into a single line.
- We discovered that the **Secretary's computer** was so outdated it was no longer usable and replaced it.
- Increases in online donations and registrations and a slight **increase in processing fees** means this line needed to be increased.
- Questions regarding travel cost reimbursements resulted in a charge from the **accountant** that was unexpected. The Accountant agreement will be updated to clarify when there will be extra charges.

The Finance Committee will review the document at our meeting Saturday morning. Please send us any questions before then and we will address them on Sunday.

Your Trusted Servant,

Region 5 Treasurer,

Linda P

Line #		2022	2023	2023	2023	Notes 2023
		Actual	Budget	YTD	Suggested	
Income						
1	Convention	\$ 5,655.00	\$ 5,000.00	\$ -	\$ 5,000.00	
2	Assembly Income	\$ 1,475.00	\$ 6,000.00	\$ 262.00	\$ 3,000.00	Based on 2022 this is a more realistic estimate
3	Contributions	\$ 29,998.54	\$ 29,000.00	\$ 7,748.02	\$ 29,000.00	
4	Savings Interest	\$ 8.59	\$ 8.00	\$ 0.76	\$ 8.00	
5	Region 5 Workshops	\$ -	\$ 100.00		\$ 100.00	
6	Other income (credits/returns)	\$ 426.77				
7	Transfer from Savings					
8	Total Income	\$ 37,563.90	\$ 40,108.00	\$8,010.78	\$ 37,108.00	
Expense						
9	Conventions	\$ 1,060.50		\$ -	\$ -	
10	Assemblies	\$ 3,643.82	\$ 6,000.00	\$ 122.00	\$ 7,000.00	Assembly costs regularly exceed income due to travel and lodging costs; these costs may continue to rise.
11	Region 5 IG Rep Support Fund	\$ -	\$ 4,000.00	\$ -	\$ 4,000.00	
12	Bank Charges	\$ -				
13	Committee - Bylaws	\$ -	\$ 200.00	\$ -	\$ 200.00	
14	Committee - Finance	\$ -	\$ -	\$ -	\$ -	
15	Committee - Media	\$ -	\$ 2,000.00	\$ -	\$ 2,000.00	
16	Committee - Nominating	\$ -		\$ -		
17	Outreach SubCommittees	\$ 384.00	\$ 3,000.00	\$ 468.00	\$ 4,500.00	These subcommittees can change annually so a single line appears for all subcommittees.
18	Equipment/Maintenance	\$ (126.08)	\$ 200.00	\$ -	\$ 300.00	
19	Insurance	\$ 1,155.00	\$ 1,200.00	\$ -	\$ 1,200.00	
20	Officer Operating Expenses	\$ 1,810.52	\$ 3,000.00	\$ 2,263.07	\$ 5,000.00	New computer for Secretary; extra money for any needed accessories
21	Postage	\$ 182.00	\$ 200.00	\$ 8.70	\$ 200.00	
22	Processing Fees - WePay/RegFox	\$ 1,106.23	\$ 1,000.00	\$ 130.45	\$ 1,500.00	Base charge increased; increased number of zero dollar registrations that still cost us \$1 each.
23	Professional Fees - Accountant	\$ 1,423.13	\$ 1,500.00	\$ 2,425.00	\$ 3,000.00	Accountants increased their fees; Includes charges for consultations regarding expense reimbursement and recommendations regarding Quickbooks reconciliations
24	Professional Fees - Corporate statutory agent/incorporation fees	\$ 75.00	\$ -	\$ -	\$ -	
25	Hotel Liaison	\$ -	\$ -	\$ -	\$ -	
26	Region Chair Committee Expenses	\$ -	\$ 1,500.00	\$ -	\$ 1,500.00	
27	Region Chair Committee Travel Assistance Fund	\$ -	\$ 1,000.00	\$ -	\$ 1,000.00	
28	Web Expense -Virtual Meetings	\$ 501.17	\$ 500.00	\$ 299.80	\$ 500.00	

Line #		2022	2023	2023	2023	Notes 2023
		Actual	Budget	YTD	Suggested	
29	Web Expense -Website Security	\$ 869.31	\$ 1,500.00	\$ 123.75	\$ 1,500.00	
30	Web Expense - Webmaster	\$ 5,600.00	\$ 5,000.00	\$ 1,050.00	\$ 5,000.00	
31	Web Expense -software and fees	\$ 834.84	\$ 1,500.00	\$ 180.00	\$ 1,500.00	
32	Taxes & Filing Fees	\$ 50.00	\$ 50.00	\$ -	\$ 50.00	
33	Chair to WSBC	\$ 175.00	\$ 2,500.00	\$ 771.40	\$ 2,500.00	
34	Region 5 Delegates to WSBC	\$ 1,702.87	\$ 4,000.00	\$ 961.04	\$ 4,000.00	
35	Intergroup Assistance for WSBC		\$ 5,000.00	\$ -	\$ 5,000.00	
36	Chair to OA Convention					
37	WSO Delegate Support Fund		\$ 1,000.00	\$ -	\$ 1,000.00	
38	WSO General Fund	\$ 10,000.00	\$ 8,000.00	\$ -	\$ 8,000.00	
39	WSO Prof. Exhibits Fund	\$ 1,000.00	\$ 1,000.00	\$ -	\$ 1,000.00	
40	WSO Translation Fund	\$ 1,000.00	\$ 1,000.00	\$ -	\$ 1,000.00	
41	Trustee Candidate Expense					
42	Total Expense	\$ 32,447.31	\$ 55,850.00	\$ 8,803.21	\$ 62,450.00	
43						
43	Difference between income and expense	\$ 9,295.78	-\$15,742.00	-\$792.43	-\$25,342.00	

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02/23/23

Overeaters Anonymous Region 5 Meeting Contributions November 1, 2022 through February 23, 2023

Nov 1, '22 - Feb 23, 23

Ordinary Income/Expense

Income

Contributions (Contributions to Region 5 from groups and intergroups)

-88762 - Reg Sunday Morning C&R	244.50
#13 Illinois (Illinois - Chicago/Central IL)	
- Personal Donations	794.63
-04500 Naperville Mon 730 pm (Naperville Mon PM)	140.00
-04667 Burbank Thu 1000 am (Burbank Thu 10 AM)	215.61
-04737 Burbank Tue 730 pm (Burbank Tue Night OA)	83.20
-07972 Schaumburg Wed 930 am (Schaumburg Wed AM)	35.00
-08909 Aurora Wednesday 930 am (Aurora Wednesday 930 am)	20.00
-09118 Suburban North Intergrou	1,307.00
-09168 CHIWIF Intergroup (Chi-Wif IG)	900.00
-09467 Turning Point Intergroup (Turning Point IG)	800.00
-09539 CSSI Intergroup	453.16
-13044 Arlington Hgts Sat 230 p (Arlington NW Com Hosp Sat)	27.00
-14691 Palos Hgts Fri 1000 am (Palos Heights Fri AM)	74.00
-15457 Niles Mon 700 pm (SNI Mon PM)	47.45
-19803 Crystal Lake Sat 1000 am (Crystal Lake Sat AM)	25.30
-20655 LaGrange Fri 900 am (LaGrange Fri AM)	15.00
-22469 Highland PK Sun 1000 am	100.00
-30462 Evanston St Fr Sat 930am (Evanston, Saturday St. Francis 9:30 am)	11.00
-32205 Chgo St. Johns Sat 930 a (St John's Sat 9:30 am)	30.00
-33054 Oak Lawn Fri 700 pm (Oak Lawn Fri Salem Church)	11.70
-33402 Libertyville Sat 800 am (Libertyville Sat)	17.50
-34562 Evanston St M Sat 900 am (Evanston St Matthews Sat)	89.30
-34571 River Grove Mon 730 pm (River Grove Mon 7:30)	20.00
-35994 Evanston Fri 730 am (Evanston Fri St Luke's)	63.90
-36157 Roselle Sat 830 am (Roselle Sat 8:30 AM)	12.00
-36275 Chicago Sun 1100 am	33.50
-39585 Winfield Sat 900 am (Winfield Saturday)	10.00
-40019 Oak Park Sun 700 pm	30.00
-46082 Grayslake Fri 730pm (Grayslake IL Fri)	66.40
-46915 Orland Park Sat 830 am (Sat 8:30 am Orland Pk, ILL)	112.29
-46934 Urbana Thu 530 pm	150.00
-49214 Chicago St Ma Mon 600 pm (St Margaret MNOABBS ?)	11.00
-49518 Kankakee Wed 700 pm	32.50
-50044 LaGrange Sun 700 pm	10.00
-50754 Chgo Sunlight Mon 700 pm (Sunlight of the Spirit)	15.00
-51048 Darien Wed 630 (Back to Basics)	221.60
-51151 Elgin Fri 900 am	43.00
-53345 Chicago Alano Sun 900 am	11.00
-53693 Orland Park Wed 930 am	26.00
-57330 Crystal Lake Thurs noon	25.70
-57443-Niles Thursday 630PM	126.00
-57518 Burbank Tues 6;30 Newcom	83.00
-800561 Burbank Zoom 7;30	63.00

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**Overeaters Anonymous Region 5
Meeting Contributions
November 1, 2022 through February 23, 2023**

	Nov 1, '22 - Feb 23, 23
-800676 Zoom Chicago SW	18.00
-89078 Saturday 8 am Virtual	84.00
-89823 Naperville Thursday 730	22.00
-89941 Monday Chi No 7PM Zoom	10.00
Total #13 Illinois (Illinois - Chicago/Central IL)	6,496.74
#14 Indiana (Indiana)	
- Personal	69.00
-02327 Elkhart Mon 600 pm (SERENITY SEEKERS)	12.50
-12098 Indianapolis Tue 700 pm (Rainbow of Recovery Old Bethel)	15.40
-22495 Goshen Sat 1000 am (Elkhart)	52.15
-22838 Indianapolis Fri 1200 pm	20.00
-23081 Indianapolis Mon 1200 pm	15.00
-24741 Highland Fri 900 am (Faith Church)	50.00
-26994 Indianapolis Sat 830 am (Indy Sat AM Eye Opener)	13.20
-36184 Greenwood Sat 1000 am (Greenwood Indiana)	18.40
-36536 Indianapolis Mon 630 pm (SPEEDWAY)	17.56
-40309 Indianapolis Wed 530 pm (ChristUMeth5:30pmWed)	50.00
-41218 South Bend Fri 1210pm (Lafayette Wed 700 pm)	50.00
-47644 Indianapolis Mon 530 pm	10.00
-47819 Indianapolis Fri 700 pm	62.50
-56566 Indianapolis Mon 7pm	71.10
-57249 New Horizon Monday 6PM	10.00
-800546 Indianapolis Wed 7PM	70.00
-800712 Sat 10AM Zoom	25.00
Total #14 Indiana (Indiana)	631.81
#18 Kentucky (Kentucky)	
-09022 Louisville Metro IG (Louisville IG)	525.00
-14857 Erlanger Wed 1030 am	23.00
-25760 Lexington Tues 7PM	35.00
-800265 Lexington Sat AM online	58.00
Total #18 Kentucky (Kentucky)	641.00
#22 Michigan (Michigan)	
-00069 Portage Sat 1100 am	60.00
-00410 Hudsonville Sat 900 am	10.00
-49379 Bay City Thu 700 pm	11.00
-49862 Tecumseh Mon 600 pm	60.00
-57508 Ann Arbor Thurs 6PM BB	23.00
Total #22 Michigan (Michigan)	164.00
#35 Ohio (Ohio)	
- Personal	22.00
-00915 Elyria Mon 730 pm (Elyria Mon New Life)	55.00

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**Overeaters Anonymous Region 5
Meeting Contributions
November 1, 2022 through February 23, 2023**

	Nov 1, '22 - Feb 23, 23
-02089 Columbus Thu 930 am (ColumbusThu NW Christian)	27.50
-02169 Medina Wed 730 pm	30.00
-04811 Seven Hills Fri 730 (Seven Hills St Peter's Fri)	90.50
-07447 Lyndhurst Fri 10 am (Lyndhurst Y Friday 10 AM)	20.00
-09041 Cleveland Central IG (Cleveland Central IG)	1,525.00
-09274 Crossroads of Hope IG	229.10
-12766 Cincinnati Sat 1030 am (spring grove village)	35.00
-15272 Olmsted Falls Sat 10 am	165.00
-19937 Bedford Sat 1000 am (Bedford Sat AM Big Book)	20.00
-21586 Kettering Sun 630 pm (Kettering Mighty Fortress)	15.00
-22079 Westlake Sun 10 am (West Lake Sun10am St John's Westshore Hospital)	83.50
-23004 Westerville Mon 700 pm (Westerville Mon PM)	34.31
-24484 Toledo Tue 930 am (Christ Presbyterian)	54.11
-40943 Concord Twp Sun 700 pm	10.00
-45952 Youngstown Thu 730 pm	79.50
-47134 Cleveland Thu 645 pm	68.10
-49022 Bay Village Tue 730 pm	13.20
-49336 Latonia Thurs 7PM	13.70
-53969 Westerville Wed 700 pm	11.50
-55669 Toledo Phone mtg	16.67
-56786 Toledo Fri 1100 am	70.00
-56823 Avon Lake Thu 700 pm	20.00
-57037 Findlay Thu 530pm	30.00
-57288 Fort Thomas Tuesday 730	11.60
-57352 Warren Monday 10AM	5.00
-57419 Kenwood Sober Eating	17.80
-800061 Elyria Thursday S&T	81.50
-88932 Virtual Meeting	220.00
Total #35 Ohio (Ohio)	3,074.59
#49 Wisconsin (Wisconsin)	
-00122 Franklin Mon 645 pm	15.08
-00347 Racine Mon 700 pm	6.10
-02063 Wauwatosa Mon 630 pm (Aurora Hospital)	5.00
-03478 West Bend Thu 300 pm (West Bend Mon)	14.40
-03631 New Berlin Wed 930 am (New Berlin Wed)	55.00
-04055 West Allis Sat 930 am (Brookfield Sat AM)	17.50
-06854 Benet Lake Fri 1000am	40.00
-09053 Milwaukee Intergroup	72.10
-20992 Wauwatosa Wed 630 am (Martin Luther Lutheran Church)	42.00
-21024 Menomonee Falls Tues 10A	22.00
-21024 Menomonee Fls Tue 10am (Menomonee Falls Tue AM)	15.00
-30176 Whitefish Bay Mon 700 pm (Christ Ch HOW)	28.57
-32466 Fox Point Sat 930 am (Milw St Michael's Sat HOW)	67.50
-34657 Madison Sun 900 am (Madison Meriter Hospital)	120.00
-36517 Mc Farland Wed 630 pm (McFarland Wed 6:30 PM)	56.03

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02/23/23

**Overeaters Anonymous Region 5
Meeting Contributions
November 1, 2022 through February 23, 2023**

	Nov 1, '22 - Feb 23, 23
-38390 Wauwatosa Sat 730 am (Sat, HOW Lakeview)	75.65
-39445 Mequon Tue 630 pm (Spirit Life HOW)	8.00
-46721 Delavan Fri 845 am (Thurs 7:00 pm Delavan)	12.00
-49816 Slinger Mon 630 pm	20.00
-50571 Green Bay Tue 6 pm	31.50
-51134 Cambridge Fri 830 am	365.80
-51806 Racine Thu 500 pm	3.60
-52453 Ephraim Fri 830 am	50.00
-53314 Cambridge Mon 830 am	365.80
-56006 Menomonee Fls Wed 630pm	8.00
-56592 Oconomowoc Tue 1030 am	10.00
-56816 Cambridge Wed 830am	365.80
-57013 Milwaukee Sat AM	22.50
-57585 Grafton Thurs 630 PM	10.00
-88911 Zoom BB Mon 830 AM	21.00
-89909 Zoom Tues 10AM	23.18
-89919 Zoom Sun 630PM	34.50
-89998 Zoom Fri 5PM	12.00
Total #49 Wisconsin (Wisconsin)	2,015.61
Total Contributions (Contributions to Region 5 from groups and intergroups)	13,268.25
Total Income	13,268.25
Gross Profit	13,268.25
Net Ordinary Income	13,268.25
Net Income	13,268.25

IG/GROUP #	MEETING CITY, DAY & TIME OF THIS GROUP	AMOUNT
TOTAL CONTRIBUTION:		

Region 5 Overeaters Anonymous
P.O. Box 221224
Shaker Hts. Ohio 44122



Please use this form when sending contributions to assist in properly identifying your group.

Make checks payable to “Region 5”

REGION 5 CONTRIBUTIONS FORM AND RECEIPT

Acknowledgement for US IRS purposes: No quid pro quo goods or services were exchanged in consideration for this contribution.

- Mailed Receipt Requested (Self-Addressed, Stamped Envelope Enclosed)
- eMail Receipt Requested (Email Address Completed Below)
- Personal contribution \$ _____
- This is a group/intergroup contribution, complete the information below.

If you need an immediate receipt please donate online: <https://oaregion5.regfox.com/region-5-7th-tradition-campaign>

PLEASE PRINT CLEARLY IN THE BOX BELOW

We will contact you if we need additional information

Name	
Address	
Address	
City, State Zip	
Phone	
Email	

Region 5 2023 Spring Assembly Consent Agenda

The Chair has determined the following motions be placed on the Assembly Consent Agenda:
Bylaws motions as of 02/20/23. These are housekeeping motions:

Region 5 Bylaws Amendment B1	2
Region 5 Bylaws Amendment B3	4

**Region 5 Bylaws Amendment Form (B1)
Amendment 1**

Date: 1/2/2023

MOVE TO AMEND:

ByLaws ARTICLE VIII - EXECUTIVE BOARD, page B-6 job responsibilities adding item E to allow the committee to create an ad hoc committee.

CURRENT WORDING:

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.

PROPOSED WORDING:

Add item E.

E. The Chair may create an ad hoc committee, if necessary, with board approval and assembly notification

SUBMITTED BY: Region 5 Bylaws Committee – Pam P. chair, 2165363218,
pmp301@cox.net

INTENT: Allow the Region 5 Board to create an ad hoc committee in a timely manner to conduct the business of the Region.

IMPLEMENTATION:

Update the Region 5 Bylaws and publish electronically to the Region fellowship.

COST: No additional expenses are needed.

RATIONALE: This past year no intergroup stepped up to host the 2023 Region 5 Convention. The Board was not able to create an ad hoc group to work on options for a Convention until the Fall assembly, wasting time. This proposal would allow the Board to create ad hoc committees before assembly meets with proper approval.

Region 5 Bylaws Amendment Form (B3) Admendment 3

Date: 1/2/2023

MOVE TO AMEND:

ByLaws ARTICLE VII. A.5 - page B-6 to remove the requirement of residency of Trustee Liaison.

CURRENT WORDING:

- 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.

PROPOSED WORDING:

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.
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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.

SUBMITTED BY: Region 5 Bylaws Committee – Pam P. chair, 2165363218,
pmp301@cox.net

INTENT:

To bring the bylaws in compliance with World Service and Board of Trustee actions

IMPLEMENTATION:

Update the Region 5 Bylaws and publish electronically to the Region fellowship.

COST: No additional expenses are needed.

RATIONALE:

. To bring the bylaws in compliance with World Service and Board of Trustee actions

Bylaws Committee Report

I believe we have a meeting scheduled on Feb 1 at 7:30pm. I am unable to attend this meeting I am vacationing in sunny, warm Key West! All motions have been submitted to Keri and you can see they are in packet A for assembly. Let me know if there is another time to meet or if we just want to meet at Assembly?

Here are our minutes from our last minute – Thanks Denise for taking.

Present - Pam P (Chair), Carol D, Pat K, Diane A, Barb K, Marilyn D, Sheryl G, Lisa O, Denise O.

Open with Serenity Prayer

Reviewed proposed Bylaws Amendment #1 - allow region chair to create ad hoc committee - a couple of changes made (add "Bylaws" before Article VIII; add "page B-6" after Executive Board; in the "INTENT" section, change "intergroup" to "region") - committee approved the proposed motion with these changes

Parliamentarian identified several instances of "region trustee" or "trustee" wording in the Bylaws and Policies & Procedures Manual - this wording should be changed to "Trustee Liaison" to comply with World Service and Board of Trustees actions. *This change is housekeeping only.* Pam P will send an email to Keri E and Eileen C (cc the Bylaws Committee) directing Keri to make these changes in the Bylaws, the P&P Manual and the updated Convention Guidelines documents. (The Bylaws Committee does not have the updated Convention Guidelines to review but we are confident that this housekeeping update will be acceptable.)

Discussed proposed Bylaws Amendment #2 - Article VIII.A.2, page B-5

current wording is "shall choose up to three proposed and qualified nominees"

proposed wording is "~~shall~~ may choose up to three proposed and qualified nominees"

Committee agreed with this change; Pam P will write up the motion

Discussed proposed Bylaws Amendment #3 - Article VIII.A.5, page B-6

current wording is "All Region 5 trustee nominees shall live within the boundaries of Region 5."

propose to delete this item - "~~All Region 5 trustee nominees shall live within the boundaries of Region 5.~~" This will

bring us into compliance with World Service and Board of Trustee actions

Committee agreed with this change; Pam P will write up the motion

Discussed proposed P&P Motion #1 - I.C, page C-6

propose to add #8 - "If the Trustee Liaison nominee is a Delegate to WSBC for their intergroup, then expenses to WSBC will be covered by the nominee's intergroup, supplemented by Region 5 as necessary. If the Trustee Liaison is not a Delegate to WSBC for their intergroup, then expenses to WSBC will be covered by Region 5."

Committee agreed with this proposal; Pam P will write up the motion

Pam will send out all proposed motions for committee review before our next meeting - February 1, 7:30 Eastern, Zoom. Once motions are agreed upon, Pam will send these to Keri for inclusion in Packet A for the Spring 2023 Assembly.

Closed meeting with "I Put My Hand In Yours"

2023 Region 5 Convention Committee

meeting opened at 6:30 pm Thursday February 9th, 2023 by Chairperson Mary Ann.

There were 5 people in attendance:

Mary Ann M. Convention Chair

CJ M. Flyer

Julianne G.

Toni S

Deanna B. Liaison

- Discussed "Save the Date Flyer", which will be presented to the Region 5 Board next week as a formality as all members have preapproved it. Thanks for Keri who created the flyer and CJ who made it happen.
- Mary Ann talked to Pat who had chaired the first Region 5 Virtual convention for input and support and reviewed for Julianne and Toni our theme and date for the convention.
- Toni volunteered to handle getting registration set up and Deanna will give her the contact information for the R5 Treasurer for support and direction regarding timeline, cost, etc. Deanna will send contact information
- Discussed Tech support. Where to get it, and who will help with it.
- Discussed timeline for flyer as being June.
- Julianne volunteered to be on the Program Committee. Since Judy was absent, Deanna volunteered to contact her.
- Next meeting will be March 9th 6:30pm. CJ will send out the invitations
- Meeting closed at 7:03 with the 3rd step prayer

Thank you all for your service. If you have any additions and/or corrections please let me know. Lastly, if you want to be taken off of this mailing list you will need to email me as such. I'm also attaching the save the date flyer and convention guidelines.

In Service

Deanna B., R5 Vice Chair
2023 Convention Committee Liaison
224-6390899
ddhope12@aol.com

Media Committee Report

Hello.

I need to apologize to the Media Committee and to Region 5. I've been dealing with a raccoon invasion in my attic and my grandson recently returned from being deployed overseas.

We do need articles to post to the R5 Website. Written by individuals and by doing writing exercises at Intergroups, workshops, or conventions.

We will meet at the Spring Assembly.

We published a themed set of writings from the Media Committee members and two other individual articles from R5 Board Members, to the website with email blast announcements back in Nov and Dec following the Fall Assembly.

Thank you.

Shirley L.

IG2IG Sub-committee Report

The IG2IG developed a survey and distributed it to all IGs. Out of 24 IGs, 16 have responded; we are continuing to try to reach the non-responding IGs. The survey covered the following areas of interest: general liability insurance, website, phone line, electronic donations, social media, public outreach to health professionals, workshops, spreading the message, and 5013c.

A great deal of data has been submitted. The plan is to first review the data for completeness and then to identify IGs with experience to share. We will then contact relevant IGs to ask (1) if they would be willing to respond to requests for information and (2) if they would like to be contacted directly by other interested IGs or would they like to be contacted through Region.

We also developed a placeholder website page suited for displaying IG best practices for particular areas. This would be fleshed out with specifics on how various IGs are addressing each area and preferred method of contact.

The committee is continuing to be active in the IG Renewal process.

--

Cecilia A. Sinclair
419-690-9503

The Region 5 Sponsorship Outreach Sub Committee

Meeting Report

February 15, 2022

Business: Members attending Fall Assembly were assigned a Region to research how that Region provides service regarding Sponsorship

Decisions made: "Grow as a Sponsor" was settled on as the subcommittee's name.

Actions taken: Discussed ways to reach out to members to assist with sponsoring.

- using sponsorship kit from oa.org
- having speakers at workshops
- PowerPoint presentations about sponsorship

Assignments made: Committee members will research at WSO website and with other Intergroups about what is already being done to assist with growth.

Issues for later: Work on Short Term and Long-Term Goals

Public Information /Professional Outreach Sub-Committee Report

Spring Assembly 2023

Committee members: Melissa B, chair; Carol D; Sheryl G, Pamela L; Linda P; Christine G; Wanda C;

Email list:

cedavis@tc3net.com; gannonbookworm@hotmail.com; LYNNHLLYZ@sbcglobal.net; pkaylee@me.com; r5treasurer@outlook.com; secondstepper@gmail.com; SLML45@live.com; lmoller56@yahoo.com; wpcva@msn.com;

The committee has developed two projects that promote awareness of Overeater's Anonymous by increasing public information.

1. A poster party instructional guide to encourage Intergroups to plan a festive information sharing event to build fellowship while sharing information that may reach still suffering compulsive overeaters (attached)
2. A twelve step guide to develop our "elevator speeches" to offer our story in a concise and helpful manner when the opportunity arises (attached)
 - a. This has been approved by the R5 board for submission to the website

These projects have been submitted to the R5 "newsletter" through the website.

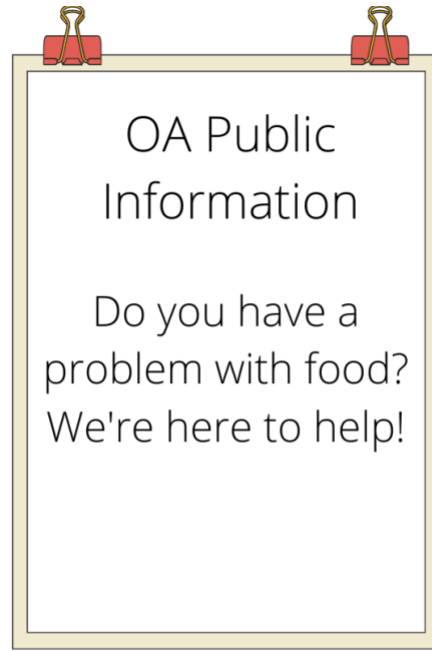
These projects will be offered in printed form at the Spring Assembly.

The projects may be shared by the R5 reps at IG meetings.

These projects may be shared by individuals in our own meetings.

The committee has decided to focus on digital forms of sharing information once these projects are shared with Intergroups.

The PIPO committee would like to request a PIPO resource area on the R5 website.



How to throw an

Intergroup Poster Party

Local OA Public Information Service Event



A Poster Party is a super-fun activity that will get your whole Intergroup involved service for Public Information outreach. It's designed to be a short-term, focused commitment of time and energy devoted to putting up flyers and posters and other OA Public Information materials around your community.

Here's a possible scenario:

An Intergroup rents space from a community location (like a church or library) to act as a central pick-up and drop-off location

The Intergroup obtains posters, flyers and other OA-approved Public Information resources. **Region 5 has funds to help Intergroups with the printing expenses for Public Information outreach. Contact the Region 5 treasurer.**

There are two sources of this OA-approved material:

- Download printable PDFs of OA-approved PI posters by following these steps:
 - Navigate to <https://oa.org/document-library>
 - Choose "PI Posters" from the drop-down menu "Categories"
 - Links to these free downloads will then appear in a list below
 - You can download and customize these with publishing software (such as including your local Intergroup phone number or website address)
 - Get them printed at a local printers. **Region 5 has funds to help Intergroups with the printing expenses for Public Information outreach.** Contact the Region 5 treasurer.
- Order pre-printed OA-approved Public Information materials from the OA Bookstore
 - OA Public Information Poster <https://bookstore.oa.org/pamphlets/public-information-poster-pack-of-twenty-759.asp>
 - Pack of promotional sticky notes (great for public restroom stalls!) <https://bookstore.oa.org/pamphlets/bulletin-board-attraction-sticky-notes-pad-of-twenty-five-440.asp>
 - **Region 5 has funds to help Intergroups with the printing expenses for Public Information outreach. Contact the Region 5 treasurer.**

(See the last pages of this packet for a list of many Public Information/Public Outreach resources from oa.org.)

The Intergroup schedules a time for members to participate in "blanketing the community" with OA Public Information. This could be one day, a weekend, or even a week. Keep it short and contained for maximum interest and participation.

One way to go about it:

- Rent a community space (church, library, etc.) or even a parking lot (weather permitting) to set up a centralized pick-up/drop-off location for members to check in and out of the event. Remember that Region 5 can help with expenses if needed for Public Information events.
- Encourage OA members to "team up" in carloads for fun and fellowship. Carloads drop by the central check-in. They are given posters and are assigned a specific neighborhood to go to. This will help prevent duplication of efforts.
 - A team of members should staff the pick-up/drop-off location. They will hand out posters and keep track of where the carloads are assigned to.
- Carloads go to their assigned neighborhood and request permission to hang public information posters in stores, restaurants, coffee shops, community centers, libraries, etc. The members in the car should keep track of where the posters are dropped off
- Carloads return to the central location to return any unused materials and report on where posters were left.

We're sure there are many fun and creative ways to modify this to fit your Intergroup's needs. The key is to keep it short and really fun. Many members are excited to do service that has a specific start and stop time, instead of a long-term commitment.

Here are some more ideas to increase the fun and fellowship potential of your event:

- Have a “friendly competition” among groups to see which groups can get the most members involved or hang the most posters
- Publish a list in your e-blast or newsletter of “winners” in various categories (earliest carload, latest carload, who stayed out the longest, who ran out of gas, etc.)
- Get creative and add to the list!

Public Information (PI) Resource List

Preparing and Learning PI: For OA Members, Groups, Service Bodies, and PI/PO Committees

Manuals and Handbooks

- *OA Handbook for Members, Groups, and Service Bodies* (#120): bookstore.oa.org
- *Public Information Service Manual* (#762): bookstore.oa.org
- *Professional Trade Shows Manual*: oa.org/document-library under “Public Information”
- *Professional Outreach Manual* (#772): bookstore.oa.org

Guidelines

- *Guidelines for OA Events*: oa.org/document-library under “Guidelines”
- *Guidelines for Public Information Events*: oa.org/document-library under “Guidelines”
- *Guidelines for Professional Outreach Committees*: oa.org/document-library under “Guidelines”
- *Guidelines for Anonymity in the Digital World*: oa.org/document-library under “Guidelines”
- *Carrying the Message*: oa.org/document-library under “Carrying the Message”
- *Guidelines for Health Fair Participation*: oa.org/document-library under “Guidelines”
- *Guidelines for OA C.A.R.E.S.*: oa.org/document-library under “Guidelines”
- *Guidelines for OA Newsletters*: oa.org/document-library under “Guidelines”
- *Guidelines for Website Development*: oa.org/document-library under “Guidelines”
- *Guidelines for Fundraising*: oa.org/document-library under “Guidelines”
- *Guidelines for Service Body Budgets*: oa.org/document-library under “Guidelines”
- OA Logo Request: oa.org/document-library under “Copyright”

Documents for use by OA Service Bodies and PI/PO Committees

- OA Logo Request: oa.org/document-library under “Copyright”
- Professional Exhibits Fund Application: oa.org/document-library under “Public Information”
- Public Service Announcements: oa.org/document-library under “Public Information”
- *Public Information Service Manual* (#762): bookstore.oa.org
- *Professional Trade Shows Manual*: oa.org/document-library under “Public Information”

These resources are perfect for a Poster Party!



Documents for attracting non-members (for English speakers)

Posters and Attraction Notes

- Public Information Posters: oa.org/document-library under “PI Posters”
 - Eating Out of Control Poster: four color, 8.5 by 11 inches. Includes interactive space to enter local group information and both a QR code and tear-off tabs for oaquiz.org, which links to the Fifteen Questions online.
 - Step One Poster: four color, 8.5 by 11 inches. Includes interactive space to enter local group information and tear-off tabs for oaquiz.org, which links to the Fifteen Questions online.
 - Pizza Poster: four color, 8.5 by 11 inches. Includes interactive space to enter local group information.
 - Fork Poster: four color, 8.5 by 11 inches. Includes interactive space to enter local group information.
 - Scale Poster: four color, 8.5 by 11 inches. Includes interactive space to enter local group information.
 - Refrigerator Poster: four color, 8.5 x 11 inches. Includes interactive space to enter local group information.
 - 15 Questions: two color, 8.5 by 11 inches.
 - Contact OA: two color, 11 by 8.5 inches. Includes space for local group information.
 - Is Food a Problem: two color, 11 by 6.5 inches. Includes space for local group information.
 - Many Symptoms: two color, 8.5 by 11 inches.
- OA’s new *Public Information Poster* (#759), winner of OA’s first PI Poster Contest: bookstore.oa.org
- Bulletin board Attraction Sticky Notes (#440W): bookstore.oa.org

PI Pamphlets and Kits

- *Membership Survey*: oa.org/document-library under “Outreach to Professionals”
- *Media & Press Kit*: <https://oa.org/media-press-kit/>
- *When Should I Refer Someone to Overeaters Anonymous? (#770)*: bookstore.oa.org
- *Professional Community Courier*: oa.org/document-library under “Outreach to Professionals”
- *To Parents and Concerned Adults (#250)*: bookstore.oa.org
- *Many Symptoms, One Solution (#106)*: bookstore.oa.org
- *A Plan of Eating (#145)*: bookstore.oa.org

PI Podcasts (for English and French speakers)

Interviews, Readings, and Meetings: oa.org/interviews-readings-and-meetings/

- *Hearing is Believing*
- *Interview with Charles* (men)
- *Interview with Bob* (men)
- *Interview with Dodie* (women)
- *Interview with Mary* (women)
- *Interview with Kaitlin* (young people)
- *Interview with Alison* (French)
- *To the Teen*

Sound Bites from Overeaters Anonymous: oa.org/sound-bites-from-overeaters-anonymous-a-12-step-solution-to-compulsive-overeating/

- *Introducing OA*
- *How and Why does a 12-Step Program Work for Compulsive Eating?*
- *A Plan of Eating*
- *OA Nine Tools of Recovery*
- *Keeping Your Eating Sane During the Holiday Season*
- *100 Pounds to Lose*
- *The Steps of the OA Program*
- *Physical Recovery*
- *Emotional Recovery*
- *Spiritual Recover*
- *In All Our Affairs*
- *New Year’s Resolutions*

Facebook

- Overeaters Anonymous Facebook: www.facebook.com/overeatersanonymousofficial/
- Overeaters Anonymous Young People’s Facebook: www.facebook.com/OAinfo/

OA Board-approved

Overeaters Anonymous®, Inc.

6075 Zenith Court NE

Rio Rancho, New Mexico 87144-6424 USA

Mail Address: PO Box 44020, Rio Rancho, NM
87174-4020 USA Tel: 1-505-891-2664 • Fax: 1-
505-891-4320

info@oa.org • www.oa.org

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Rev 8/2021.

You look great! What have you been doing?

We in Overeater's Anonymous sometimes hear this and we are provided with a rich opportunity to carry the message to someone who may need to hear it. Some of us, however, freeze up, step back and do not offer our truth in these situations. We may feel shame. We may feel fear. We may just take too long figuring out what to say and lose the opportunity. We may benefit from thinking through what gets in our way and perhaps practice a bit so we are ready.

***Carrying the message to others simply means
to unselfishly share our experience, our strength
and our hope with them.***

The PIPO sub-committee of Region 5 recognizes the power of our individual stories at just the right time to share information about our program with others. We recognize that our recovery depends on our willingness to share it, but some of us need an extra nudge, a little practice and perhaps some helpful examples of what we could say when this opportunity arises.

***We have provided examples of our own responses in these situations
as well as some helpful resources from oa.org below!***

These are real responses from each of us on the PIPO R5 sub-committee and we invite you to write your own response so that you are prepared and ready to work step twelve with ease.

You look great! What have you been doing?

...Why thank you! Gratefully I found a way to lose 100 pounds. I have been able to keep the weight off for years now. There are no dues or fees and I feel satisfied with my meals. Would you like to hear more? Let's set a time so we can talk.

Carol D.

...I've been coming to Overeaters Anonymous since 2001. I used to weigh at least 437 lbs. I've weighed about the same since 2003. Overeaters Anonymous is the only thing I've done that has lasted this long. Some days are better than others. Still, I keep coming back, because it works. More info is at OA.ORG.

(Then I wait to see if they have any questions. Comments. And I do what I can to respond to those. If not I offer my phone number in case any questions come up later. Best way: I ask if I can text my phone number to them. This way I have their phone number and can follow up with

them later. Let them know I'm thinking about them. I also let them know I'm open to their call at any time - If I'm able to pick up, I will. If not, and a call back is asked for, I will call them back.)

Chris

...Oh, thanks! I finally realized that I had a real problem with certain foods. I'd get started and then have a hard time stopping. I heard about Overeaters Anonymous and decided to give it a try. Nothing else was working. It's a 12-step program and it's been a huge help. Not just with food and my weight but with the way I thought about those things. If you're interested check out OA.org or I'd love to talk with you some more about it sometime. Have a great day and I'll see you later.

Pam L

...Hi! I'm Shirley and I belong to a 12 step program called "Overeater's Anonymous." I need to refrain from refined flour and sugar because of what it does to my body. They trigger me to binge on them and other foods. This program helps me to live life on life's terms.

Shirley

...Thank you! I don't have time to go into it, but I'd love to talk to you more about it. Could I give you a call?

(Or) Thank you! I have been working a 12-step program around food. I kept gaining and losing the same weight and felt so discouraged. I have found a lot of healing in Overeater's Anonymous. I have lost 40 pounds and kept it off for 6 years and I think about food a whole lot less. There is a website if you're interested!

Melissa

...I don't want you to judge my story by the chapter you walked in on. It has been a journey that led to this beautiful destination. I am happier, saner, and feeling good. Looking great isn't just a state of body but a state of mind. I use the Overeaters Anonymous 12 step & 12 traditions as my guide. If you need information, text me at 937-829-7129, I will be happy to discuss what, how, when, where and why.

(I am also going to have this printed on a business card to pass out in the event that I don't have time to say it!)

Sally

...Thanks for noticing the changes. I've been following the Overeaters Anonymous 12-Step program. It is similar to AA in that I had to identify the foods that affect me negatively and abstain from them. The 12 Steps are the roadmap for successfully living in this manner and have completely changed my life in multiple ways. I attend meetings regularly and if you are interested can direct you to a website to help you find one that might work for you.

Sheryl G.

...Well I was overweight all of my life until I started going to a program called OA. I learned that it wasn't about my willpower. I had great willpower everywhere else. It was really like an addiction. Since I started going to Overeaters Anonymous I've learned so much. Would you like to call me and we can talk more?

Linda

Resources from OA.org that may be helpful:

[Person to Person: Carrying the message . . . our special gift #108](#)

A pamphlet on handling these very situations when we are asked about our program!

<https://oa.org/app/uploads/2021/08/carrying-the-message-guide.pdf>

Do's and don'ts when we are sharing our story with others who are hearing about OA for the first time...

<https://oa.org/app/uploads/2022/05/carry-the-message-workshop.zip>

A workshop on carrying the message that you can provide for your IG!

Thank you for being prepared and carrying the message!

Important Points from Region Inventory and Updates Since the Fall Assembly

Communication

- Better communication between Board/Committees; Region & Intergroups & Intergroup & members
 - At Spring Assembly – collect and update email addresses making sure each intergroup has a working email address
- Between Region and unrepresented unaffiliated groups
 - IG2IG Sub Committee worked on this with no response from unaffiliated groups
- Representatives asking their Intergroup what they need from Region before coming to Assembly
 - This was not approached – we will need more feedback on how to accomplish this
- Region 5 to provide adequate information on Business to Committees
 - Working on “Smart Goals” this spring hopefully will keep groups informed
- Discuss points from WSBC and Q&A for WSBC motions
 - Several Intergroups contacted the Trustee for help and it was given
 - Do we need to do more next year? Have a special Zoom meeting after they are published?

How to be creative and attract more and new people to Region

- At the Fall Assembly we had more interaction which had positive responses
- Promote “bring a visitor” –
 - This will be able to be achieved more at the Summer Zoom Conference
- How can we have all Intergroups represented into assembly
 - Continue to contact all intergroups - Every Intergroup was contacted for assembly – many Intergroups did not respond
- Making everyone welcome
 - Members who have been around were very welcoming in the Fall and we will continue to stress the importance of region fellowship
- Explore why Intergroups are not participating in Region 5 and work towards strengthening and supporting intergroups
 - More will be revealed....

New Representatives

- Buddy System for new representatives-
- At the Spring Assembly “green dots” will have the opportunity to meet with the Trustee as well as other members of the board at

- 6:25 ET on Friday, 8:15 Saturday morning
- 9:15 before Committee Meetings
- 1:15 before Outreach Committee Selection
- 3:20 Before new committee meetings, Before dinner – making sure “green dots” are included in dinner plans
- Lastly, Sunday 8:15 AM before the morning business begins
- More help with organization of packets
 - Packets will be discussed at the “green dot” meeting on Friday
 - Packet page numbering and break pages were added to the “Combined Print Documents” on the website, to help navigate to the correct documents during Assembly.
 - Packet page numbers are now included in the Proposed Agenda for the Assembly timeline
 - The chair will announce what Packet page number we are on during Assembly
- Preprint documents for all reps [Amazon?]
 - This was investigated and discovered it is too costly
 - The offer was open to representatives to have them printed for them before the Assembly

Goals

- Clarity of Committee Goals
 - Smart goals will be discussed at Spring Assembly
- Publish goals on website and also accomplishments
 - This will be pursued after Assembly
- Generate excitement/energy for goals accomplished
 - This will be the responsibility of each committee
- More understanding what Region is for
 - Maybe more exploration....

Wrap-up After Assembly

- Provide summary Bullet points of region assembly for reps to take back to intergroups
 - To be decided how to accomplish this before Assembly.

SAVE THE DATE

Region 5 2023 Virtual Convention

September 9th, 2023

One Day Virtual Convention – 8 AM to 4 PM CT/9 AM to 5 PM ET

STEPPING INTO THE



Contact Convention Chair Mary Ann M. at maryannpm2468@gmail.com
OR Deanna B. at ddhope12@aol.com for more information.