



October 2023

Region 5 Trustee Liaison Report

The OA Board of Trustees is pleased to announce that Dan Sandweiss of Albuquerque, New Mexico, has been hired as the new **managing Director** of the OA World Service Office [WSO]. Dan brings a wealth of executive-level experience, a passion for mission-driven nonprofits and a personal connection to our program as “friends and family” of the OA member.

As we welcome Dan, we are grateful to continue relying on outgoing Managing Director, Sarah Armstrong, who will retire this October. Sarah started her 24-year career at the WSO in 1999. For 16 years, she managed our Accounting Department, and it is no exaggeration to say that she has reconcile more than a million transactions in support of OA’s Seventh Tradition – truly remarkable! Sarah, we thank you and with you a very happy retirement.

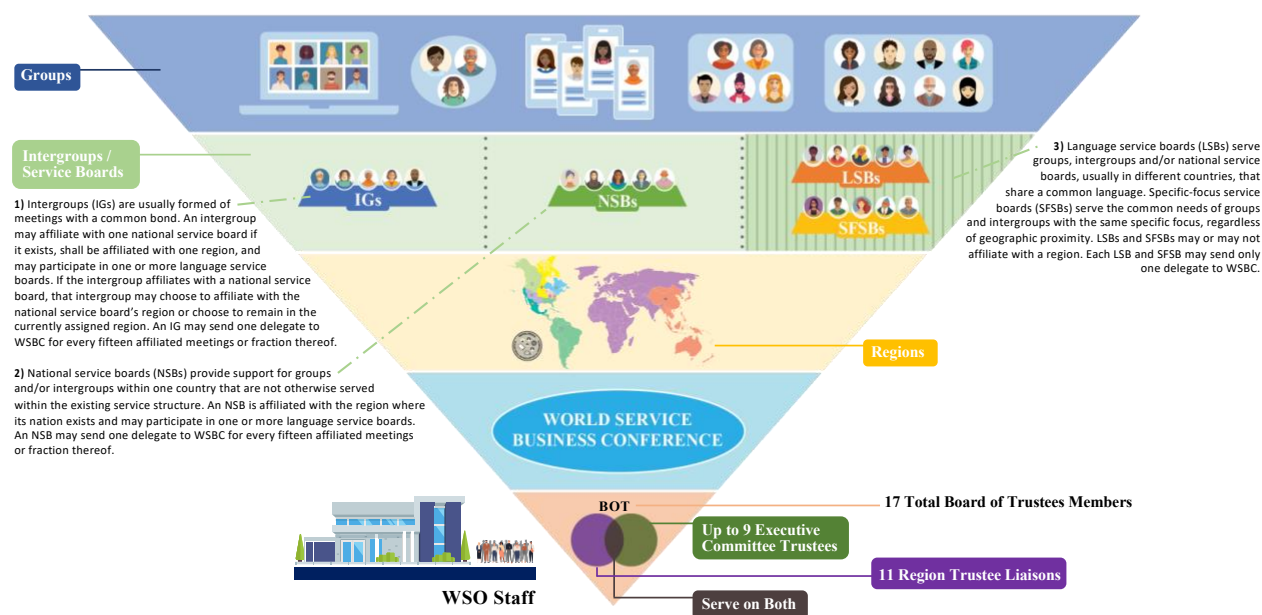


Region 4 to Disband by September 2024

After careful thought, review and discussion, the group conscience of the Region 4 board is to disband and dissolve its nonprofit corporation by September 2024. The decision was based on a persistent and critical drop in service to intergroups and the region board. Since 2012 the region’s intergroup count has dropped for sixteen to thirteen, and many service positions, including chairs of boards and committees throughout the region have gone unfilled. In May 2023, the region found itself without a chair and a vice chair as well as anyone qualified who was willing to volunteer. This has been a tough decision for Region 4. We, in Region 5, stand behind them and are there to support them in any way we can.

Last weekend Eileen and I went to Region 4’s assembly to talk about what we do in Region 5 – each Intergroup is making the decision as to where their meetings will affiliate. It was an uplifting meeting of support and kindness see all of the regions who surround Region 4 attend and spoke of opportunities in their region. We are going to be welcoming a few new states and Intergroups within the next year. We need to keep in mind how we will welcome these new Intergroups with, as always with Region 5, love and kindness. How can we help them? How can they help us? As always, more will be revealed.

OVERALL SERVICE STRUCTURE



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Video Explains OA's Service Structure

<https://vimeo.com/844638247>

OA's 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. <https://oa.org/news/apply-for-professional-exhibits-funds/?news-category=0>

“For Professionals” Document

This is a link to OA’s document for professionals: “The Courier”
<https://oa.org/news/professional-community-courier-issue-two-available-for-outreach/>

Make sure your Intergroup’s meetings are up to date link:

Find your Intergroup’s List of meetings here: <https://oa.org/find-a-meeting/?type=3>

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/>

We need your story on Lifeline

Lifeline has a need for stories of your recovery and abstinence. Our Abstinence book is being revised and this book is a collection of stories on abstinence. Please share your recovery!

<https://form.jotform.com/220035565825050>

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

Podcasts on Lifeline – OA’s Professional Opinions :

<https://lifeline.oa.org/tag/appendices-to-overeaters-anonymous-third-edition/>

Update Your Bylaws

I have downloaded each Intergroup’s Bylaws and the date they were updated. I will give these to each representative on Saturday.

Region 5 Liaison Activities

- Continue Intergroup Renewal
 - 2023 – With many groups work on their renewal project, we have another Intergroup that is interested in the process. If you are interested, please email me a r5Trustee@oa.org
- IG2IG Committee work
 - Contact Intergroups who we have not seen for a while at Assembly
 - Continue to help update meeting lists
- Region 5 Bylaws Committee
- Answering emails from Region 5 members
- World Service Activities
 - Second Vice Chair of the Executive Committee
 - Chair of the Board Reference Manual
 - A guide for what we need to do as Trustees

- Updating as motions come forward
- Chair of the IIC [Internal Information Committee]
 - Oversees the Lifeline Blog
 - Reviews any Internal Information as requested
- Member of the Website Review for oa.org
- Attendance at Executive Committee as well as BOT Meetings

The following are some additional fliers :

WSBC Deadlines

Mental Health and Recovery Stories

Designated Downloader/Translator Flyer

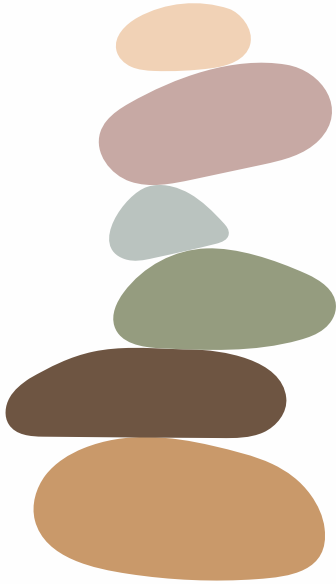


Revised May 11, 2023

Deadline Dates

World Service Business Conference 2024
May 7-11, 2024

July 2023	<input type="checkbox"/> <i>Delegate Support Fund letter and application</i> posted on OA website	OA Website
August 2023	<input type="checkbox"/> <i>Final Conference Report</i> available on OA website for delegates and service bodies	OA Website
August 28, 2023 (Monday)	<input type="checkbox"/> <i>Conference e-Documents #1</i> available on OA website for delegates and service bodies (includes Conference notification, trustee application form, tentative schedule, motion/amendment template)	OA Website
November 1, 2023 (Wednesday)	<input type="checkbox"/> <i>Delegate Support Fund Applications</i> due to World Service Office	Received
December 1, 2023 (Friday)	<input type="checkbox"/> <i>New Business Motions</i> and <i>Bylaw Amendments</i> due to World Service Office	Postmarked
January 5, 2024 (Friday)	<input type="checkbox"/> <i>Conference e-Documents #2</i> available on OA website for delegates and service bodies (includes proposed New Business Motions and Bylaw Amendments, Agenda Questionnaire, registration materials)	OA Website
January 8, 2024 (Monday)	<input type="checkbox"/> Notification to eligible service bodies of need for trustee nominations	OA Website/ Email
February 6, 2024 (Tuesday)	<input type="checkbox"/> <i>Trustee Nominee Applications</i> due to World Service Office	Received
February 26, 2024 (Monday)	<input type="checkbox"/> <i>Delegate Registration Forms</i> due to World Service Office	Received
March 7, 2024 (Thursday)	<input type="checkbox"/> <i>Agenda Questionnaire</i> due to World Service Office <input type="checkbox"/> Committee reports and committee meeting agendas for Delegate Binder, workshop outlines due to World Service Office	Postmarked Received
March 22, 2024 (Friday)	<input type="checkbox"/> <i>Conference Mailing #3</i> available on OA website for delegates (includes trustee nominee applications, Agenda Questionnaire results, manuscripts submitted for Conference Seal of Approval) <input type="checkbox"/> <i>Reference Subcommittee</i> member names submitted by regions to World Service Office <input type="checkbox"/> <i>Interpretation Forms</i> due to World Service Office	OA Website Received Received
April 1, 2024 (Monday)	<input type="checkbox"/> <i>Committee Preference</i> due to World Service Office	Received
April 5, 2024 (Friday)	<input type="checkbox"/> Committee/workshop room setup requests due to World Service Office <input type="checkbox"/> New service body registration due to World Service Office (to seat delegate at Conference) <input type="checkbox"/> Copies of scripts/presentation outlines due to World Service Office	Received Received Received
April 22, 2024 (Monday)	<input type="checkbox"/> <i>Hotel Reservations</i> due to hotel (the World Service Office does not make hotel reservations)	Received
May 7, 2024 (Tuesday)	<input type="checkbox"/> <i>Onsite registration</i> open	Onsite
May 8, 2024 (Wednesday)	<input type="checkbox"/> <i>Saturday Dinner</i> tickets purchased by noon (OA registration desk)	Received
May 27, 2024 (Monday)	<input type="checkbox"/> Post Conference letters or notification of trustee vacancy sent to service bodies (if applicable)	OA Website/ Email
June 10, 2024 (Monday)	<input type="checkbox"/> Committee reports/goals/summaries/rosters due to World Service Office <input type="checkbox"/> <i>Committee and Workshop Reports</i> due to World Service Office (for inclusion in Final Conference Report)	Received



Call for Stories about Mental Health and Recovery

Overeaters Anonymous is developing a new piece of literature featuring personal stories from OA members in recovery who live with chronic mental health conditions. We are looking for stories that focus on your mental health challenges in relation to your physical, emotional, and spiritual recovery from unhealthy relationships with food and body image.

If any of this is part of your lived experience, please consider sharing your story as a vital service to our OA community!

Questions to get you started:

- What is your experience with balancing your mental health issues and your OA recovery?
- How have the Steps, Traditions, and Tools helped you maintain your recovery while living with a mental health diagnosis?
- What accommodations have you needed to make in order to manage medication side effects, such as weight gain, extreme fatigue, loss of appetite, or memory loss?
- How has the program helped you respond to OA members who don't understand mental illnesses or the need for medication?
- How have you dealt with mental health issues in your role as a sponsor or sponsee?
- How have other OA members supported your recovery in the face of mental health challenges?

Send submissions to info@oa.org by November 30, 2023 with the subject line: "Mental Health & Recovery."

Please note:

- Submissions are assumed intended for publication, are subject to editing, become the property of OA, Inc., and will not be returned.
- All submissions must contain the author's full name and address, but you may request anonymity with publication. Your state, province, or country may also remain anonymous upon request.
- Submissions should be typed and submitted with a signed release form.
- Please keep stories to 800 words or less.
- **All languages welcome!**



Call for Service

Important new option for Designated Downloaders!

Use your computer skills and language knowledge to help others in Overeaters Anonymous (OA)!

Designated downloaders pass on information from the World Service Office and other OA websites to members who may not have access to a computer. They distribute flyers, event details, announcements, and newly available documents to their fellows in OA.

ALSO: Designated Downloaders fluent in other languages can take their service to the next level and *translate* that same material, creating a much-needed bridge to those who speak languages other than English.

As a *Designated Downloader and Translator*, you can translate:

- A Step Ahead News (oa.org/news)
- Items in the Document Library at oa.org (meeting formats, letters from the Board of Trustees, and guidelines)
- The Courier
- The World Service Office News Bulletin
- Registration forms
- World Service Business Conference documents
- The OA Literature Catalog
- ...and more!



***Become a Designated Downloader and Translator
today! Your group needs you!***