



OVEREATERS ANONYMOUS

REGION 5 CHAIR

Good morning, all!

I am having a lot of feelings about this year. This is my last year as Chair of our region, WSBC (as Chair), and all the other things that I am doing as chair of the region. These past few years has been a wonderful experience for me and my recovery. Being Region chair has helped me to understand the bylaws, traditions and the concepts better than I could ever imagine. I really enjoy working with all the people that makes our OA program what it is.

I have seen so many changes in our program over the years. When I started in the early 80's, things were very different and the program was big, lots of younger people (me included), everyone was willing to pitch in. As time does, everything has changed in my OA program (as a whole). No longer do we have the people begging to do service positions, take the key for the church, running for board positions, Trustee. Yes, some of the committees from region and wsbc require us to do work outside the normal meeting time. Our board (region) meets once a month, region committees sometimes meet monthly or bi-monthly, and WSBC committees sometimes meets monthly. Don't forget that I need time for recovery in for my recovery program. I have been wondering what is happening to oa since Covid. Lots less in person meetings, virtual meetings are growing fast. Virtual is great, but I also need the hugs, meetings sitting is a chair in the hall outside of a convention, talking to someone who has just figured out who they are after hearing the most incredible lead that is going to change their life forever. I just have to remember that times change and I have to change too if I am going to survive on this planet and in the program.

We have 3 positions that are coming open in the fall: Region Chair, Treasurer and Trustee. I can remember when we sent 3 people to run for R5 Trustee from our region, so exciting. Are you our next board member? Region rep? WSBC Delegate? If you are interested in any of the positions, look in the bylaws and policy and procedures manual to see if you qualify for the positions. It's very exciting to be in the thick of everything. I am on the Forum (chair committee) committee at World Service, meeting with the Board of Trustees, and we are all working together to make OA strong. Together we get BETTER!

Don't forget that we are having our region assembly in Independence Oh, on March 8-10. Are you going to be there?

See you soon,

Eileen

P.S. Reminder that Region 4 is folding, we are going to be getting more intergroup to join Region 5. More will be discussed at R5 assembly. So EXCITING!