



MARCH 2024

Region 5 Trustee Liaison Report

Continuing Intergroup Renewal:

It has been my pleasure to assist intergroups in their renewal process. This year I have assisted 2 intergroups. It enhances all of our recovery to help Intergroups strengthen their recovery, fellowship, and meetings. Please contact me r5Trustee@oa.org or any board member.

Sign up for Newsletter:

At oa.org you can sign up for the current news from our World Service Office. You will receive a monthly newsletter.

LIFELINE!

Read the current blog at oa.org. Also – send in your story as well. There are videos, recovery stories, and lots more on OA's blog. <https://lifeline.oa.org/>

Event Calendar

Oa.org has an event calendar where you can submit all of your Intergroup Workshops as well as see what is going on around the world! <https://oa.org/event-calendar/>

Traditions and Concepts of Service Workshops:

All board members will gratefully help you in any Traditions or Concepts of Service Workshops. Please let us know and we will assist you in any way that you need.

Find A Meeting – update your meetings!

This is very important to do. With all the changes COVID has brought us - we need to make sure it is updated for our newcomers. Also – double check your phone numbers and contacts. Not only did we find one meeting where the contact is deceased, but also there have been some changes in some meetings that were not from the actual meeting. Updating is so important.

<https://oa.org/find-a-meeting/?type=0>

WSBC 2024

Make sure you see the deadline dates for our upcoming World Service Business Conference in Albuquerque. We need to represent Region 5!

<https://oa.org/news/upcoming-deadline-dates-world-service-business-conference-2024/?news-category=0>

OA has added a new statement to the WELCOME section of certain suggested meeting formats:

“Welcome to Overeaters Anonymous; we are a growing, evolving Fellowship with in-person and virtual meetings around the world. In OA, there are opportunities for recovery and to give service at local and virtual group, intergroup/service board, region, and world service levels. We strive to provide literature and support in every language, worldwide, to meet still-suffering compulsive eaters wherever they are.”

<https://oa.org/news/new-welcome-text-added-to-suggested-meeting-formats/?news-category=0&page=0>

Our new Public Information videos are AWESOME! Put them on your Facebook pages – use in your Public Information Meetings!

<https://oa.org/news/oa-releases-new-public-information-video-and-web-page/?news-category=0>

New literature/catalog order for online a oa.org:

<https://oa.org/news/2024-literature-catalog-and-order-form-now-available/?news-category=0&page=0>

University outreach:

Is there a university close to you who supports 12 step programs? Check it out!

<https://oa.org/news/new-reach-out-to-university-staff-who-support-student-well-being/?news-category=0&page=0>

New! 12 Concepts of Service Workshop! Check it out!

<https://oa.org/news/delve-into-the-twelve-concepts-of-oa-service-with-our-new-workshop/?news-category=0&page=0>

Updated Newcomers Informational Meeting

<https://oa.org/news/new-guidelines-for-a-newcomers-informational-meeting/?news-category=0&page=0>

Respectfully Submitted,

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