



OVEREATERS ANONYMOUS

REGION 5 SECRETARY

February 22, 2024

RE: Region 5 2024 Spring Assembly

Friday, March 8th through Sunday, March 10th, 2024.

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

The Assembly will be held **in-person only** at the Holiday Inn Cleveland South (the same location as our 2024 R5 Convention). Beginning on Friday, March 8th through Sunday, March 10th, 2024, and is **open to all Region 5 OA members**.

This letter is part of the 2024 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 2024 Spring Assembly Packet B Documents:

- **B01_Region 5 2024 Spring Assembly Secretary Letter**
- **B02_Region 5 202 Spring Assembly Credentials Report**
- **B03_Region 5 2024 Spring Assembly Chair Report**
- **B04_Region 5 2024 Spring Assembly Vice Chair Report**
- **B05_Region 5 2024 Spring Assembly Trustee Liaison Report**
- **B06_Region 5 2024 Spring Assembly Treasurer Report**
- **B07_Region 5 2024 Spring Assembly Budget to Actual YTD**
- **B08_Region 5 2024 Spring Assembly 2023 Finance Management Overview**
- **B09_Region 5 2024 Spring Assembly Finance Statement of Activity 2023**
- **B10_Region 5 2024 Spring Assembly Convention Committee Report**
- **B11_Region 5 2024 Spring Assembly IG2IG Sub-committee Report**
- **B12_Region 5 2024 Spring Assembly Parliamentarian Moment**
- **B13_Region 5 2024 Spring Assembly Raffle Baskets 2024 Convention Flyer**

- **Packet B Combined Print Document**
 - In January we recommend reviewing Packet A online, to allow for updates, and then waiting to print both Packets when we released Packet B. Please note that there are updates to some Packet A documents: A01, A02, A10, and the Packet A Combined Print Document. Be sure to print these most recent versions.
 - We also **highly** suggest reviewing all 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** 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

PACKET B PAGE 2

Chair will read out the packet page numbers during the Assembly and also provide long pauses for attendees to find the correct documents.

- The Board hopes these measures will help with using 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 2024

Registered Intergroups: 24 Registered Groups: 410 Unaffiliated Groups: 26

Total Groups: 436 Eligible # of Region 5 Reps: 52 Virtual Meetings in R5: 110

<u>St/Prov</u>	<u>Intergroup Name</u>	<u>Number</u>	<u>Groups</u>	<u>Eligible Reps</u>	<u>Sat A.M.</u>	<u>Sat PM</u>	<u>Sun AM</u>
IL	Suburban North	9118	27	3			
IL	Chicago West Intergroup Farout	9168	18	2			
IL	Turning Point	9467	19	2			
IL	Central Illinois	9482	6	1			
IL	Chicago Suburban Southwest	9539	24	3			
IL	Forest City	9625	2	1			
		Illinois	96	12	0	0	0
IN	Central Indiana	9096	27	3			
IN	Northwest Indiana	9291	8	1			
IN	Kiss Intergroup	9311	4	1			
IN	Let Go Let God (LG2)	9642	5	1			
		Indiana	44	6	0	0	0
KY	Louisville Metro	9022	19	2			
		Kentucky	19	2	0	0	0
MI	Greater Detroit Intergroup	9026	37	4			
MI	Southwest Michigan	9141	5	1			
MI	Western Michigan	9208	13	2			
MI	Greater Ann Arbor Area	9251	25	3			
		Michigan	80	10	0	0	0
OH	Greater Cincinnati	9040	17	2			
OH	Cleveland Central	9041	41	5			
OH	Greater Canton Area	9122	4	1			
OH	Central Ohio Service	9134	19	2			
OH	Greater Dayton	9175	11	2			
OH	Crossroads of Hope	9274	7	1			
		Ohio	99	13	0	0	0
WI	Milwaukee Area	9053	41	5			
WI	Rock River	9073	9	1			
WI	Madison Area	9161	22	3			
		Wisconsin	72	9	0	0	0
Voting Reps Present			410	52	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



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!

Vice Chair Report

I have been participating in Region 5 Assemblies for a long time as a Representative and as a Chair of my Intergroup. I love to attend Assemblies and to meet with all of you from different Intergroups across Region 5. When I come to Assemblies I get to see my OA family.

I thank you for the honor of serving as your Vice Chair. Service is important to my abstinence and program. I am still learning the position. I have heard some wise words about service in groups, Intergroups, and Region "God does not call the equipped, but equips the called. I see this as an opportunity to learn and grow following Deanna on this pathway of service.

I am looking forward to the Assembly March 8th, 9th and 10th . We will be reviewing our goals for the coming year and determining what subcommittees are worthy of our attention. Be sure to look over the sheets on smart goals which we will focus on to find the best subcommittees to serve our needs. I find it helpful to have copies in your packet to keep track of suggestions in the brainstorming session. From the last Assembly I remember we will be changing one subcommittee so you may want to be thinking about a new area of program to direct our energies.

Remember to spread the excitement about the upcoming convention "Many Symptoms, One Solution" September 6 – 8, 2024 in Cleveland at this hotel.

Your Servant,

Kevin F., Region 5 Vice Chair

219-921-9379

Kevinf250e@gmail.com



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,

Barb K

317-797-0577

R5Trustee@oa.org



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

Treasurer's Report Spring 2024 Assembly

Welcome to those who are new Region 5 Assembly representatives and to those who are returning representatives. I am so glad and grateful that you are here to give service and carry our message of recovery to those who still suffer, both in and out of these rooms.

As Treasurer I maintain the finances of our Region and I can tell you that they remain robust. I have included the 2023 final financial statements in this packet. The results show a negative balance of expenditures over income of \$10,000+. This was a planned deficit to reduce the extra money in our prudent reserve. For 2024, that goal is a deficit of \$22,000. This will bring our savings down to the level the Finance Committee feels is an appropriate prudent reserve. Our primary expense is our donation to the World Service Business Office general fund.

I have also been working with the 2024 Convention registration committee. This year to keep costs down we set up an all-inclusive registration and food rate. This allows us to offset the cost of the meeting rooms and any food or drink we supply. The Convention will be here in this hotel September 6-8, sponsored by the Cleveland Central Intergroup. They are also hosting this weekend's Assembly and we thank them for their service and hospitality. We hope you will all walk away excited about coming back in September!

This is my last year as Treasurer, so I have worked hard to simplify things. We moved the finances to Quickbooks Online last year, which allows us to easily enter deposits and expenditures and then reconcile them to the checking account. It also has a budget function that means I don't have to fill in a bunch of Excel spreadsheets! I may be a nerd but Keep It Simple has become my Treasurer's motto!

Thank you for letting me do Service –

Linda P.

Region 5 OA

Budget vs. Actuals: Budget_FY24_P&L - FY24 P&L

January - December 2024

	TOTAL		
	ACTUAL	BUDGET	% OF BUDGET
Revenue			
2024 Convention		30,000.00	
Assembly Income	390.00	3,000.00	13.00 %
Contributions	3,963.20	32,000.00	12.39 %
Credit Return	192.87		
Interest Income	0.39	6.00	6.50 %
Total Revenue	\$4,546.46	\$65,006.00	6.99 %
GROSS PROFIT	\$4,546.46	\$65,006.00	6.99 %
Expenditures			
2024 Convention Expense		20,000.00	
Assemblies			
Assembly Exp		5,000.00	
IG Delegate Assistance		3,000.00	
New Rep Information	417.30		
Officers Assembly Expenses		6,000.00	
Parliamentarian		200.00	
Total Assemblies	417.30	14,200.00	2.94 %
Contract Services			
Accounting Fees			
Accountant		2,000.00	
Total Accounting Fees		2,000.00	
Total Contract Services		2,000.00	
Facilities and Equipment			
Equipment Maintenance		100.00	
Total Facilities and Equipment		100.00	
Insurance - Liability, D and O			
Liability Insurance	1,094.00	1,200.00	91.17 %
Total Insurance - Liability, D and O	1,094.00	1,200.00	91.17 %
Operating Expenses			
Committees			
Outreach Committee			
IG Outreach Committee	505.44	1,500.00	33.70 %
Professional Outreach		1,000.00	
Total Outreach Committee	505.44	2,500.00	20.22 %
Total Committees	505.44	2,500.00	20.22 %
Officer Operating Expenses			
Secretary Office Expense	1.99	2,000.00	
Total Officer Operating Expenses	1.99	2,000.00	0.10 %
Total Operating Expenses	507.43	4,500.00	11.28 %
Operations			
Postage, Mailing Service			

Region 5 OA

Budget vs. Actuals: Budget_FY24_P&L - FY24 P&L

January - December 2024

	TOTAL		
	ACTUAL	BUDGET	% OF BUDGET
Post Office Box		200.00	
Postage		60.00	
Total Postage, Mailing Service		260.00	
Processing Fees			
Wepay	103.44	1,600.00	6.47 %
Total Processing Fees	103.44	1,600.00	6.47 %
Record Storage/Shredding	220.00	1,320.00	16.67 %
Web Expenses			
Virtual Meeting Expenses	299.80	300.00	99.93 %
Web Site Security	24.75	300.00	8.25 %
Webmaster	4.31	6,500.00	0.07 %
Website Hosting & Domain	585.49	300.00	195.16 %
Total Web Expenses	914.35	7,400.00	12.36 %
Total Operations	1,237.79	10,580.00	11.70 %
Tax			
Non Profit Status		50.00	
Total Tax		50.00	
World Service Organization			
Region Chair Committee (RCC)		2,000.00	
Trustee Candidate Expense		2,000.00	
Trustee expenses	18.12		
World Service Business Conf			
Chair to WSBC	600.95	2,500.00	24.04 %
IG Funding Assistance		3,000.00	
Region 5 Delegate to WSBC	1,043.43	5,000.00	20.87 %
Total World Service Business Conf	1,644.38	10,500.00	15.66 %
WSO Contribution			
World Service General Fund		20,000.00	
Total WSO Contribution		20,000.00	
Total World Service Organization	1,662.50	34,500.00	4.82 %
Total Expenditures	\$4,919.02	\$87,130.00	5.65 %
NET OPERATING REVENUE	\$ -372.56	\$ -22,124.00	1.68 %
NET REVENUE	\$ -372.56	\$ -22,124.00	1.68 %

Management Report

Region 5 OA

For the period ended December 31, 2023



Prepared on
February 16, 2024

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Statement of Activity

January - December 2023

	Total
REVENUE	
2023 Convention Registration	3,649.63
Assembly Income	
2023 Fall Assembly Registration	1,062.00
7th Tradition	580.00
Assembly Documents	60.00
Luncheon	60.00
Registrations	1,136.00
Total Assembly Income	2,898.00
Contributions	
#13 Illinois	-19,148.25
- Personal Donations	22,355.18
-00417 Normal Wed 515pm	116.67
-01232 Chgo Wash Pk Sat 1015 am	183.80
-04500 Naperville Mon 730 pm	337.00
-04667 Burbank Thu 1000 am	399.30
-04737 Burbank Tue 730 pm	138.60
-07207 Northbrook Sat 1100 am	36.15
-07972 Schaumburg Wed 930 am	67.00
-08909 Aurora Wednesday 930 am	100.00
-09118 Suburban North Intergrou	1,307.00
-09168 CHIWIF Intergroup	675.00
-09467 Turning Point Intergroup	1,450.00
-09539 CSSI Intergroup	1,142.16
-11921 Forest Park Sat 900 am	50.00
-13044 Arlington Hgts Sat 230 p	60.00
-14691 Palos Hgts Fri 1000 am	316.00
-15457 Niles Mon 700 pm	47.45
-19803 Crystal Lake Sat 1000 am	25.30
-20655 LaGrange Fri 900 am	36.80
-22469 Highland PK Sun 1000 am	220.00
-30462 Evanston St Fr Sat 930am	10.00
-31397 Tuesday PM	45.40
-32205 Chgo St. Johns Sat 930 a	148.00
-32222 Elmhurst Sat 1015 am	80.00
-33054 Oak Lawn Fri 700 pm	40.00
-33402 Libertyville Sat 800 am	195.00
-34562 Evanston St M Sat 900 am	103.00
-34566 Monkena Mon 1000 am	39.20
-34571 River Grove Mon 730 pm	50.00
-35752 Darien Tue 530 pm	25.00

	Total
-35994 Evanston Fri 730 am	89.70
-36157 Roselle Sat 830 am	58.00
-36275 Chicago Sun 1100 am	81.50
-38938 Burr Ridge Sat 800 am	204.20
-39338 Chgo Masonic Sat 730 am	175.00
-39340 Chgo Thorek Sun 915 am	93.60
-39585 Winfield Sat 900 am	10.00
-40019 Oak Park Sun 700 pm	30.00
-40607 Mokena Sun 300 pm	33.60
-41015 Chi St. Johns Tue 700 pm	14.50
-45986 Oak Forest Wed 730 pm	71.90
-46082 Grayslake Fri 730pm	163.90
-46915 Orland Park Sat 830 am	232.38
-46934 Urbana Thu 530 pm	250.00
-49036 Chicago Swedish Sat 700p	15.03
-49214 Chicago St Ma Mon 600 pm	283.88
-50044 LaGrange Sun 700 pm	32.00
-50754 Chgo Sunlight Mon 700 pm	27.00
-51048 Darien Wed 630	158.60
-51151 Elgin Fri 900 am	43.00
-51233 Oak Park Wed 700 pm	107.90
-52063 Lake Forest Wed 100 pm	75.00
-52223 LaGrange Tue 700 pm	100.00
-53345 Chicago Alano Sun 900 am	60.00
-53693 Orland Park Wed 930 am	131.00
-54010 Northbrook Mon 1000 am	22.50
-54164 Evanston Sat 730 am	85.00
-56429 Northbrook Thu 1000 am	41.00
-57330 Crystal Lake Thurs noon	107.30
-57518 Burbank Tues 6;30 Newcom	262.50
-57665 Batavia Thurs 630PM	9.68
-800561 Burbank Zoom 7;30	180.51
-800669 Morton Grove Wed 7PM	355.50
-800676 Zoom Chicago SW	18.00
-89078 Saturday 8 am Virtual	277.50
-89823 Naperville Thursday 730	22.00
-89941 Monday Chi No 7PM Zoom	36.50
800999 Chicago Sunday 11AM Zoom	20.00
Total #13 Illinois	14,630.44
#14 Indiana	40.00
- Personal	79.50
-01026 Indianapolis Thu 1200 pm	30.00
-02327 Elkhart Mon 600 pm	110.08
-09096 Central Indiana IG	418.00

	Total
-09145 Three Rivers Intergroup	1,133.15
-09291 Northwest IN Intergroup	1,000.00
-09311	50.00
-12098 Indianapolis Tue 700 pm	46.06
-14137 Michigan City Mon 700 pm	18.00
-22495 Goshen Sat 1000 am	104.95
-22838 Indianapolis Fri 1200 pm	390.00
-23081 Indianapolis Mon 1200 pm	26.00
-24741 Highland Fri 900 am	75.00
-26994 Indianapolis Sat 830 am	53.10
-29422 Kokomo Tue 700 pm	10.00
-36184 Greenwood Sat 1000 am	112.22
-36536 Indianapolis Mon 630 pm	60.00
-37739 Ft. Wayne Sat 900 am	19.00
-40309 Indianapolis Wed 530 pm	92.00
-41218 South Bend Fri 1210pm	50.00
-46764 Michigan City Fri 700 pm	34.80
-52025 Indianapolis Sun 4pm	90.30
-54446 Crown Point Tue 700pm	18.00
-56544 Indianapolis Tue 1200 pm	22.20
-56555 Dyer Thu 700pm	84.00
-56566 Indianapolis Mon 7pm	170.87
-57032 Fort Wayne Monday Noon	20.00
-57193 Anderson Sun AM	30.12
-57249 New Horizon Monday 6PM	25.00
-57341 Evansville Wed BB	2.00
-57348 Hebron Sat 11AM	18.57
-57854 Indianapolis Sun 7PM	88.65
-800546 Indianapolis Wed 7PM	112.00
-800576 Sat 830AM Eye Opener	47.50
-800712 Sat 10AM Zoom	25.00
-801146 Wednesday 530PM	50.00
-89046 Thursday night zoom	47.00
-89294 Tuesday Body Image	49.50
800787 Friday night zoom	54.29
Total #14 Indiana	4,906.86
#18 Kentucky	83.40
#18-57611 Saturday AM Recovery	40.00
- Personal Donations	50.00
-09022 Louisville Metro IG	525.00
-14771 Ft. Thomas Fri 715 pm	19.10
-14857 Erlanger Wed 1030 am	43.70
-23706 Louisville Thu 630 pm	32.30
-24532 Lakeside Sat 1030 am	39.30

	Total
-25760 Lexington Tues 7PM	35.00
-53648 Louisville Thu 6pm	50.00
-57047 Louisville Sun 6PM	120.00
-57702 Louisville TGIF	71.23
-800265 Lexington Sat AM online	106.90
Total #18 Kentucky	1,215.93
#22 Michigan	
- Personal	50.00
-00069 Portage Sat 1100 am	145.00
-00410 Hudsonville Sat 900 am	50.00
-00549 Rochester Thu 730 pm	30.00
-07433 Clinton Twp Tue 700 pm	30.00
-09026 Greater Detroit IG	266.50
-09141 Southwest MI IG	800.00
-09208 Western Michigan IG	500.00
-09354 Jackson Sat 930 am	380.16
-11595 Grand Blanc Sat 1000 am	60.00
-19743 St Clair Shr Sat 1000 am	50.00
-22761 Sterling Hgts Thu 100 pm	7.50
-32527 Bloomfield H Wed 1000 am	145.09
-33110 Jackson Sat 930 am	27.00
-35412 Ferndale Fri 1000 am	58.99
-38900 Ferndale Mon 1000 am	15.00
-39685 Garden City Sat 100 pm	10.00
-46110 Rochster Sun 700 pm	52.50
-49379 Bay City Thu 700 pm	14.00
-49862 Tecumseh Mon 600 pm	150.00
-49919 GrandvilleThu 1000 am	30.00
-51645 Livonia Wed 800 am	38.00
-53463 Kalamazoo Mon noon	40.00
-54538 Livonia Sat 1000 am	30.00
-54870 Grand Rapids Thu 7PM	35.00
-54904 Fenton Tue 630 am	41.20
-56079 Holland Thu 700pm	10.00
-56081 Portage Thu 700 pm	50.00
-56447 Jackson Monday 6PM	83.38
-57508 Ann Arbor Thurs 6PM BB	84.00
Total #22 Michigan	3,283.32
#35 Ohio	2,128.70
- 57342 Youngstown Monday 7PM	56.00
- Personal	321.65
-00915 Elyria Mon 730 pm	120.00
-02089 Columbus Thu 930 am	319.50
-02169 Medina Wed 730 pm	80.00

	Total
-02612 Parma Heights Mon 930 am	55.00
-04811 Seven Hills Fri 730	142.20
-07447 Lyndhurst Fri 10 am	45.00
-08083 Columbus Mon 930 am	20.00
-08503 N Olmsted Wed 1000 am	144.28
-09175	799.39
-09274 Crossroads of Hope IG	100.00
-12766 Cincinnati Sat 1030 am	30.00
-15272 Olmsted Falls Sat 10 am	402.50
-16720 Brunswick Tue 1000 am	20.00
-19937 Bedford Sat 1000 am	20.00
-21586 Kettering Sun 630 pm	129.01
-22079 Westlake Sun 10 am	611.30
-22635 Lakewood Tue 930 am	54.00
-23004 Westerville Mon 700 pm	113.41
-24484 Toledo Tue 930 am	93.30
-26274 Willowick Sat 1000 am	37.00
-35869 Parma Thu 730 pm	13.98
-40943 Concord Twp Sun 700 pm	60.00
-45952 Youngstown Thu 730 pm	79.50
-46541 Strongsville Mon 730 pm	12.70
-47134 Cleveland Thu 645 pm	68.10
-47588 Stow Mon 730 pm	28.00
-49022 Bay Village Tue 730 pm	40.00
-49336 Latonia Thurs 7PM	64.85
-50068 Upper Arlington Sat 930a	322.60
-52116 Akron Thu 730 pm	5.00
-53001 Athens Mon 600 pm	34.20
-53969 Westerville Wed 700 pm	54.00
-54299 Athens Saturday 1000 am	162.00
-55669 Toledo Phone mtg	16.67
-56786 Toledo Fri 1100 am	105.50
-56823 Avon Lake Thu 700 pm	20.00
-57037 Findlay Thu 530pm	35.00
-57174 Montezuma Tue 730 pm	23.50
-57288 Fort Thomas Tuesday 730	109.70
-57352 Warren Monday 10AM	30.00
-57419 Kenwood Sober Eating	120.06
-800061 Elyria Thursday S&T	156.26
-88762 - Reg Sunday Morning C&R	827.55
-88932 Virtual Meeting	60.00
-89151 - Wednesday Bridgetown	24.80
-89934 Sunday 7PM virtual Cinci	39.80
800367	25.00

	Total
Total #35 Ohio	8,381.01
#49 Wisconsin	
- Personal Contributions	22.50
-00122 Franklin Mon 645 pm	55.08
-00325 Beloit Thursday 6PM	40.00
-00347 Racine Mon 700 pm	9.80
-00868	25.00
-02346 Green Bay Wed 7 pm	72.00
-03478 West Bend Thu 300 pm	32.00
-03631 New Berlin Wed 930 am	127.18
-04055 West Allis Sat 930 am	51.50
-06854 Benet Lake Fri 1000am	115.00
-09053 Milwaukee Intergroup	301.40
-09161 Madison Area IG	1,000.00
-18324 Madison Sat 900 am	33.00
-20992 Wauwatosa Wed 630 am	137.80
-21024 Menomonee Falls Tues 10A	105.50
-22299 Elkhorn Mon 700 pm	10.00
-22626 Madison Thu 1200 pm	10.00
-30176 Whitefish Bay Mon 700 pm	128.47
-32315 Madison Mon 1200 pm	10.00
-32466 Fox Point Sat 930 am	153.74
-38390 Wauwatosa Sat 730 am	210.62
-39166 Neenah Mon 600 pm	75.00
-39445 Mequon Tue 630 pm	8.00
-40998 Moniowoc Mon 130 pm	25.60
-46721 Delavan Fri 845 am	42.00
-48802 LakeGeneva Wed 700 pm	10.00
-49329 Burlington Sat 830 am	35.00
-49816 Slinger Mon 630 pm	130.00
-50571 Green Bay Tue 6 pm	5.50
-51134 Cambridge Fri 830 am	365.80
-51443 Appleton Thur 630 pm	10.00
-51806 Racine Thu 500 pm	3.60
-53314 Cambridge Mon 830 am	365.80
-54405 Janesville Tuesday 5PM	25.00
-56006 Menomonee Fls Wed 630pm	38.00
-56592 Oconomowoc Tue 1030 am	31.00
-56813 Cambridge Wed 830am	365.80
-57013 Milwaukee Sat AM	104.00
-57238 Kenosha hybrid	4.10
-57396 Waukesha Tues 4PM	5.00
-57585 Grafton Thurs 630 PM	55.20
-88911 Zoom BB Mon 830 AM	79.00

	Total
-89909 Zoom Tues 10AM	47.46
-89919 Zoom Sun 630PM	82.50
-89998 Zoom Fri 5PM	22.00
800542 Mequon Tues 630PM	11.50
Total #49 Wisconsin	4,597.45
Other Region Individual	494.59
Total Contributions	37,509.60
Interest Income	6.12
Total Revenue	44,063.35
GROSS PROFIT	44,063.35
EXPENDITURES	
2022 Convention Expenses	353.50
2023 Convention Expenses	109.35
Assemblies	
Copies	679.44
Luncheon	1,322.20
Meeting Rooms	1,926.00
New Rep Information	50.00
Officers Assembly Expenses	364.19
Chair Assembly Expense	563.58
Officer Lodging	3,600.82
Officer Meals	972.92
Secretary Assembly Expense	45.52
Treasurer Assembly Expense	225.18
Vice-Chair Assembly Expense	78.10
Total Officers Assembly Expenses	5,850.31
Parliamentarian	126.42
Total Assemblies	9,954.37
Contract Services	
Accounting Fees	2,425.00
Total Contract Services	2,425.00
Facilities and Equipment	1,250.80
Equipment Maintenance	1,254.53
Total Facilities and Equipment	2,505.33
Insurance - Liability, D and O	1,036.00
Bond Insurance	144.00
Total Insurance - Liability, D and O	1,180.00
Operating Expenses	
Committees	20.00
Outreach Committee	1,422.09
IG Outreach Committee	750.67
Total Outreach Committee	2,172.76
Total Committees	2,192.76

	Total
Officer Operating Expenses	
Chair Office Expense	17.73
Secretary Office Expense	154.05
Secretary Travel Expense	353.49
Treasurer Office Expense	854.82
Treasurer Travel Expense	62.57
Total Officer Operating Expenses	1,442.66
Total Operating Expenses	3,635.42
Operations	
Postage, Mailing Service	
Post Office Box	194.00
Total Postage, Mailing Service	194.00
Processing Fees	
Wepay	1,215.71
Total Processing Fees	1,215.71
Record Storage/Shredding	1,260.00
Web Expenses	79.00
Virtual Meeting Expenses	299.80
Web Site Security	272.25
Webmaster	6,300.00
Website Hosting & Domain	283.87
Total Web Expenses	7,234.92
Total Operations	9,904.63
Tax	
Non Profit Status	50.00
Total Tax	50.00
Travel and Meetings	0.00
Hotel Liaison	
2024 Convention Hotel Liason	304.32
Hotel Liaison - Assembly Exp	1,262.12
Total Hotel Liaison	1,566.44
Total Travel and Meetings	1,566.44
Unapplied Cash Bill Payment Expenditure	54.74
World Service Organization	
Trustee expenses	361.42
World Service Business Conf	
Chair to WSBC	2,535.41
Region 5 Delegate to WSBC	3,024.91
Total World Service Business Conf	5,560.32
WSO Contribution	
Professional Exhibit Fund	1,000.00
World Service General Fund	15,000.00

	Total
WSBC Delegate Fund	1,000.00
Total WSO Contribution	17,000.00
Total World Service Organization	22,921.74
Total Expenditures	54,660.52
NET OPERATING REVENUE	-10,597.17
OTHER EXPENDITURES	
Reconciliation Discrepancies-1	-10.00
Total Other Expenditures	-10.00
NET OTHER REVENUE	10.00
NET REVENUE	\$ -10,587.17

Statement of Financial Position

As of December 31, 2023

	Total
ASSETS	
Current Assets	
Bank Accounts	
BUS COMPLETE CHK (5247) - 1	16,304.94
CHASE BUS TOTAL SAV (5840) - 1	43,736.52
Total Bank Accounts	60,041.46
Total Current Assets	60,041.46
TOTAL ASSETS	\$60,041.46
LIABILITIES AND EQUITY	
Liabilities	
Current Liabilities	
Credit Cards	
Chase Visa	206.56
B. KEYES (7848) - 2 - 1 (deleted)	-11.72
Total Chase Visa	194.84
Total Credit Cards	194.84
Total Current Liabilities	194.84
Total Liabilities	194.84
Equity	
Opening Bal Equity	37,829.72
Retained Earnings	32,604.07
Net Revenue	-10,587.17
Total Equity	59,846.62
TOTAL LIABILITIES AND EQUITY	\$60,041.46

Region 5 OA
Statement of Activity
January - December 2023

	TOTAL
Revenue	
2023 Convention Registration	3,649.63
Assembly Income	
2023 Fall Assembly Registration	1,062.00
7th Tradition	580.00
Assembly Documents	60.00
Luncheon	60.00
Registrations	1,136.00
Total Assembly Income	2,898.00
Contributions	
#13 Illinois	14,630.44
#14 Indiana	4,906.86
#18 Kentucky	1,215.93
#22 Michigan	3,283.32
#35 Ohio	8,381.01
#49 Wisconsin	4,597.45
Other Region Individual	494.59
Total Contributions	37,509.60
Interest Income	6.12
Total Revenue	\$44,063.35
GROSS PROFIT	\$44,063.35
Expenditures	
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Region 5 OA

Statement of Activity

January - December 2023

	TOTAL
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Accounting Fees	2,425.00
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Webmaster	6,300.00
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Region 5 OA

Statement of Activity

January - December 2023

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World Service General Fund	15,000.00
WSBC Delegate Fund	1,000.00
Total WSO Contribution	17,000.00
Total World Service Organization	22,921.74
Total Expenditures	\$54,660.52
NET OPERATING REVENUE	\$ -10,597.17
Other Expenditures	
Reconciliation Discrepancies-1	-10.00
Total Other Expenditures	\$ -10.00
NET OTHER REVENUE	\$10.00
NET REVENUE	\$ -10,587.17

Convention Committee Spring 2024 Assembly Report

WELCOME HOME: Many Symptoms, One Solution

Greetings all and welcome to Cleveland, Ohio!

The Convention Committee as a whole last met January 16, 2024. Our next meeting is scheduled for February 20 @ 7:00pm EST via Zoom. Our Decorations, Registration(s), and Program subcommittees have been diligently meeting monthly. Our Greeters met last Thursday and will continue to meet throughout the next few months. Our Registration Finance and Registration Table Committees have decided to meet together, monthly.

We have chosen Assembly weekend to launch our registration form on to the Region 5 and World Service websites and hope that all of our Region 5 intergroups will do the same for their websites. We have set up a system for mail-in registration but greatly encourage on-line registration. Registration is scheduled to begin on April 1, 2024, and is noted on the registration form.

Other accomplishments: Our program has been drafted and is being prepared to send to the board for approval. The DJ is reserved for Saturday night dancing. Table centerpieces have been planned and other decoration ideas are in the works. Registration packets are being planned and pricing for printing is being researched and compared. We have put together a flyer requesting raffle baskets which we will distribute along side the registration forms at Assembly.

We still need volunteers: There is still so much to be planned and done. Publicity, Marketing, Marketplace are in need of help, and we can always use help in all of planning. The Convention Committee of the Whole meets every 3rd Tuesday of each month via Zoom @7:00pm EST,

Zoom ID: 273 862 8468

Password: 12Promises

WELCOME HOME!

Yours in love and service,

Marilyn D., Chair

Pam P., Vice Chair



Region 5 – IG2IG –
Outreach Subcommittee Report
March, 2024

Purpose: To Support Intergroups in Region 5 and continue to help the still suffering compulsive overeater

Goals:

- Increase the number of intergroups participating in Region 5
 - Obtain contact information for missing IG's and contact them
- Identify IG's that are strong and willing to mentor smaller and/or struggling IG's
- Develop regular and ongoing "Chat with Chairs"
- Continue to support Intergroup Renewal Project
- Support new Intergroups who are joining Region 5 as well as new representative to Region 5

Actions taken

1. Made decision to not meet monthly but to use email.
2. "Chat with the Chairs" project to be continued by Intergroup Chairs
3. Purchase Region 5 bags for representatives in this bag will be:
 - a. Use existing "R5 Assembly Information for Reps & Visitors" 2
 - b. New welcome letter, assembly info material
 - c. Possibly offer to each a FREE printed copy of Packet A&B with binder when they arrive.
 - d. Include a Region 5 pen, pad of paper 12 concepts OA Group Handbook
4. Support new members by possibly giving them a mentor – discuss with board
5. Intergroups who have not attended Region have been contacted by committee members.
6. To be continued – update Section 5 of Policy manual

I HATE ROBERTS RULES OF ORDER

Roberts Rules is an essential tool for any nonprofit organization. It doesn't matter if you "make a motion" in our Assemblies or in your committee meetings. About 80% of all volunteer association's Bylaws state that they will use Roberts Rules to run their meetings.

Roberts rules can seem too formal and stuffy for some people. But the rules can be adjusted to the needs and "personality" of your organization. The important thing is to have a process by which you run meetings and accomplish the work that is before you. The more you repeat this process, the more efficient your meetings will become and the more effective you will be at accomplishing your mission. Just remember, you don't need to be an expert, you just need some ground rules.

Roberts Rules Are A Road Map

Roberts Rules will help give our meetings structure by giving us a proven process to follow during our meetings. There are procedures within Roberts Rules that will help us run meetings in an efficient and professional manner. Meeting Minutes Made Easy

It can be difficult to track what is being said at a meeting when the conversation strays from the topic. By using motions, in accordance with Roberts Rules, the tracking of meetings becomes easier to document. And straying off topic, a common problem for many boards, becomes easier to recognize and correct.

Everyone Has A Voice

The process of Roberts Rules ensures that everyone has an opportunity to speak on a topic. A good meeting facilitator will use Roberts Rules to check in with every person at the table and give them the chance to speak.

It can also limit the number of opportunities someone can speak on a topic. The idea of limiting the number of times members can speak on a topic has advantages:

- Members will learn to be more on point and thorough when it is their turn to speak.
- It can quicken the decision-making process without sacrificing the opportunity to share information.
- It can help prevent members who are determined to have the last word from repeating the same points over and over.

Roberts Rules Means Freedom

I know it sounds funny to think that a more formal process will result in more freedom, but it is true. Anyone who has run a meeting, at some point, has found themselves more caught up in the "running the meeting" than actually paying attention to what is being discussed. But with a

firm grasp of Roberts Rules, the meeting facilitator can relax and let Robert Rules run the meeting for them. This will allow them to play a more active role in the meeting itself.

Keep it Simple

It doesn't have to be hard. Here are 5 simple steps to making a motion.

The steps in presenting a motion:

1. A member obtains the floor and makes a motion. If you have a specific format for a motion, it will be useful. Region 5 provides formats for you. See Packet A Pages 104 – 111 for the different motion types. The format is generally the same whether it is a Bylaws, Policy, or Standing Rules motion. Most motions made stay within the Committee and are not motions for the Assembly.
2. Another member seconds the motion.
3. The chair states the motion. It is important to restate the exact wording of the motion to keep everyone clear on what is being discussed. It also helps to keep things on track and specific to the motion at hand. Other ideas most likely will warrant a separate motion and can be put off while discussion the current motion continues for continuity.
4. Members debate the motion. Keep in mind **debate does not necessarily mean adversarial**. There are times when a motion is just too broad or too specific and needs to be word smithed to address ambiguities. For example, if a motion says "no tape recorders" can be used during a meeting, it may be better to say "no recording devices" can be used during a meeting.
5. Before voting, make it clear if it is a simple majority, some number or percentage of votes, or unanimous. This will eliminate hard feelings later. The chair puts the motion to a vote.



Welcome Home: Many Symptoms, One Solution



The Region 5
2024
Convention Committee

Seeks Theme Baskets
for the
Region 5 fund-raising raffle.

Baskets will be displayed at the Convention Marketplace in Cleveland,
September 6-8, 2024.

Basket Raffle Tickets will be available in the Marketplace.

Suggested themes for baskets:
Relaxation, Exercise, Healthy Cooking, Sports, Movies

Creativity is welcomed & encouraged but, please -
stay within our 12 Step Tradition guidelines and



as always keep Peace, Love & Recovery in mind.

Contact :

Jeannine F. : 513-608-3363, jfranco2@fuse.net

Marilyn D. : 330-606-1426, marde0216@aol.com