



**REGION 5 SPRING ASSEMBLY**

**March 8, 9, and 10, 2024**

**Outreach Committee  
of the Whole  
Sub-committee  
Reports**

# **The Region 5 Communications and Connectivity Sub-Committee**

**Minutes for Saturday, March 9, 2024**

**Chair:** Ed L.

**Secretary:** Carolyn S.

**Other members present:** Kathy C., Marilyn D, Barbara H., Preston F., Lynn H., Yvonne C., Christine G., Betsy D.

**Smart Goal** - Increase external communication and connectivity with the still suffering compulsive overeater.

Tasks Accomplished :

1. Set up next month's meeting date of **Sunday April 7, 2024.**
2. Yvonne will set up a **What's App** account, and then send out invitations for committee members to communicate.
3. Yvonne will provide a zoom link/ zoom invite for our next meeting on **April 7, 2024.**

Future focus :

1. Research OA's and/or 12 Step current involvement on College, and University Campuses.
2. Brainstorm ideas to get OA message to young folks.
3. Generate ideas to eliminate division between online meetings and Face to Face meetings.
4. Locate local eating disorder treatment centers.
5. Bring OA message to treatment centers to help bridge the gap between treatment & out patient.

Sub - Committee  
Region 5 Assembly  
March, 2024

## **Committee Name: Everything Intergroup Committee**

Co-Chairs: Pam P - Cleveland & Lynn H – Detroit  
Secretary – Evelyn – CHI WIF

### Set Goals:

- Absent Intergroups from Region
  - Welcome New Intergroups
  - Intergroup Renewal – who is Region 5? – Inventory
  - Do “hot sheet” for Intergroups of what Region 5 can do for them
1. Region 5 offerings – who we are inventory – list of services & goals
  2. Welcome buddies – Intergroups and New Reps
    - a. Welcome wagon – culture “trickles down”
    - b. Mentors for Green Dots
    - c. Manage expectations for new reps
    - d. Welcome “party” glad you’re here!
      - Bandanas/banners/helpers
    - e. What can we do to be enthusiastic to get others to Region?
    - f. To come back to our Intergroups from Region with more enthusiasm!
- What does region provide to Intergroups & meetings?
  - Tell about what we accomplished or learned at Region
  - What do groups want from Intergroup & Region
    - [Grassroots level needs?]
  - Go to the intergroups not ask them to come to us
  - Contact and List of Intergroup meetings to all in Region 5
  - Host Intergroups to provide welcome to newbies at Region Assembly
  - Provide information

### Next meeting:

Zoom – 6:30PM CT – Thursday, March 14<sup>th</sup>

# The Region 5 \_\_ Sponsorship – speakers-renewal subcommittee Meeting Minutes

for Saturday, \_\_\_ March 9, 2024

Acting secretary: \_\_\_\_\_ Linda \_\_\_\_\_

Chair: \_\_\_\_\_ Bev \_\_\_\_\_

Others members present: \_\_\_\_\_ Allen, Cecelia, Judy, Leigh Ann

## Notes

Brainstormed multiple ideas building off the many generated earlier in the afternoon and choose several to further focus on and develop over the next 12 months. These include:

- Create guidelines/options/suggestions for sponsorship, recognizing that it can take many forms
- Create sponsorship workshops available to IGs
- Develop a speakers list and/or a sponsors list adapting the model used by the Men's special focus group
- Consider developing a sponsor mentorship program

The committee will meet again on March 27th to look at these ideas and develop some concrete goals and project plans.