

REGION

Serving areas in IL, IN, IA, KY, MI, MN, MO, ND, OH, & WI



OVEREATERS ANONYMOUS

2025 SPRING ASSEMBLY

March 7th, 8th, and 9th 2025

Hilton Garden Inn

Chesterton, IN

NOTE: Located in CENTRAL time zone.

Responsibility Pledge

Always to extend the hand and heart of OA
to all who share my compulsion;
for this I am responsible.

OA Promise

I put my hand in yours, and together we can do
what we could never do alone.

No longer is there a sense of hopelessness,
no longer must we each depend upon our own
unsteady willpower.

We are all together now, reaching out our hands
for power and strength greater than ours,
and as we join hands, we find love and understanding
beyond our wildest dreams.

Third Step Prayer

God, I offer myself to Thee - to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love and Thy Way of Life. May I do Thy will always!

7th Step Prayer

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.

ADOPTED AGENDA

2025 Region 5 OA Spring Assembly

FRIDAY (March 7, 2025)

All times listed are CENTRAL TIME

3:00 PM CT	Region 5 Board Meeting (Executive Boardroom, Lower Level, open to visitors)
5:15 PM CT	Open OA Meeting (Sand Creek, Lower Level, hosted by Milwaukee Area Intergroup)
6:15 PM CT	Check-in (Outside of Sand Creek, Lower Level, hosted by Milwaukee Area Intergroup)
6:25 PM CT	New Representative Orientation (Executive Boardroom, Lower Level, Region 5 Trustee Liaison)
7:00 PM CT	Evening Session - How do we operate (Sand Creek, Lower Level, Announcements, Region 5 Updates) <ul style="list-style-type: none">• Discussion on Theme/Goals, In person/Virtual, and Value Proposition (Strategic Plan).
8:15 PM CT	Break
8:30 PM CT	Intergroup Sharing Meeting (Sand Creek, Lower Level) Note: This session will be broadcast over Zoom for OA members who register in advance for this opportunity).
9:30 PM CT	State/Province Meetings

SATURDAY (March 8, 2025)

All times listed are CENTRAL TIME

7:00 AM CT	Hotel Kitchen Opens for Breakfast
7:45 AM CT	Check-in (Outside Coffee Creek, First Floor, hosted by Milwaukee Area Intergroup)
8:30 AM CT	MORNING BUSINESS SESSION (Coffee Creek, First Floor) <ul style="list-style-type: none">• Call to Order• Opening Ceremonies (OA Responsibility Pledge, Serenity Prayer, For Today, 12 Steps, 12 Traditions) – <i>Readings assigned by Pam P. at the Assembly.</i>• Morning Business<ol style="list-style-type: none">1. Roll Call (Credentials Report in Packet B – PAGE 4)2. Adoption of Credentials Report3. Assembly Standing Rules (Packet A – PAGE 56)4. Agenda (Packet A – PAGE 4/5)5. Consent Agenda (Packet B – PAGE 39)6. Mini-Countdown (Years of Abstinence)7. Recognitions (New Representatives, Former Region Officers, Former Trustees)8. Appointments (Nominating Committee, Minutes Approval Committee, Copy Coordinator, Timer) – <i>Appointed by Pam P. at the Assembly.</i>9. Executive Committee Report Top Three Things Presentations with Q & A [Reports from Chair (Packet B – PAGE 6), Vice-Chair (Packet B – PAGE 8), Secretary Letters (Packets A & B – PAGE 1), Treasurer (Packet B – PAGE 10), and Trustee Liaison (Packet B – PAGE 29)].10. Announcements11. Adjournment
9:45 AM CT	Break
10:00 AM CT	Committee Meetings (Pre-Assembly Committee Reports, as received for their work since Fall Assembly, provided in Packet B and in the Committee folders) <ol style="list-style-type: none">1. Bylaws Committee (Executive Boardroom, Lower Level)2. Convention Committee (ROOM 3, Lower Level)3. Finance Committee (Front of Coffee Creek, First Floor, by treasurer)4. Media Committee (ROOM 303, 3rd Floor)
12:00 PM CT	Luncheon (Lobby)

3/20/25 – Updated KE

1:24 PM CT
1:30 PM CT

Round Robin – One word on how you are feeling (Coffee Creek, First Floor)

AFTERNOON BUSINESS SESSION (Coffee Creek, First Floor)

- **Call to Order**
- **Opening Ceremonies** (Welcome, OA Responsibility Pledge, Serenity Prayer, Concepts of Service 1-7, and Concepts of Service 8-12)
– *Readings assigned by Pam P. at the Assembly.*
- **Afternoon Business**
 1. Roll Call (Credentials Report in **Packet B – PAGE 4**)
 2. Adoption of Credentials Report
 3. Minutes Approval of the Fall Assembly (**Packet A – PAGE 11**)
 4. 7th Tradition Collection
 5. Parliamentary Moment (**Packet B – PAGE 33**)
 6. Assembly Vote to approve the new Region 5 Theme (from the Friday night discussion)

2:00 PM CT

Outreach Committee of the Whole (Coffee Creek, First Floor)

1. Discussion, brainstorm, and vote on Outreach Goals for the coming year (SMART Goal forms in **Packet A – PAGE 109**)
2. Select tasks to support the Goals
3. Divide into task Sub-Committees

3:00 PM CT

Break

3:15 PM CT

Outreach Committee of the Whole Sub-committee Meetings

1. Everything Intergroup Sub-Committee, IF IT CONTINUES (Executive Boardroom, Lower Level)
2. Sponsorship – Speakers Sub-Committee, IF IT CONTINUES (Sand Creek, Lower Level)
3. Communications Connectivity, IF IT CONTINUES (Coffee Creek, First Floor)

4:15 PM CT

Afternoon Session Continued (Coffee Creek, First Floor)

1. Region 5 Convention bids (If any)
2. Announcements
3. Adjournment

4:30 PM CT

Special Committee Meetings

1. Nominating Committee

5:00 PM CT

Emergency New Business Committee Meetings (reconvene, if necessary, in same locations)

5:15 PM CT

Dinner on Your Own

8:00 PM CT

Open OA Meeting (Sand Creek, Lower Level, hosted by Milwaukee Area Intergroup)

SUNDAY (March 9, 2025)

All times listed are CENTRAL TIME

7:00 AM CT

Hotel Kitchen Opens for Breakfast

8:30 AM CT

MORNING BUSINESS SESSION (Coffee Creek, First Floor)

- **Call to Order**
- **Opening Ceremonies** (Welcome, Serenity Prayer, For Today, The OA Unity with Diversity Policy Statement) – *Readings assigned by Pam P. at the Assembly.*
- **Morning Business**
 1. Opening Ceremonies
 2. Roll Call and Adoption of Credentials Report (Credentials Report in **Packet B – PAGE 4**)
 3. Business Committee Reports (Please be ready to report at the front microphone).
 - a. Bylaws Committee (Chair)
 - b. 2025 Convention Committee (Chair)
 - c. Finance Committee (Barbara H. - Pre-Assembly documents in **Packet B – PAGES 12-27**)
 - d. Media Committee (Chair)

3/20/25 – Updated KE

- e. Nominating Committee (Chair)
- 4. Growing Recovery Outreach Committee of the Whole:
 - a. Everything Intergroup Sub-Committee, IF IT CONTINUES (Chair)
 - b. Sponsorship – Speakers Sub-Committee, IF IT CONTINUES (Chair)
 - c. Communications Connectivity, IF IT CONTINUES (Chair)
- 5. New Business (Amendments and Motions in **Packet A – PAGE 21** and **Packet B –PAGE 41**)
 - a. Emergency New Business (if needed)
- 6. Unfinished Business (If any)
- 7. Recognition of Outgoing Representatives
- 8. Green Dot Ceremony
- 9. Announcements
- 10. Chair’s Drawing
- 11. Adjournment and OA Promise

10:30 AM CT

Good of the Order [*Front of the room, for Region 5 Officers, Trustee, Committee Chairs (current, outgoing, and incoming, all others are asked to leave the room)*].

11:00 AM CT

Hotel Checkout

REGION 5 TIMELINE

2025

May 23, 24, and 25

Region 5 Convention, Milwaukee, WI, Sheraton Milwaukee Brookfield Hotel

July 19

Region 5 Summer Online Conference – Zoom

TBD

Region 5 Fall Assembly (location TBD)