



OVEREATERS ANONYMOUS – REGION 5 SECRETARY

July 16, 2025

RE: Region 5 2025 Summer Packet

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

This letter is part of the **2025 Summer Packet**. This Packet will be the main update for Region 5 information until the 2025 Fall Assembly on Oct. 31 through Nov. 2 in Chesterton, IN.

Region 5 2025 Summer Packet Documents:

- **A01_Region 5 2025 Summer Secretary Letter**
- **A02_Region 5 2025 Summer Chair Report**
- **A03_Region 5 2025 Summer Vice Chair Report**
- **A04_Region 5 2025 Summer Treasurer Report**
- **A05_Region 5 2025 Summer Trustee Liaison Report**
- **A06_Region 5 2025 Summer Day in the Life of the Region 5 Secretary**
- **A07_Region 5 2025 Summer Day in the Life of the Region 5 Vice Chair**
- **A08_Region 5 2025 Summer Financial Statement of Activity**
- **A09_Region 5 2025 Summer Convention Committee Report**
- **A10_Region 5 2025 Summer Bylaws Committee Report**
- **A11_Region 5 2025 Summer PIPO Sub Committee Report**
- **A12_Region 5 2025 Summer 12 Step Within Sub Committee Report**
- **A13_Region 5 2025 Summer Intergroup 2 Intergroup Sub Committee Report**
- **A14_Region 5 2025 Summer Nominating Committee Report**
- **A15_Region 5 2025 Summer Application for Region 5 Officer**
- **Summer Packet Combined Print Document**

Three notable things I have worked on since the 2025 Spring Assembly

1. I continue working on website updates myself via WordPress and with the webmaster for more complex items.
2. I prepared the Day in the Life of a Region 5 Secretary document to help encourage folks to apply for the position in the Fall.
3. I am cleaning-up my archived work from the past four years as Region 5 Secretary. I am also updating procedural documents for the things that fall under the Secretary's duties. I plan to pass on the detailed information to the next Secretary for an easy transition.

Upcoming Region 5 Officer Elections

At the 2025 Fall Assembly, we will be holding the election for the Region 5 Secretary and the Region 5 Vice Chair. You can check out the Day in the Life of a Region 5 Secretary and Vice Chair documents in the Packet

(A06 and A07 PDFs) to gauge interest in applying for the positions. Working on the Board is a great experience and fulfilling service for OA. There is an Officer Application form in the Summer Packet (A15 PDF). If you want to apply for either of these service positions, please fill out the application and send it to me, no later than **September 1, 2025**. Please do not forget to sign the document before sending it to me. If you scan the document, you can also send me the application by email. However, it is not actually received until I have the signed paper copy of the Application.

Thank you.

Keri E.

Region 5 Secretary

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