



## **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

R5Secretary@outlook.com



## **Greetings to Region 5, - Theme – Building Bridges, Connecting and Spreading Hope!**

### **Three Key Takeaways from My Report:**

1. Continue to update your meetings on OA.org.
2. Provide your input on which services from Region 5 are important to you.
3. Prepare for participation at the Fall Assembly.

### **Connecting and Sharing:**

We held our first chat with all of our intergroup chairs, focusing on the theme of connecting. It was a great opportunity for sharing and learning from each other. We have established a chairs group on WhatsApp for continued information sharing and education. A survey is being developed to learn from chairs and delegates about the most important services that Region 5 can provide. Look for this survey in the next couple of weeks. Additionally, we hosted a very successful convention in Milwaukee, which effectively spread the message of hope and recovery.

### **Meeting Statistics:**

For the third quarter, we have 526 affiliated meetings, 25 unaffiliated meetings, and 27 intergroups. In the second quarter, we had 529 affiliated meetings, 29 unaffiliated meetings, and 27 intergroups.

### **Upcoming Events:**

I am preparing for meetings at the World Service Convention with the Trustees. During these meetings, the strategic plan will be jointly developed by the trustees and chairs.

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In Service,

Pam P. Chair, Region 5 Overeaters Anonymous

## **Region 5 Vice Chair Report**

### **Summer 2025**

Thank you for letting me serve as your Vice Chair. It has been exciting to participate in preparation for the Convention in Milwaukee, "Be Alive in 25".

I enjoyed wearing the Bee hat, it was fun. The Convention was a great success 200 people were touched by the Convention recovery message. I was impressed by the committee with all their hard work. I enjoyed attending the meetings and watching the Convention blossom. I am looking forward to the Convention in Indianapolis.

I look forward to seeing everyone in Chesterton at the Fall Assembly.

We will be having elections for Vice Chair and Secretary. It is not too late to consider serving. The applications are available on line, submit them to Keri.

Service really helps my program and makes me a contributor to keep OA alive.

In Recovery,

Kevin F,

Vice Chair

219/921-9379

[Kevinf250e@gmail.com](mailto:Kevinf250e@gmail.com)



**Region 5 Overeaters Anonymous**  
**Post Office Box 22175**  
**Louisville, Ky 40252**

### **Treasurer's Report Summer 2025**

Hope this letter finds everyone enjoying these summer months. I have been in my position for 8 months and I have learned a lot about how much Region 5 is appreciative of your donations. We have many projects we are working on. I am looking forward to seeing your Representatives at the Fall Assembly.

In the first part of the year donations consist of meetings, intergroups and the convention. Thank you for your support. Please see the attachment of meeting and intergroup contributions through June 30, 2025

The current 2026 Budget v Actual shows our budgeted income as of June 30<sup>th</sup> is \$46,653 and our June 30<sup>th</sup> expenses are \$45,520. Our actual income as of June 30<sup>th</sup> is \$45,823 and our actual June 30<sup>th</sup> expenses are \$36,972. This leaves a current net income of \$8,548 after expenses.

The convention was a wonderful experience. My first time as treasurer. The Milwaukee intergroup did a fabulous job. The convention ran very smoothly, and we had approximately 220 attendees. Thanks to all who attended and worked so hard to make this year's convention a success. I am already looking forward to the next convention in Indianapolis.

If you have any financial questions, please contact me at [r5treasurer@outlook.com](mailto:r5treasurer@outlook.com). Also don't forget we have a new PO Box that is listed on the top of this letter. It is helpful to list your meeting or intergroup number when you are sending a check or donating online. I need this number for my data entry into QuickBooks. If you do not know your meeting or intergroup number you can find it on OA.org, under meetings. Have a great rest of your summer and thanks so much for your service and support.

Barbara H. Region 5 Treasurer



meetingcontributions  
Jan-June2025.pdf

[https://www.region5oa.org/wp-content/uploads/2025/07/A08\\_Region-5-2025-Summer-Financial-Statement-of-Activity-1.pdf](https://www.region5oa.org/wp-content/uploads/2025/07/A08_Region-5-2025-Summer-Financial-Statement-of-Activity-1.pdf)

## JULY 2025 Region 5 Report

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Chair: Pam P., Ohio, USA  
Vice Chair: Kevin F., Indiana, USA  
Treasurer: Barbara H., Kentucky, USA  
Secretary: Keri E., Illinois, USA  
Trustee Liaison: Juliette R., Ohio, USA

	2025	2024
<b>Affiliated Groups</b>	526	410
<b>Unaffiliated Groups</b>	25	26
<b>Total Number of Groups</b>	<b>526</b>	<b>436</b>
<b>Virtual Groups</b>	151	110
<b>Total Number of Intergroups</b>	27	24
<b>Total Number of Service Boards</b>		

\*The virtual groups total is included in **Total Number of Groups**.

Hello, Region 5!

I was voted in as a World Service Trustee and appointed to Region 5 at the World Service Business Conference in May. Thank you for affirming me last fall and now here we are!

I hit the ground running, of course. Learning, learning, learning! I was appointed the TSW Trustee Co-Chair and serve on both the Internal Information Committee (Lifeline) and the WSBC '26 Planning Committee. I have been busy with all four of my overarching duties. I have a mentor who guides me weekly through the nuts and bolts of being a trustee. I have regular meetings with Pam P./R5 Chair and have attended two Region 5 board meetings as of this report (July 2025).

I will attend my first full World Service board meeting for three days just prior to the World Convention in Orlando in August. We will, among other discussions and motions, and in relationship with the Region Chairs, begin the process of implementing the strategic plan of growing membership, growing strong recovery, and growing our 7<sup>th</sup> tradition.

As your trustee, I have begun serving the region fellowship by attending said business meetings, fielding phone calls from R5 members who are experiencing challenges and are unsure as to how to proceed to solve them, checking bylaws for tradition adherence, and answering emails from members. I have also been of some assistance to both the R5 Bylaws Committee and with concerns around unaffiliated groups. Subsequently, two topics generated from these concerns will be discussed with the board in August.

Although this report is early in my tenure and we are just beginning, I can see how now more than ever recovery and service are integral to manifesting Bill W.'s closing statement in his story, (an excerpt!)

“...a widening circle of peace on earth and goodwill...”

In service,

Juliette R., Trustee Liaison to Region 5  
July 2025

## A Day in the Life of the Region 5 Secretary

### Between Assemblies:

- Responds to calls, texts, emails, etc. Often, this means forwarding things to the Board member who can best handle the request. For example, if I receive a question about Region 5 donations, I pass this on to the Region 5 Treasurer.
- Completes simple website WordPress updates/edits (this work is based on my current skill set, not required for the Secretary position).
- Acts as the liaison for Region 5 and coordinates the work/updates/edits for the website with the webmaster. All items approved for updating and/or posting are emailed to the Secretary (works with Trustee Liaison to check for Tradition breaks) who then forwards them to the webmaster. Double-check and test website edits as things are completed.
- Attends monthly Executive Board meetings and records the minutes. Emails minutes to attendees after the meetings.
- Schedules Region 5 Zoom account meeting for anyone in R5.
- Makes Regfox items and updates when/as needed.
- Manages the Region 5 email lists.
- Assists Intergroups, Reps, and Meetings when needed.
- NOTE: There is no Digital Community Coordinator assigned now. I have managed without one, like the Secretary before me and before the DCC position was suggested. If there was a DCC assigned, the Secretary would oversee their work and assignments, based on the current P & P job description.

### Activities before the Assemblies:

- Works with the Chair and Vice Chair to create the next assembly's proposed Agenda.
- Builds Assembly Online Registration Page with links on the R5 homepage to go live when registration opens.
- Emails out Hotel and reservation info as soon as the final information is available.
- Emails (about 2.5 months before the next assembly) the Region 5 Board, Reps, and IG email lists, asking for documents [flyers, officer applications (in the Fall), proposals, etc.] for the next Packet A.
- Assemble Packet A documents.
- Posts Packet A (about two months before assembly) and announces the posting to the Region 5 email lists.
- Keeps track of registrations, payments (if anyone wants to pay by check), and Binder material orders.
- Emails (about a month before the assembly) the Board and Committee Chairs for update reports for Packet B.
- Assembles Packet B documents.
- Posts Packet B (about two weeks before the assembly) and announces the posting to the Region 5 assembly registrant's and IG email lists.
- Makes committee assignments (in collaboration with board members if needed). Prepares committee rosters (emails to Committee Chairs, Liaisons, and R5 Chair) and folders with all of the Committee meeting forms and documents, including committee reports from previous Assembly and Packet B of current Assembly.
- Schedules the Friday night Zoom meeting and sends out the log-in information to all of the Zoom registrants.

- Emails the luncheon count to the Hotel Liaison; the new representative contact information to the Trustee Liaison; and the registration list to the Board.
- Prepares nametags and other registration materials. Prepares ordered Region 5 Handbook packets. Prepare Business meeting Readings, signs for the room, etc.
- Begins organizing the full Assembly Roster based on registrants (not completed until after Saturday morning registration closes).

#### **During the Assemblies:**

- Sets-up check-in table and trains volunteer hosts to do that work. Repeats training on Saturday morning if different folks will be working the table.
- Participates in the Friday evening session and facilitates the Zoom meeting and those attendees.
- Participates in and takes Minutes for the Friday Board Meeting.
- Takes Minutes for the Business Meetings on Saturday and Sunday.
- Projects Motions and other requested elements during Business Meetings.
- Acts as Media Committee Liaison during the meeting. This means answering questions and helping the Media Chair coordinate activities.
- Assists Board Members, Committees, and Representatives as needed.

#### **After the Assemblies:**

- Transcribes the Minutes of the Friday Board Meeting and emails out the information.
- Transcribes the Assembly Minutes and emails them to the Minutes Approval Committee.
- Updates any documents with changes made by the Assembly and assembles Packet C.
- Posts Packet C on region5oa.org and emails a notice of that posting to the Region 5 Assembly and Intergroup email lists.
- Emails the final Assembly roster to Intergroups and Representatives who attended assembly.
- Uploads any updated Region 5 documents from the Assembly to the website.
- Uploads the Media Committee's Assembly articles to the Online newsletter on the website.
- Archives documents as appropriate and backs up the Secretary computer.

#### **Summer Conference Call OR Summer Packet Updates (like 2025):**

- Normally, this is similar to Assembly preparation, but less involved. There is usually one Packet before the Conference Call with announcements and reports from the Board and Committees. Then a Packet with any additional information after the Conference Call.
- For Summer 2025, we are trying something new and not having the Conference Call. We have requested the updated reporting from folks and will release a single Packet with the updated information on July 19<sup>th</sup> for review.

## **Day in the Life of the Region 5 Vice Chair**

The Region 5 Vice Chair is not a position that requires a lot of time. It allows me to work with all of you and encourages me in my program with all of your recovery. I attend Region 5 Assemblies, invite Representatives to host the Assemblies, call the roll and divide Reps into service committees. I chair the Nominating Committee and sit on another committee. I am always on the Convention Committee as a board representative and report progress and questions to the Board. It is a pleasure to see the Convention come together with the hard work and dedication of the committee. It is an honor. If the Chair can no longer continue or must be absent for some reason, the Vice Chair will step in to help. I work a full time job and I can do this job. I hope you will consider running for this position, it is an enjoyable responsibility.

# Statement of Activity - copy

## Region 5 OA

January 1-June 30, 2025

DISTRIBUTION ACCOUNT	TOTAL
<b>Income</b>	
#35-800320 Back to Basics	50.00
Assembly Income	\$48.00
7th Tradition	285.00
Registrations	1,187.00
<b>Total for Assembly Income</b>	<b>\$1,520.00</b>
<b>Contributions</b>	
#13 Illinois	\$222.50
-01232 Chgo Wash Pk Sat 1015 am	31.20
-04500 Naperville Mon 730 pm	210.00
-04667 Burbank Thu 1000 am	203.10
-04737 Burbank Tue 730 pm	58.20
-07207 Northbrook Sat 1100 am	29.10
-07972 Schaumburg Wed 930 am	34.88
-08909 Aurora Wednesday 930 am	30.00
-09118 Suburban North Intergrou	79.90
-09168 CHIWIF Intergroup	400.00
-09467 Turning Point Intergroup	985.10
-09539 CSSI Intergroup	841.06
-09690 Two Rivers Intergroup	150.00
-14691 Palos Hgts Fri 1000 am	68.32
-15457 Niles Mon 700 pm	42.66
-19803 Crystal Lake Sat 1000 am	124.30
-20655 LaGrange Fri 900 am	18.70
-30462 Evanston St Fr Sat 930am	15.00
-32205 Chgo St. Johns Sat 930 a	18.32
-32222 Elmhurst Sat 1015 am	150.00
-33054 Oak Lawn Fri 700 pm	23.40
-33402 Libertyville Sat 800 am	54.00
-33891 Waterloo-Columbia 6;15PM	25.50
-35752 Darien Tue 530 pm	13.90
-35994 Evanston Fri 730 am	48.68
-36157 Roselle Sat 830 am	44.00
-36275 Chicago Sun 1100 am	70.00
-38938 Burr Ridge Sat 800 am	28.82
-39340 Chgo Thorek Sun 915 am	78.40
-41015 Chi St. Johns Tue 700 pm	28.00
-45986 Oak Forest Wed 730 pm	32.80
-46082 Grayslake Fri 730pm	204.40
-46915 Orland Park Sat 830 am	267.94
-49214 Chicago St Ma Mon 600 pm	50.00
-50027 Alton Tues 7PM	50.00

# Statement of Activity - copy

## Region 5 OA

January 1-June 30, 2025

DISTRIBUTION ACCOUNT	TOTAL
-50044 LaGrange Sun 700 pm	18.70
-51048 Darien Wed 630	78.50
-51151 Elgin Fri 900 am	6.00
-51233 Oak Park Wed 700 pm	71.10
-52063 Lake Forest Wed 100 pm	50.00
-53345 Chicago Alano Sun 900 am	15.00
-53859 Springfield Sat 10AM	20.60
-57330 Crystal Lake Thurs noon	51.80
-57518 Burbank Tues 6;30 Newcom	36.10
-57855 Urbana Tuesday evening	80.00
-57859 Chicago Wed 6PM	6.00
-800455 Evanston Zoom Sat 730A	165.00
-800561 Burbank Zoom 7;30	170.13
-800669 Morton Grove Wed 7PM	23.00
-801561 Back to Basics 6-8PM	50.80
-89078 Saturday 8 am Virtual	86.50
-89579 Burbank Tuesday 630	52.00
-89823 Naperville Thursday 730	667.50
- Personal Donations	401.60
<b>Total for #13 Illinois</b>	<b>\$6,782.51</b>
<b>#14 Indiana</b>	<b>\$70.00</b>
-01026 Indianapolis Thu 1200 pm	20.00
-02327 Elkhart Mon 600 pm	75.65
-08475 Lafayette Wed 700 pm	30.00
-12098 Indianapolis Tue 700 pm	18.55
-22495 Goshen Sat 1000 am	20.10
-22838 Indianapolis Fri 1200 pm	86.00
-26994 Indianapolis Sat 830 am	48.90
-36184 Greenwood Sat 1000 am	40.00
-36536 Indianapolis Mon 630 pm	26.50
-37739 Ft. Wayne Sat 900 am	84.00
-56544 Indianapolis Tue 1200 pm	2.00
-56566 Indianapolis Mon 7pm	10.00
-57032 Fort Wayne Monday Noon	28.00
-57341 Evansville Wed BB	60.00
-57937 Noblesville Why Not Try OA	25.00
-58090 Bloomington Sat 930AM	8.00
-800523 Indianapolis Tues noon	14.10
-800546 Indianapolis Wed 7PM	27.50
-800576 Sat 830AM Eye Opener	56.70
-800787 Friday night zoom	12.50

# Statement of Activity - copy

## Region 5 OA

January 1-June 30, 2025

DISTRIBUTION ACCOUNT	TOTAL
-800788 Sunday 4PM Zoom	26.00
-801146 Wednesday 530PM	27.50
-89294 Tuesday Body Image	20.00
<b>Total for #14 Indiana</b>	<b>\$837.00</b>
#15 Iowa	0
-22408 Bettendorf Sat AM	68.58
-33749 Cedar Rapids Sat 10AM	159.00
<b>Total for #15 Iowa</b>	<b>\$227.58</b>
#18 Kentucky	0
-09022 Louisville Metro IG	203.00
-14857 Erlanger Wed 1030 am	101.69
-24532 Lakeside Sat 1030 am	30.60
-25760 Lexington Tues 7PM	96.45
-45007 Louisville Mon 530 pm	24.00
-52921 Louisville Sat 400 pm	62.00
-57047 Louisville Sun 6PM	50.00
-57611 Saturday AM Recovery	25.00
-57702 Louisville TGIF	122.80
-800175 Lexington 9AM Zoom	24.40
- Personal Donations	5.00
<b>Total for #18 Kentucky</b>	<b>\$744.94</b>
#22 Michigan	0
-00410 Hudsonville Sat 900 am	20.00
-09141 Southwest MI IG	50.00
-29352 Charlevoix 630PM	20.00
-51179 Okemos Tue 700pm	35.47
-51645 Livonia Wed 800 am	100.00
-57508 Ann Arbor Thurs 6PM BB	38.27
-58078 Detroit Thursday 530P	11.50
- 801028 Detroit Monday 730P	28.00
<b>Total for #22 Michigan</b>	<b>\$303.24</b>
#23 Minnesota	\$48.46
-00188 Bloomington Tues 6;30	60.00
-04913 Anoka Mon 7PM	170.00
- 09589 Unity Intergroup	124.50
-10686 Mankato Thurs 7PM	45.00
-17188 St Paul Saturday 7;30AM	95.00
-18284 Minneapolis Tues 930	26.70
-25104 St. Cloud Saturday	30.00
-28143 Chippewa Falls Mon 630	25.00

# Statement of Activity - copy

## Region 5 OA

January 1-June 30, 2025

DISTRIBUTION ACCOUNT	TOTAL
-31497 Minnetonka Friday noon	45.60
- 46116 Minneapolis Friday 10AM	100.00
46950	125.00
-47708 Apple Valley Thurs 630P	34.90
- 47920 Circle Pines Saturday 8AM	175.00
-49557 Hopkins Sat 730A	15.45
#49-57985	16.00
-51440 Monday 630 PM Living Word Church Eagan	20.00
- 53830 Duluth Sunday evening	40.00
-55707 Minneapolis Sun 6PM	50.31
56575 Minn Sunday 6 PM	89.00
-800138 Minneapolis Thurs 7PM	174.26
-800782 Crossroads Saturday 7;30A	90.00
-800882 Wednesday 6PM Unity IG	430.00
-801089- Duluth Monday 630P	65.50
-89258 Robbinsdale Mon 630P	152.49
-Personal donation	14.16
<b>Total for #23 Minnesota</b>	<b>\$2,262.33</b>
#24 Missouri	\$15.00
-00990 St Louis Tues 1PM	63.10
-01024 Kansas City Monday 630PM	19.30
-07418 St Louis Sat 10am	38.61
-08734 Saturday Morning Step study	185.00
-09029 St Louis Bi-state IG	64.00
-09525 Kansas City Bi-state Intergroup	
-14194 Kansas City Tuesday 7PM	70.00
- 18253 Unity Wed Night	188.77
-24305 Gethsemane Lutheran Sun 5PM	90.00
-30272 Sat 8 AM zoom	26.10
33178	20.00
-35575 Columbia Wed 530PM	60.00
53186	17.00
-57275 Warrensburg Tues 630PM	32.80
-801181 St. Louis Tues 7AM	15.00
-801183 St Louis Wed 7AM	120.00
-801486 St Louis Big Book	53.50
-Personal	85.00
<b>Total for #24 Missouri</b>	<b>\$1,163.18</b>
#34 North Dakota	\$75.00
-30526 Grand Forks Thurs 515PM	35.40
<b>Total for #34 North Dakota</b>	<b>\$110.40</b>

# Statement of Activity - copy

## Region 5 OA

January 1-June 30, 2025

DISTRIBUTION ACCOUNT	TOTAL
#35 Ohio	\$95.72
-00915 Elyria Mon 730 pm	50.00
-02089 Columbus Thu 930 am	46.40
-02169 Medina Wed 730 pm	35.00
-02612 Parma Heights Mon 930 am	40.00
-04811 Seven Hills Fri 730	42.50
-08083 Columbus Mon 930 am	15.00
-08503 N Olmsted Wed 1000 am	109.63
-09041 Cleveland Central IG	2,050.00
-09134 Central Ohio Intergroup	2,384.00
-16720 Brunswick Tue 1000 am	52.16
-21586 Kettering Sun 630 pm	104.55
-24484 Toledo Tue 930 am	34.00
-26274 Willowick Sat 1000 am	20.00
-29990 Chesterland Mon 730 pm	15.31
-46541 Strongsville Mon 730 pm	34.60
-47588 Stow Mon 730 pm	60.00
-49022 Bay Village Tue 730 pm	105.60
-53969 Westerville Wed 700 pm	14.80
-55666 Saturday 330P	16.00
-55745 Toledo Tues BB 530	44.00
-56786 Toledo Fri 1100 am	80.00
-57288 Fort Thomas Tuesday 730	17.00
-57819 Pickerington Tues 9;30AM	25.00
-58001 Cityview Sun 4PM BB	25.00
-58015 Toledo Mon 10;15A	40.00
-58072 Willow Brook Tues 330P	47.00
58280	5.00
-800061 Elyria Thursday S&T	63.50
-800618 Monday Newcomer Cleveland	53.80
-801365 Cleveland Sun 10AM	70.50
-801409 Sat 10AM BB	60.00
-88762 - Reg Sunday Morning C&R	349.73
-88932 Virtual Meeting	33.30
-89151 - Wednesday Bridgetown	10.00
89415	16.17
-89904 Columbus Sunday 7PM	38.00
-89910 Sunday Serenity	7.00
-Personal	70.00
<b>Total for #35 Ohio</b>	<b>\$6,380.27</b>

# Statement of Activity - copy

## Region 5 OA

January 1-June 30, 2025

DISTRIBUTION ACCOUNT	TOTAL
#49 Wisconsin	\$100.00
-00122 Franklin Mon 645 pm	5.50
-00347 Racine Mon 700 pm	5.80
-03478 West Bend Thu 300 pm	7.10
-03631 New Berlin Wed 930 am	130.99
-04055 West Allis Sat 930 am	25.00
-09053 Milwaukee Intergroup	5.00
-18324 Madison Sat 900 am	186.00
-20992 Wauwatosa Wed 630 am	73.70
-21024 Menomonee Falls Tues 10A	31.01
-21024 Menomonee Fls Tue 10am	17.90
-22801 Madison Fri 530 pm	10.00
-30176 Whitefish Bay Mon 700 pm	45.77
-32466 Fox Point Sat 930 am	61.60
-38390 Wauwatosa Sat 730 am	79.80
-39166 Neenah Mon 600 pm	19.00
-46721 Delavan Fri 845 am	5.00
-48802 LakeGeneva Wed 700 pm	2.50
-49329 Burlington Sat 830 am	10.00
-49816 Slinger Mon 630 pm	8.40
-56592 Oconomowoc Tue 1030 am	20.00
-57585 Grafton Thurs 630 PM	32.80
- 800542 Mequon Tues 630PM	10.00
-88911 Zoom BB Mon 830 AM	40.00
-89909 Zoom Tues 10AM	12.50
-89919 Zoom Sun 630PM	38.00
- Personal Contributions	65.70
<b>Total for #49 Wisconsin</b>	<b>\$1,049.07</b>
<b>Total for Contributions</b>	<b>\$19,960.52</b>
Conventions	0
2025 convention	\$1,263.33
Registrations	19,784.00
<b>Total for 2025 convention</b>	<b>\$21,047.33</b>
scholarship donations	5.00
<b>Total for Conventions</b>	<b>\$21,052.33</b>
Interest Income	2.14
Other Types of Income	0
Miscellaneous Revenue	-10.00
<b>Total for Other Types of Income</b>	<b>-\$10.00</b>
<b>Total for Income</b>	<b>\$42,574.99</b>

# Statement of Activity - copy

Region 5 OA

January 1-June 30, 2025

DISTRIBUTION ACCOUNT	TOTAL
Cost of Goods Sold	
<b>Gross Profit</b>	<b>\$42,574.99</b>
<hr/>	
Expenses	
2025 Convention	9,062.09
2026 Convention	3,867.00
Assemblies	0
Assembly Exp	\$78.00
Hotel Liaison - Assembly Exp	1,369.39
<b>Total for Assembly Exp</b>	<b>\$1,447.39</b>
Officers Assembly Expenses	\$582.75
Chair Assembly Expense	1,656.34
Secretary Assembly Expense	475.35
Treasurer Assembly Expense	477.00
<b>Total for Officers Assembly Expenses</b>	<b>\$3,191.44</b>
<b>Total for Assemblies</b>	<b>\$4,638.83</b>
Asssembly Registration	-\$43.00
Processing Fees - Assembly Exp	18.45
<b>Total for Assembly Registration</b>	<b>-\$24.55</b>
Business Expenses	0
Filing fees	5.00
<b>Total for Business Expenses</b>	<b>\$5.00</b>
Facilities and Equipment	0
software program upgrades	16.19
<b>Total for Facilities and Equipment</b>	<b>\$16.19</b>
Operating Expenses	\$444.06
Officer Operating Expenses	0
Secretary Office Expense	11.94
Treasurer Office Expense	396.56
<b>Total for Officer Operating Expenses</b>	<b>\$408.50</b>
<b>Total for Operating Expenses</b>	<b>\$852.56</b>
Operations	0
Books, Subscriptions, Reference	80.00
Postage, Mailing Service	\$14.16
Post Office Box	94.00
<b>Total for Postage, Mailing Service</b>	<b>\$108.16</b>
Processing Fees	\$712.94
Webconnex	1,334.92
<b>Total for Processing Fees</b>	<b>\$2,047.86</b>
Record Storage/Shredding	660.00

# Statement of Activity - copy

Region 5 OA

January 1-June 30, 2025

DISTRIBUTION ACCOUNT	TOTAL
Web Expenses	\$1,147.95
Virtual Meeting Expenses	319.80
Web Site Security	387.00
<b>Total for Web Expenses</b>	<b>\$1,854.75</b>
<b>Total for Operations</b>	<b>\$4,750.77</b>
Travel and Meetings	0
Hotel Liaison	102.37
<b>Total for Travel and Meetings</b>	<b>\$102.37</b>
World Service Organization	0
World Service Business Conf	0
Chair to WSBC	256.00
<b>Total for World Service Business Conf</b>	<b>\$256.00</b>
<b>Total for World Service Organization</b>	<b>\$256.00</b>
<b>Total for Expenses</b>	<b>\$23,526.26</b>
<b>Net Operating Income</b>	<b>\$19,048.73</b>
Other Income	
Other Changes In Net Assets	0
Tuesday Morning Keystone	15.00
<b>Total for Other Changes In Net Assets</b>	<b>\$15.00</b>
<b>Total for Other Income</b>	<b>\$15.00</b>
Other Expenses	
<b>Net Other Income</b>	<b>\$15.00</b>
<b>Net Income</b>	<b>\$19,063.73</b>

Region 5 Convention Committee Meeting  
Transition from Milwaukee to Indianapolis

July 8, 2025 AGENDA

Welcome and Prayer

- For Today January 4

Survey Results

- ✓ Survey Monkey

Committee Reports

- ✓ Registration and Finance Committee, Julie C and Laurie L
  - Public Information sub committee
    - Website, RegFox, email blasts, graphics design, program design
- ✓ Program Committee, Pat G
  - Approved schedule and content at 120 days to go, minimum!
  - Approved keynotes at 30-60 days to go, minimum!
- ✓ Pre-Convention Workshop, Laurie L
  - \$1,800 in additional registration revenues ...  
plus \$1050 toward Food/Beverage minimum and an estimated 22 room nights toward room minimum
- ✓ Volunteer Committee, Kerry M
  - Google drive was not effective; consider a cloud-based system
- ✓ Decorations Committee, Sue W
- ✓ Welcome/Greeters Committee, Andrea P and Jean H
  - Intergroup Outreach: keynotes, baskets and registration
- Hotel Liaison, Laurie L
  - Menu and Meals sub committee (tastings)
  - Room Planning; Banquet Orders
- ✓ Basket Raffle Committee, Lisa E and Nancy R
- ✓ Entertainment Committee, Ann E
- MAI Marketplace Boutique, Laurie L

Revenues	\$1,538
Costs	523
Profit	\$1,015

- MAI Literature Bookstore, Laurie L with Julie C
  - OA Literature sold at cost \$1,616 (287 pieces)
  - AA Literature sold at cost \$ 455 (35 pieces)
- ~~Hospitality Committee, Anna S~~

Legacy Members

Guideline Updates

Other Business

Closing: 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.*

	Total Expenses	Laurie L	Laurie L	Sue W	Sue W	Pat G	Pat G	Julie C	Heritage
Chair									
Thank you notes	59.35	17.07	42.28						
Signage	27.71		27.71						
Emcee copies	8.64		8.64						
Postage	10.00		10.00						
Flash drive	11.99		11.99						
Committee headbands	8.06	8.06							
Decorations									
Centerpieces	148.78			84.14	64.64				
Greeting									
Bee Headbands	5.38	5.38							
Hospitality games	40.00		40.00						
Hotel liaison copies	21.66		21.66						
Pre Convention									
Folders and Nametags	347.55	24.80	15.00						307.75
Postage	29.03		29.03						
Program Session Supplies									
Pens, markers, baskets, index cards, more	72.53		72.53						
OA literature	28.00		28.00						
Copies	341.27					98.11	15.36		227.80
Publicity									
Bookmarks, save the date	133.30	133.30							
Brochures	161.10	161.10							
Envelopes and labels	35.40	35.40							
Registration and Finance									
Folders	775.57	25.17	58.60					81.70	610.10
Nametags	31.52		31.52						
	<u>2,296.84</u>	<u>410.28</u>	<u>396.96</u>	<u>84.14</u>	<u>64.64</u>	<u>98.11</u>	<u>15.36</u>	<u>81.70</u>	<u>1,145.65</u>

-

**83 surveys submitted**  
**220 attendees est**  
**37.7% surveys returned**

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Exceptional
<b>BE ALIVE IN '25</b>	1	2	3	4	5	6
<b>Program</b>						
Speakers stayed on topic				35.8%	64.2%	
Speakers shared OA recovery				16.0%	84.0%	
Added to my recovery			2.5%	17.3%	80.2%	
Good variety of topics were offered			2.5%	16.0%	79.0%	2.5%
Timers stayed on schedule				17.7%	82.3%	

<b>Registration</b>						
Check-in process was pleasing		2.5%	1.3%	18.8%	77.5%	
Scholarship process was pleasing		3.1%	34.4%	12.5%	50.0%	of 32 responses
Registration confirmation was clear	1.3%	1.3%	3.8%	15.4%	78.2%	
Mail-in form: complete and easy to use		5.1%	20.5%	20.5%	53.8%	of 39 responses
Online registration was pleasing		1.5%	4.5%	13.6%	80.3%	of 66 responses

<b>Planning</b>						
Overall organization		1.2%	6.2%	13.6%	76.5%	2.5%
Entertainment: Skits, Games, Dance			7.9%	19.0%	73.0%	of 63 responses
Hospitality Suite operated smoothly	3.9%	2.0%	27.5%	11.8%	54.9%	of 51 responses
Huggers/Greeters		1.4%	6.8%	16.4%	74.0%	1.4%
Raffle Fundraisers			5.6%	19.4%	75.0%	
Marketplace	1.4%	4.1%	18.9%	20.3%	55.4%	

<b>Hotel</b>						
Meeting room layout conducive to event	3.8%		11.3%	23.8%	61.3%	
Cleanliness of meeting spaces			5.1%	11.5%	83.3%	
Sleeping room comfortable		4.3%	5.8%	20.3%	69.6%	of 69 responses

<b>Overall - good value for price?</b>			10.5%	28.9%	57.9%	2.6%
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<b>How did you hear about the Convention?</b>	Meetings 54 Sponsor 7 Region 5 website 34 Local Intergroup website 29 Email contact 21 Phone call 9 Flyer 30 Social media 8 R5 Assembly 3 Local IG meeting 3					of 38 responses
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<b>Next year's event</b> <b>(please check all that apply)</b>	I am looking forward to attending in Indianapolis 53 yes I would like to use charter bus service to go to Indianapolis 17 yes I would like to give service at next year's event 36 yes					
--	--	--	--	--	--	--

## Evaluation for R5 Convention: BE ALIVE IN '25

The vast majority of surveys expressed **Gratitude, gratitude and more gratitude**. One member captured it in this way:

*Thank you for your service!!! Your organization, enthusiasm & recovery were a delight to experience. I appreciate your time, attention and consideration of our experience. Thank you for bringing us together to celebrate life in OA recovery. **You have blessed me beyond measure and the ripple effects will be long lasting.** Thank you, thank you, thank you!!!*

Another member wrote the following:

*You all have done a fantastic job on our convention! This was my 1<sup>st</sup> convention and I am so glad I came from St Louis. Love the Emcee & all speakers & all the wonderful people in our OA family. Thank you.*

### Keynote Speakers

- The MC did a terrific job (6) but limit the off-script comments in the future
- Loved time for table sharing after each Keynote; really helped with connecting with others (4)
- Caution speakers about other fellowships (3)
- Wonderful things to say about recovery but not a lot of physical recovery; give more consideration to this when selecting 2026 Keynote Speakers (2)
- Establish a smart-casual dress code for Keynote Speakers
- Loved time for positive pitches after table sharing (1)
- Often started late and ended late which cut into break time
- Speakers were well prepared

### Program

- Great speakers and panelists (9)
- Topics were great: broad and diverse (5)
- Wall lights behind Keynotes and Panelists were disturbing (5)  
NOTE: could not be turned off
- Great diversity amongst speakers and panelists (4)
- Pre-Convention Workshop was excellent (3)
- The general session was too full on Saturday, making it difficult for members with walkers or wheelchairs (3)
- More meetings available all the time (2)
- The program design was attractive and great for older eyes (2)
- Timers seemed to be missing on Sunday morning, leading to an overly long share
- Insert Eating and Emotions (preconvention workshop) into the Convention schedule for 2026
- Glad for inclusion of anorexia and bulimia
- Not enough time between sessions
- Workshops were some of the best I've ever attended at any convention
- Too many program choices in the evenings

- Add topics for Younger People
- Sound was inadequate in the back of the general session when it was full on Saturday
- Provide table tent card for writing prompts in workshops to eliminate need for repetition
- The 2-part Sponsorship Workshop was too late in the day on Saturday for such an important topic; impossible to sustain focus at that time.
- Loved opportunities for meditation
- OA Jeopardy was fantastic!
- The BEE Well panel was great!
- Carry-the-Message Carnival was good info
- The BEE Optimistic sessions were one member's favorites, followed by the dance,
- Consider a walking group during the Saturday break
- Add some kind of movement on Saturday afternoon

### Hotel

- Dinner was a disaster: chicken was dry, tofu was terrible. Fish was tasty but cold. Vegetables were raw and cold. Decaf coffee was not available. (16)
- Consider box lunch followed by salad bar with protein(s) dinner to reduce cost and improve quality. Generally, members want simpler meals at a lower cost. (5)
- Breakfast was overpriced; hotel was offering a \$5 buffet in its restaurant (4)
- Microwave should be available in every hotel room (4)
- Lunch was awesome, including good vegetable soup, but need a vegetarian protein on salad bar (3)
- Hotel staff was courteous and the hotel was clean (2)
- Insufficient drinking water provided by hotel throughout
- It was good to eat in a space where we didn't meet
- Long walks were difficult
- Dietary needs were well met by the hotel and planning committee: dairy, gluten, sugar

### Raffle

- Beautiful baskets with lots of variety (4)
- One member could not participate because of the requirement to be present to win

### Registration and Finance

- Meals were overpriced (15)
- Open Registration 30 minutes before the first event, rather than simultaneously (4)
- Don't choose a holiday weekend (3)
- Conference price was spot-on (2)

- A la Carte pricing was appreciated (2)
- Gratitude for writing paper in folders; suggest adding a pen (2)
- The We Care List was much appreciated (2)
- Let's organize a bus and/or a train to take us to Indy in groups
- Someone's roommate backed out, which was not a good value for the price
- Put baskets to collect lanyards and surveys near the workshops and speakers on Saturday afternoon and Sunday morning
- Good phone support for Registration process
- The Walk-in experience was challenging because the Walk-in table was not setup to take credit cards.

### **Marketplace**

- Tradition Guarding for donated items was a problem: diet cookbooks and religious items referencing Jesus

### **Greeters**

- It's lonely to be a Greeter by yourself; schedule multiple Greeters together (2)
- Appreciation for the uplifting bookmarks and Serenity cards
- No need for a Greeter on Sunday at 9 am
- The Greeters in the Main Lobby weren't directed members to the Registration table
- Greeters didn't approach me...I had to approach them

### **Hospitality**

- Too far away (7)
- Complimentary coffee and tea should be available at all times (4)
- Reevaluate the Hospitality Room
- Worries about the Hospitality Room being left unattended, with other guests in the hotel

### **Entertainment**

- Loved the BEE skits (4)
- Loved the Dance
- Schedule the Dance 8-10 pm so it's not so late
- Post a Private Party sign on the door for the dance

### **Decorations**

- Many positive comments were heard by members!

### **Literature**

- Grateful for opportunity to purchase OA and AA literature

### **Volunteers**

- Volunteer scheduling was confusing with multiple people involved (3)
- One member volunteered too much and missed too many sessions

### **BE ALIVE in '25**

- Theme was well implemented (5)
- Theme was fun (3)

## **Program Planning Committee Report      May 2025**

*Program planning is a subcommittee of the Region 5 convention committee. The purpose of this subcommittee is to support the priorities of the Region 5 Board and the hosting city's Chairpeople by producing a plan for the convention weekend. Using the decision that the theme for the 2025 Region 5 Convention, in Milwaukee, "Be Alive in '25," this subcommittee submitted a program of 37 OA events including OA meetings, Session workshops, Craft/art/entertainment activities, Panels, and Keynote speakers.*

The 2025 planning committee was very fortunate to have a Legacy member from the 2024 convention. Seven local Fellows and the two co-chairs made up a committee of 10 people. This number made for a truly collaborative committee working to plan the weekend of recovery.

In the early stages of planning, the planning committee chair met with the convention co-chairs to determine the tracks to be offered. The result of that meeting was that convention would be focusing on the 12 Steps and their Promises in Track 1, *Come to Believe*; Diversity and the Traditions in Track 2, *Be Alive & Thrive*; and the Tools of the program in Track 3, *Be Engaged*.

Planning for the May 23-25 Convention began at the end of November, meeting monthly at first and weekly in the weeks before the convention.

### **Key Take-Aways**

1. If a Legacy member is available, they are a great help.
2. Having 8 subcommittee members and the 2 co-chairs was a blessing and offered everyone a voice in putting the program together. Some of our committee members had familiar areas such as arts, crafts, & entertainment (think OA Jeopardy!), and a person who really is good at reaching out to potential Keynote speakers.
3. Using a survey site to create and email the surveys to vet our speakers. (although it was not particularly user friendly).
4. Having a list of topic requests from the previous convention.
5. Having members with the skills to set up google files for sharing and patience with members needing a bit of assistance with that.

### **What Went Well**

1. The three Tracks were conducive to a variety of events
2. We began our efforts with a sample of a past schedule of events as a framework and the content was like putting a whole puzzle together.
3. Being amazed at the creativity, program dedication and willingness of the committee members to brainstorm and suggest wonderful content.
4. A simple thing like numbering each session was helpful – especially in sorting the printed handouts and preparing session packets.

5. We used large manila envelopes as packets that would contain the materials, formats, timer and AV assistant instructions, in the envelope labelled by its title, session number, time, and location.
6. The local members of the committee had a fun time getting together in person to put all the materials in the packets, checking that everything was there and making notes of what might be missing. Members of the committee loaned their own OA literature to be used during the OA and OA Focus groups meetings. These books were put in the packets also. (a little more about that later.)
7. Each Breakout Session location had a basket with a timer, a zip lock bag of pens, notebook paper, a folder with recording release forms and a folder with completed release forms, and a set of Timer Cards. The baskets were labelled by the Breakout room number.
8. What one member did not think of, another member did!!
9. During the days approaching Convention, the volunteer coordinator helped get timers and AV assistants for breakout sessions that did not already have someone assigned.
10. The Sober Voices representative made a video of how to be an AV assistant and trained people in person as well. That was helpful.

### **What Didn't Go Well**

1. Even though there were 15 minutes between sessions, it was sometimes difficult to get the materials to the locations without "running". One of the rooms was a bit away from the rest. We had a Timer who ended up late to a session there.
2. Timers often needed to be briefed as to how to proceed even though they were sent instructions beforehand by the volunteer coordinator.
3. Timers seemed to prefer using their phones rather than the timers in the baskets and when the basket timers were used, the sound of setting it was annoying.
4. A few times, a basket was not returned to the cart and an OA session leader looking for something, grabbed it out of another basket.
5. We have 5 sets of laminated timer cards yet one basket was missing cards so make-shift timer cards were made.
6. One unrecorded session that we thought would be popular was put in a breakout room that did not have recording equipment and that room was not large enough to accommodate participants comfortably.
7. The planning committee cart was left next to the literature area and two books on the cart that belonged to committee members (books looked brand new but did have names inside) were apparently sold or somehow disappeared.

## Suggestions for Improvement

1. Suggest a new service position of a “Session Greeter, or Runner” who would ensure that each session had its materials and supplies, as prepared by the committee. (Perhaps extend the service position of Greeters to include Session Greeters) In Cleveland, they were called “Room Mothers” but we chose to have our committee point people do this and it was not always smooth since our point people were sometimes involved with other concurrent sessions. If the point person role is to continue then each point person should be given their session packets on Friday.
2. **Hold a training session for volunteers on Saturday before the first Keynote.** This could be to review Timer and AV duties. By that time, hopefully all sessions will have Timers and AV assistants assigned to them. It could also be a time to brief Session Greeters/Runners.
3. Have the volunteer coordinator attend the planning committee in the weeks leading up to the convention.
4. Decide who should read the standard opening for each session and make sure that service job is included in the format. (Session Leader? Timer? Room Greeter?)
5. Ask someone to tend to the release forms during the Keynotes and make sure the person who introduces the time for positive pitches reminds those who wish to share to sign the waiver.
6. We had 3 breakout sessions from 5:15-6:15 pm on Friday. I do believe this meant a rushed dinner for some folks who had volunteered or attended these events. I would suggest a one-hour break from any planned content before the opening of the convention and first Keynote.
7. We suggest that Region 5 cover the purchase OA literature requested for workshops. The literature will be passed on with other Region 5 Convention supplies to the next Hosting Intergroup. We were uncertain about doing this so we used personal copies of literature.

**LIVING ABSTINENTLY  
IN '25**

**PRE-CONVENTION WORKSHOP**  
Friday May 23, 2025  
10:00 am – 2:00 pm central

The timing of the Pre-Convention workshop worked out perfectly: 90-minute workshop, one-hour lunch break, 90-minute workshop. We started and ended right on time.

The response was overwhelming, with 60 paid registrations plus 10 scholarships for this workshop; plus, a couple of walk ins. There were 8 no shows, due to illness and other. This workshop seems to have been a great addition for the holiday weekend as folks were happy to arrive at the hotel on Thursday evening.

Exactly 50% of workshop attendees live in Wisconsin; the other 35 were from out of state. This gave us 22 room nights on the Thursday shoulder, which helped us meet the room minimum of 100.

Survey results for this workshop were remarkably positive, noting the leader's style as well as the content, including the unusual freedom to talk about eating. It's clear that the time is right for more discussions about eating and emotions.

The 60+ registrations at \$30 each added \$1,800+ in revenue to the event.

There was a separate folder and a separate nametag for this workshop. In hindsight, the workshop fee should have been \$35 or \$40, to cover the cost of printing and supplies.

We sold 35 tickets to the salad bar lunch at \$30; this helped meet food and beverage minimum. The lunch was highly rated by those who participated. Others went out to lunch or ate their own food.

This event was not recorded, primarily because Sober Voices was not yet on site.

Survey responses encourage the addition of Eating and Emotions to the Saturday schedule at the 2026 Convention. This could be done well in two parts for 60-90 minutes each, before and after lunch.

NOTE: There was a separate workshop, Emotional Sobriety, early Saturday morning that has received very good reviews, too. Members encourage reprising this at the next Convention, too.

A small-scale literature table was setup in the back of the room with select inventory relevant to the workshop. We sold \$500 of OA literature during and after this workshop. See the literature report for more information and recommendations.

Laurie Lambach  
414/308-0748  
Pre-Convention Chair

## 2025 Region 5 Convention Volunteer Coordinator Final Report

(0/6/1/2025)

I served as the Volunteer Coordinator for this year's Convention. It is always a privilege for me to serve the Overeaters Anonymous community.

Although I was the coordinator, many subcommittees (i.e. Greeters, Raffle, Marketplace, Programming, Registration, Literature, etc.) sought volunteers for their committees, which may have made my tasks more difficult. As a result, there was more than one person calling participants to ask about their willingness to serve. This was confusing for many members. Previously, for the Region 5 Convention in 2024, only one person acted as the Volunteer Coordinator, which included Timers. I would suggest this method as a better option to avoid the duplication of efforts.

As a member of the Convention Committee, I attended monthly Committee- of the- Whole Zoom meetings and one in-person meeting at the Region 5 Assembly prior to the Convention. I found it very helpful to attend these meetings because it allowed me to get to know the other committee members and to hear how the event was fleshing out. When I missed a meeting, I felt unsure of my expectations. I also benefitted from taking personal notes to keep everything organized. I did not attend the Registration or Planning subcommittee meetings. Attending them may have been helpful in keeping me informed and avoiding some of the issues that later developed in the actual implementation during the event. However, I did ask the subcommittees to share their schedules and their volunteer needs with me regularly.

I began downloading and gathering names of willing participants from the Reg Fox application 3 months prior to the Convention. I did this to help the subcommittees begin to plan their volunteers. The Greeters subcommittee, especially, needed several names for their volunteer spots and was contacting their volunteers on their own. I used the Reg Fox data to create and share Google Sheets for each subcommittee with names, phone numbers and email addresses. I did this regardless of whether the subcommittee was reaching out to the volunteer or if I was. I wanted everyone to be fully informed, every step of the way. This approach, however, was only helpful for committee members that knew how to access and use Google Sheets. I am grateful to the Convention Co-Chairs for helping committee members become familiar with Google Sheets.

I began calling and emailing participants shortly after online registration closed. I thanked them for their willingness to service and told them to keep watch for their assignments coming soon. I found the sharing of Google Sheets ("Point Person") from the Convention

Co-Chairs to be very helpful and appreciated all the work and details that went into completing the spreadsheets. Having all the information in one place was critical to me. As I called and emailed participants, and got confirmation, I would add their names to the spreadsheet. In hindsight, it may have been better to limit the number of committee members that entered names into the spreadsheet; there were times when names were removed and replaced with someone different and I had no knowledge of who was entering that information or the reason for the change. This led to difficulties at the Volunteer Table on the first night of the event when participants understood their volunteer position to be one thing and I understood it to be another.

Two weeks before the Convention was “crunch time.” I referred back to Reg Fox two times a week, looking for new names of willing participants. I emailed and I called. I found leaving a detailed message crucial. This is also how I learned other convention committee members were calling for volunteer support. I got a surprisingly low number of return calls and emails. I called and emailed because I felt it best to get actual confirmation from the members instead of putting their name in a slot and hoping they will follow through with the ask. In the 11<sup>th</sup> hour I punted and began calling people I personally knew from meetings, even though they did not indicate they would be willing to serve on their application. They all agreed to fill a volunteer slot.

The week before the event I sent a second email with the final volunteer placement and job description to each volunteer. I got the job descriptions from the Region 5 Convention guidelines and from the Convention Co-Chairs. (The Audiovisual Assistant is a new volunteer position and was not in the Guidelines yet.) I also created a list of times the Volunteer Table would be open for volunteer check-in and printed that to be posted at the Volunteer Table. I recruited two people to help cover the table which allowed me to attend meetings myself.

At the Volunteer Table I had printed spreadsheets with names and assignments. If volunteers knew their position but not the time, the Google Sheet that I shared with the subcommittee was helpful. If volunteers did not know where or when they were assigned a volunteer slot a Reg Fox alphabetical list helped with that (I edited the last column to indicate their actual placement). There were several volunteers that did not respond to emails but showed to be of service.

Finally, I was very proud of my ability to plan times for myself at the Convention. I had meals planned, coverage for the Volunteer Table, and placed myself in the role of a volunteer for workshops I personally wanted to attend. When one of the people I asked to help cover the Volunteer Table could not attend the Convention, I was blessed by a member that just happened to be looking for a way to volunteer at that moment.

## Key Takeaways:

- “If you build it, they will come.” Volunteers showed up even when they did not indicate a willingness on their registration application.
- If there is a crucial need for a volunteer for an upcoming workshop, have it announced from the podium during Keynote speakers.
- Calling people I know personally was very grounding and proved successful.
- The first night (typically Friday) will be the busiest. Be prepared by having your meal planned and time allowed away from the table for a break.
- Volunteers coming in on the second day will want to check in during the morning. There is no need to keep the Volunteer Table open any later than noon on the second day.
- Work with the recording company (Sober Voices) in training Audiovisual Assistants on how to complete their task. He had a training session after the Friday night Keynote and sent them a video email to help train them further.
- Volunteers will be confused if there is more than one person calling to ask for a willingness to serve. Communication between all subcommittees is key.
- No matter what, closing everything down for the Keynote speakers allows all committee members and volunteers an opportunity to hear some wonderful recovery.
- Communicate your needs regularly with the Chair and/ or Co-Chairs to ensure the message is received by all subcommittee members.

Your trusted servant,

Kerry M

Turning Point Intergroup, Chicago

773-208-0823

## **Basket raffle & 50/50 raffle final report:**

**[reg 5 convention may 23-25, 2025]**

### 3 months prior to convention:

Basket raffle tote containing itemized materials for basket raffle and 50/50 raffle retrieved from assembly by convention chair

Flier designed with the following information:

- Request groups donate a basket
- Dates of convention, city, state
- Fundraiser for region 5
- When to bring basket to the convention
- Basket raffle co-chairs names and phone #s
- Pick a theme (within our 12 tradition guidelines)
- Suggested themes: relaxation/self-care, step 11 prayer & meditation, literature (oa/ approved aa), tool of writing (journals, pens, oa workbooks), movement/exercise, food prep and storage, sober eating tools (scale, measuring, food journal...), art supplies, gift cards, etc.

Flier approved and distributed

### 2 months prior to convention

Basket raffle tote containing itemized materials for basket raffle and 50/50 raffle delivered to raffle co-chair's home. Items start to arrive at co-chairs home to be assembled per request of out-of-towners who wished to donate but could not shlep the baskets to milwaukee.

### 1 month prior to convention

Contents of basket raffle tote reviewed by co-chair. Needed items purchased **(note: rolls of red and green tickets will be needed for the next convention)**

### 2 weeks prior to convention

Ticket seller volunteers contacted and plugged into schedule.

Standard-size white envelopes to serve as “cash drawers” were labeled, numbered, and marked with red or green stickers to indicate the receipts were either basket raffle money or 50/50 raffle money.

Log-sheet prepared for recording receipts.

Standard-size lunch bags for depositing the tickets [rather than the smaller ones in the reg 5 raffle tote] were purchased and numbered. [when setting up at convention, each bag was taped on the bottom to anchor it close to the corresponding basket. So, actually the smaller ones would have worked...]

150 each red and green tickets were counted and rolled up so each seller would receive 1 roll of each, extra rolls were prepared in case seller sells out before their shift. This happened a couple times. (**\*\*\*100 might have been better, less bulky**)

#### 1 week prior

Small group met to assemble gift baskets with donated materials from groups and individuals – this was done with *5 days to go* so that the co-chair wouldn't have to carry all those baskets in the back of her van for more than a week.

Bank requested thursday morning. Each seller's “cash drawer” envelope would get a \$30 bank made up of fives and ones to make change.

#### Summary

We received 31 baskets – mostly friday afternoon, but some trickled in friday evening and a few on saturday morning. The basket raffle raised around \$1300 and the 50/50 raised \$882 (\$441 for the winner, \$441 for reg 5). All but 1 basket was claimed saturday night, the unclaimed one was raffled off sunday morning.

What went well? - that traveling region 5 raffle tote with 5 red aprons and raffle materials is self-explanatory – it was very easy to picture how to set up the raffle just by examining the contents. It was also easy to consolidate both the basket raffle and the 50/50 raffle by providing each seller with separate color-coded envelopes for separate transactions; red envelope and red tickets in right pocket, green envelope and green tickets in left pocket... receiving the baskets was a great opportunity to meet members, many from out-of-town, and express

gratitude for their contributions. Actual selling was fun. The winning raffle tickets were pulled ahead of time by the co-chairs. The winning numbers were announce **before** the keynote and the winners were instructed to claim their baskets **after** the keynote. It was also announced “hang onto your tickets” because baskets unclaimed by 10pm saturday night would be raffled off sunday morning.

What didn't go well? – the blocks of time to sell and deposit the tickets was limited on saturday afternoon because of on-going workshops taking place in the room where the baskets were. There were a couple of members who couldn't get their purchased tickets in the lunch bags on time. There was at least one out-of-town member who could not stay to claim a basket in case he won, and he had no-one to designate... we were set up as far away from the podium as we could be, but we needed to count money and check the sellers in and out **during** speakers – that may have been a distraction to people at nearby tables.

How can we improve? – bring extra gift wrap tissue to lay underneath basket items that might be brought in loose.

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Nancy rice (414) 534-5878

**OA REGION 5 CONVENTION 2025  
BE ALIVE IN '25!**

**WELCOME COMMITTEE SUMMARY REPORT**  
**June 5, 2025**

**GREETERS:**

- We had assigned 2 people to 3 locations throughout the hotel: 2 front, 2 rear and 2 at the main event area entrances. We did not need all the greeters we had assigned for all of the spots, during certain times of the day. It seemed many fellows checked in the night before so Mid-morning on Saturday was not as busy as expected. In general, the back parking lot entrance did not have as much activity as anticipated.
- It was more important to have a presence at:  
The front entrance  
Main event area entrance  
And the Greeter's table especially for the main activities.
- "Wander Greeter/Guides" were beneficial. The purpose was to engage and be of assistance throughout the convention floor. Help find certain areas – rooms – the restrooms assist in carrying items.
  - For instant when someone comes in, they already have their hands full, then they check in and are handed more items. If a greeter is there to assist: be there and walk with, talk with, laugh with, it makes for a great experience for all. This was something that came about during the convention.
- We had "exit greeters" for Sunday morning after the final event and in our experience; this was an appreciated presences at the front entrance (exit).
- Our time slots were for one hour, with two times overlapping by ½ hour during the 08:00 – 10:00 times on Saturday. Our thinking was that it would be busier then.
- The Volunteer Coordinator was instrumental in gathering people from the registrations. The Welcome Committee recruited folks individually and had some greeters who did multiple time slots. Back-up greeters were not done as we just had enough to cover the regular times.
- In total, we had 6 greeter meetings from March 6<sup>th</sup> – May 21<sup>st</sup>. These meetings were beneficial for feedback and organizational purposes. Those meetings covered the schedule, hotel floor plan, basic convention information, and some greeter protocol on whether to include hugs or not. The co-chairs also met frequently to discuss items in between the formal meetings.
- We opted not to do hugs, (unless said person was wanting a hug) due to concerns that some folks may not have the voice to speak up and say "no." Also, we did not want to put them in a position of being uncomfortable. Not the first impression we wanted to give!
- Greeter schedule confirmation letters were sent on May 17 – 18<sup>th</sup>. Any changes were made throughout the process. Some greeters volunteered at the convention.
- In keeping with the "Bee" theme, the greeters wore a black shirt, a yellow ribbon bow tie, a bee antennae headband, a greeter badge. Carried a small basket of affirmations and the serenity prayer. Each guest could have one of each. The remainder of those were available to take. All but the shirt was provided for them. They

picked up their “gear” prior to their time and returned them to the greeters table, available for the next volunteers.

- We found that the lists for the restaurants, places of worship, and places of interest were not really used, as people have a tendency to use their phones. We had ordered 15 copies of the Milwaukee Visitor’s Guide which a substitute for the places of interest.

#### INTERGROUP CONNECTIONS:

- With the assist of Co-Chair of Convention, we were provided a list of Intergroups. With online research, we were able to find contact information and reached out to the intergroups via either email or phone to share and invite all to the Region 5 Convention. Some of us we able to attend different Intergroup meetings by contacting them and asking to be put in their agenda either in person or on Zoom and we had a presentation of flyers to share and invite.

#### SUMMARY:

- As co-chairs, we would like to share that all of the volunteers were very enthusiastic, and had a deep willingness to provide service, even if it was their first convention and scared to do so. This service was very satisfying, with soooo MANY rewards!!!!
- We also wanted to let the volunteers know that the schedule was not set in stone and that they were there to attend the convention activities. We were flexible yet able to cover the schedule.
- This opportunity helped motivate us to step up our service.

Yours in Service,

Co-Chairs of the Welcome Committee and willing to be Legacy Member for next Region 5

Andrea Pieske; [itsmeandip@gmail.com](mailto:itsmeandip@gmail.com) 262-745-8028

Jean Hauber; [ezduzit1915@gmail.com](mailto:ezduzit1915@gmail.com); 224-440-7149

## Decorations Committee

3-18-25

1. The committee is the following people: Sue W., Pat G, Gayle, Donna, Julie, Mary P., Joy R. and Tina from Region 5, our former chair of decorations in Ohio.
2. We met on zoom on January 28. We discussed all the bee things we had seen on line: Pinterest, Oriental trading, Amazon, etc. It was decided that we would decorate hats from Amazon with flowers and bees. They will be our centerpieces for the tables. We are hoping to sell them at convention for \$5-\$10.
3. Tina sent us a box of left over flowers from their centerpieces from last year. Very helpful. We were hoping to pass the box to the craft group but the flowers need long stems.
4. A small group of us met at Wauwatosa Library on February 16 to decorate 24 hats. A generous donor bought 10 glue guns for MAI's use. So our only expense is the hats. Please see attached receipt.
5. Aside from that we intend to make some bee jewelry, again at Wauwatosa Library on April 5<sup>th</sup>.

4-22-25

6. We ordered more bees and some plastic sparkles for the tables. Receipt is available. PS The scattered bees and jewels were adorable surrounding the hats.

07-10-25

7. Later, we learned that the hotel now offers black table linens at no extra charge. Linens of any other color create an upcharge. Fortunately for us, black was perfect for our BEE theme.
8. Even later, we decided to go linenless for all tables except raffle, marketplace, literature and registration. This was possible because our hotel had brand-new tables that were designed for linenless treatment. The Committee of the Whole unanimously considered linenless to be more modern and more sanitary.
9. With the transition to a la carte pricing, we needed only 20 centerpieces for lunch but only 12 centerpieces for dinner because fewer members purchased meal tickets. So, we doubled them up for dinner for a more dramatic effect.
10. Meals were served in a different space than the general session so the Decorations committee had to decide which venue for the centerpieces. They unanimously chose the meals and there were no regrets about that choice.

The centerpieces were out for Saturday lunch and dinner (the two most populous meals) but had to be stored before and in between so there was a lot of movement of centerpieces on Saturday between 11 am and 7 pm. The hotel staff were not able to do this for us so we needed people to give service to do these tasks. After dinner on Saturday, the centerpieces were moved to the raffle tables in the General Session with a sign for a \$5 donation. People were generous.

See photos attached



## Region 5 2025 Convention Entertainment Committee Report

### Overview

- Ann, Kelly and Kisa established the scope of the entertainment committee after reviewing a draft of the program. We recommended having the dance/singalong on Saturday night and doing a BEE skit promoting the dance/sing along sometime during lunch on Saturday. The scope was later revised to include a welcome and dance/sing along promotion at the opening of the convention on Friday evening as well.
- Ann and Kelly wrote both skits using the Milwaukee Region 5 preview skit presented in Cleveland, in 2024, as a starting point.
- After Laurie recommended, we added a third skit participant, Lisa. The three of us quickly revised who was doing what and rehearsed together on Friday evening just before the convention opened. The skit was presented as planned.

### What went well?

- Kelly put together a list of songs for the sing along portion of the dance, tying the 12-step principles to well-known songs. She provided a list with links to YouTube karaoke videos for each song. She also wrote a sentence or two explaining how each song related to each principle. We got several unsolicited compliments for her work.
- The sing along portions of the dance were well received, giving the dancers a chance to rest a bit and sing meaningful music together.
- We had the technical equipment needed to project and play the YouTube videos through the DJ's sound system. As a result, we didn't have to pay the hotel for any technical services, which we learned at the last Milwaukee Area Intergroup Convention, could be expensive.
- We practiced getting the macBook, projector, and screen set up and working ahead of time to eliminate any possible glitches at the convention.
- We contracted with a hobby DJ that has done a good job for us in the past and has always given us a reduced rate as compared to a professional.

### What didn't go so well?

- A young family with children and two of their friends heard the dance and asked if they could join us. Several attendees apparently said they could. After a song or two where the young boys were skidding across the dance floor, Ann politely asked the family and their two friends to leave, explaining that the dance was a private event and we had liability concerns. They left without any issues.
- Ann also agreed to provide the projector and screen for one of the Saturday afternoon presenters. Even though Ann had tested the setup on her macBook laptop before the convention, the presenter's mac laptop did not have an hdmi port to connect to the projector (Ann's did and mistakenly assumed the presenter's would too). Luckily, Laurie had a contingency plan she had discussed with the presenter to bring her windows-based laptop just in case. Laurie's laptop had an hdmi port. The presenter used Laurie's laptop to do her presentation.

#### **How can we improve?**

- As someone suggested, we include a sign outside the door to the dance saying it is a private party.
- If we support the technical needs for speakers in the future, talk through their laptop configuration in detail ahead of time to avoid the 'almost issue' we had this year. As a backup, have a second laptop available and an adapter that converts various ports and accepts various
- cables to minimize connectivity issues. (Ann had one at home but did not bring it.)

I am willing to serve as a legacy member for the same committee next year.

Ann Elizabeth-Nagel  
Entertainment Chair  
[Tgamen61@gmail.com](mailto:Tgamen61@gmail.com)  
414-507-1188

## **The Region 5 Bylaws Committee Report** for the 2025 Summer Packet

The committee has submitted a new Assembly Funding Assistance Form to the board.

The committee has written or reviewed/approved motions for the fall assembly that move to:

- Simplify the policy on location and scheduling of in-person assemblies
- Update quorum requirements in bylaws and standing rules
- Switch which assembly will be in-person and which will be virtual

The committee is in the process of writing policy motions for the fall assembly that move to:

- Change policies about the Summer Conference to address the Summer Packet.
  - Article II, Section B, Paragraph 3 (for the R5 Chair)
  - Article II, Section D, Paragraph 1, Subparagraph I (for the R5 Secretary)
- Add information about the assembly funding assistance to the policies
  - Article II, new Section L
- Add information about a conflict-of-interest policy to the policies.
  - Article I, new Section I

It was decided that no change needs to be made regarding the personal auto reimbursement policy: Article II, Section A, Paragraph 1, subparagraph b: “Personal auto: Region 5 follows OA World Service Office mileage reimbursement standards plus all tolls and parking fees.”

It will be good to review (and update as necessary) the Virtual Assembly Standing Rules (from 2021) before our first full virtual assembly (either in spring or fall of 2026).

## **PIPO Committee Summer 25 Report**

We met June 19, 25 and made a list of the most important pamphlets and manual to add to the Region 5 PIPO Bookstore list. The Bookstore list was revised to include some of the items we chose to add, but not all. I sent the list to Keri and she is working on it.

Respectfully Submitted,

Kevin F.

## **12 Step Within Sub Committee Report**

We have met 3 times, and we are putting together a workshop. It's coming along very well. It's a skit with a panel of speakers who share personal experiences of recovery from relapse. More to come!

We will meet again on August 11, 2025.

In Unity & Love

Barbara D

## **Intergroup 2 Intergroup Sub Committee Report**

The Intergroup to Intergroup committee has been working on two goals this year: creating 2 documents/pages for the R5 website showcasing services that R5 provides, and connecting with unaffiliated meetings in the region.

Our first document is an explanation about service sponsors, and it is complete pending approval.

For our second document, we are gauging interest in the services that R5 does or could offer. We are putting out a survey to IG chairs and delegates to determine this interest.

We worked to contact unaffiliated Intergroups and meetings.

Meetings:

3 meetings affiliated

7 meetings planned to affiliate but had not yet done so officially as of July '25 (at least 2 are in progress)

5 did not wish to affiliate at this time

9 meetings were removed from OA.org as they were inactive

6 meetings did not respond

1 meeting is pending a response

We also made the R5 Trustee aware of 12 meetings that are affiliated with inactive IGs, and Spanish language meetings that may want to affiliate with a Spanish speaking intergroup.

Thank you and we look forward to seeing you in the fall!

Megan

**Intergroup**

## **Nominating Committee Report Summer 25**

We have two positions open Secretary and Vice Chair. There are two Day in the Life descriptions of the duties of the Secretary and Vice Chair submitted with the reports for the summer. Applications are available on line under Assemblies Spring 2025, they get sent to Keri. The application is due at the end of August. We have two potential nominations: Kerry M. from Turning Point for Secretary and Kevin F. from Midwest Crossroads for Vice Chair. These positions only become available every two years, so this is a good time to consider service. Service maintains my program with the help of the fellowship and working the program.

