



Overeaters Anonymous 2025 Spring Assembly Minutes

Location: Chesterton, IN

Saturday, March 8th – Morning Session

- 1) The 2025 Spring Assembly Saturday Morning Session was called to order by the Region 5 Chair – Pam P. at 9:31 AM ET, 8:31 AM CT. Opened with:
 - a) The OA Responsibility Pledge, a moment of silence for those who are still suffering, and the Serenity Prayer.
 - b) For Today was read by Lois S.
 - c) The 12 Steps were read by Liz Z.
 - d) 12 Traditions were read by Thomas M.
 - e) Welcomed everyone, especially the visitors.

2) Credentials Report:

- a) The Credential Report Roll Call was conducted by the Region 5 Vice-Chair – Kevin F.
- b) Counts were:

Voting Reps Present:	20
Voting Officers Present:	4
Eligible Voters Present:	24
Non-voting Alternates, Guests	4
Parliamentarian	1
Region Trustee Liaison	1
Total Attendance	30

- c) The full Credentials Report can be found in Packet C: “C03_Region 5 2025 Spring Assembly Credentials Report”.
- d) There was no objection to the Credentials Report as presented. The Credentials Report was approved.
- e) The Region 5 Chair declared a quorum to be present.

3) Hotel Liaison:

- a) Thank you to Mike B. for his work as Hotel Liaison for the past 10+ years.
- b) Laurie L. has accepted the Hotel Liaison position (as a rotation of service) and is training with Mike at Spring Assembly and during the 2025 Convention.

4) Standing Rules:

- a) The Standing Rules, distributed in Packet A, were read by Acting Bylaws Committee Chair – Susan M.
- b) Discussion about proposed updates.
- c) Hearing no objections, the Standing Rules were adopted.

5) Agenda:

- a) Amended the room numbers for the Committee Meetings, because the hotel double booked a meeting room.
- b) Hearing no further objections, the amended Assembly Agenda was adopted.
- c) The adopted Agenda will be in Packet C as file “C04_Region 5 2025 Spring Assembly Adopted Agenda”.

- 6) Consent Agenda:
 - a) Consent Agenda (CA) presented in Packet B Page 39 as a list item (the original Motion was in Packet A Page 25).
 - b) Clarification about the original Motion and CA presented.
 - c) Vote taken to approve the CA as is and it was adopted by the Assembly.
- 7) Bylaws Motion B1 (Packet A Page 24):
 - a) Parliamentarian has removed this Motion for being out of order.
 - b) The Motion was addressed at the Fall Assembly.
 - c) We will not be voting on the Motion at Spring Assembly.
- 8) Countdown for years of Abstinence was conducted.
- 9) Introduction and welcome of Assembly Newcomer Reps (Green Dots) was conducted.
 - a) Mentors and mentees were encouraged to work together over the weekend.
- 10) Former Region 5 Officers and Trustees were introduced.
- 11) Volunteer Services:
 - a) Minutes Approval Committee – Kerry M. and Amy A.
 - b) Nomination Committee – Carolyn S.-IL, Megan P.-IN, Suzy R.-KY, Barbara D.-MI, Liz Z.-MN, Lois S.-MO, Marilyn D.-OH, Lynn H.-WI.
 - c) Copy Coordinator – Contact Mike B. for copies.
 - d) Timer – Becky F.
- 12) Executive Committee Reports and Letter with Q/A:
 - a) Region 5 Chair
 - i) Three important things report presentation.
 - ii) Q and A discussion.
 - b) Region 5 Vice-Chair
 - i) Three important things report presentation.
 - ii) No questions.
 - c) Region 5 Secretary
 - i) Three important things report presentation.
 - ii) Q and A discussion.
 - d) Region 5 Trustee
 - i) Three important things report presentation.
 - ii) Q and A discussion.
 - e) Region 5 Treasurer
 - i) Three important things report presentation.
 - ii) No questions.
- 13) Announcements were made.
- 14) The 2025 Spring Morning Assembly was adjourned at 10:49 AM ET, 9:49 AM CT for Business Committee Meetings and then lunch, with the Seventh Step prayer.
- 15) Business Committee Meetings met in their updated locations.
 - a) Bylaws Committee - Executive Boardroom, lower level.
 - b) Convention Committee – Room 3, lower level
 - c) Finance Committee – Coffee Creek, first floor
 - d) Media Committee – Room 303, 3rd floor.
- 16) Luncheon at 1:00 PM ET, 12:00 PM CT in the hotel lobby.

Saturday, March 8th – Afternoon Session

- 1) The attendees shared one word describing what they were feeling/where they were so far, for the Assembly.
- 2) The 2025 Spring Assembly Saturday Afternoon Session was called to order by the Chair – Pam P. at 2:33 PM ET, 1:33 PM CT. Opened with:
 - a) The OA Responsibility Pledge followed by the Serenity Prayer.
 - b) OA Concepts 1-7 were read by – Marilyn D.
 - c) OA Concepts 8-12 were read by – Amy G.
- 3) Credentials Report:
 - a) The Credential Report Update Roll Call was conducted by the Region 5 Vice-Chair – Kevin F.
 - b) Counts were:

Voting Reps Present:	20
Voting Officers Present:	4
Eligible Voters Present:	24
Non-voting Alternates, Guests	4
Parliamentarian	1
Region Trustee Liaison	1
Total Attendance	30
 - c) The full Credentials Report can be found in Packet C: “C03_Region 5 2025 Spring Assembly Credentials Report”.
 - d) There was no objection to the Credentials Report as presented. The Credentials Report was approved.
 - e) The Region 5 Chair declared a quorum to be present.
- 4) Minutes Approval for the 2024 Fall Assembly.
 - a) No corrections were proposed.
 - b) As there were no objections to the 2024 Fall Assembly Minutes as presented, the Minutes were approved by the Assembly.
- 5) 7th Tradition for the Assembly was collected.
- 6) Parliamentary Moment was presented by Gerri M.
- 7) Region 5 Theme New Business Motion (Packet B Page 41) Approval.
 - a) Susan M., maker of the Motion, read the proposed new item.
 - b) The proposed Motion was debated pros and cons.
 - c) The proposed Motion was allowed time for discussion.
 - d) The proposed Motion was brought to a vote.
 - e) The proposed Motion was approved and passed by the Assembly unanimously.
- 8) Outreach Committee Goals: brainstorming, discussion, and debate for the new sub-committees for 2025.
 - a) Meeting lead by Barb K. and Kevin F.
 - b) Theme Options:
 - i) Connecting our community to carry the message.
 - ii) Strengthening ties to promote the message.
 - iii) Creating pathways where acceptance unlocks opportunity.
 - iv) Transformation: Living beyond my wildest dreams.
 - v) One message, many voices.
 - vi) Building bridges, connecting, and spreading hope.
 - vii) Strengthening ties.
 - c) Took a physical vote on white board with dot stickers.
 - d) **Building bridges, connecting, and spreading hope** was the winning theme for Region 5 to use as a central focus.

- e) The full Assembly worked in small groups to decide on the sub-committee's focus.
 - f) Further discussion and Q & A.
 - g) Approved the tasks to support the primary goals for R5 with a vote.
 - h) Divided into the three approved Building Bridges Outreach Sub-committee groups (listed below).
 - i) Building Bridges Outreach Sub-committees for 2025 Meetings:
 - i) Bridge to Intergroup – **Intergroup 2 Intergroup Sub-committee** (*also covers Sponsorship*).
 - ii) Bridge to Professionals - **PIPO Sub-committee**
 - iii) Bridge to Members in Recovery - **12 Step Within Sub-committee** (*also covers Newcomers*).
- 9) Assembly Operational Options Discussion (continued from Friday night discussion and Q & A).
- a) Operational Options:
 - i) Stay the course: Spring – Face to Face (F to F), Summer Conference Call, Fall - F to F.
 - ii) Spring - F to F, Fall - F to F.
 - iii) Spring - F to F, Fall - virtual.
 - iv) Spring - virtual, Fall - F to F.
 - v) Spring - F to F, Fall combines F to F Assembly with F to F Convention.
 - vi) Spring - virtual, Fall - virtual.
 - b) Took a physical vote for final Option on white board with Post Its.
 - i) First vote tied and so we took another vote to break the tie.
 - ii) The option for Spring face to face and Fall virtual won the vote.
 - iii) We only need to meet twice a year based on the P & P.
 - iv) Discussion about when the Operational change should start (Fall 2025 or Spring 2026).
 - (1) A vote was taken, and it was decided that Fall 2025 will stay as F to F.
 - (a) Mike and Laurie will find a hotel for the F to F 2025 Fall Assembly.
 - (2) Beginning in 2026, Spring Assembly will be F to F and the Fall Assembly will be virtual.
 - c) Discussion about what dates the 2025 F to F Fall Assembly should be held.
 - i) The weekend of October 31st through November 2nd, 2025 was chosen by the Assembly.
 - ii) The history of Assembly hosting and rotation of service was shared.
 - iii) The Board will discuss possible locations that are more accommodating for the full slate of IGs for Region 5 in the future.
- 10) Announcements were made.
- 11) The 2025 Spring Saturday Afternoon Assembly adjourned at 5:54 PM ET, 4:54 PM CT with The OA Promise.

Sunday, March 9th – Morning Session

- 1) The 2025 Spring Assembly Sunday Morning Session was called to order by the Region 5 Chair – Pam P. at 9:31 AM ET, 8:31 AM CT. Opened with:
 - a) The OA Responsibility Pledge and the Serenity Prayer.
 - b) For Today was read by Diane M.
 - c) The OA Diversity Statement was read by Barbara D.
- 2) Volunteer Services:
 - a) Timer – Becky F.

3) Credentials Report:

a) The Credential Report Update Roll Call was conducted by the Region 5 Vice-Chair – Kevin F.

b) Counts were:

Voting Reps Present:	18
Voting Officers Present:	4
Eligible Voters Present:	22
Non-voting Alternates, Guests	3
Parliamentarian	1
Region Trustee Liaison	1
Total Attendance	27

c) The full Credentials Report can be found in Packet C: “C03_Region 5 2025 Spring Assembly Credentials Report”.

d) There was no objection to the Credentials Report as presented. The Credentials Report was approved.

e) The Region 5 Chair declared a quorum to be present.

4) 7th Tradition Collection on March 8th = \$571

5) Business Committee Reports:

a) Bylaws Committee

i) Report presented by the acting Bylaws Committee Chair – Susan M.

ii) No questions.

b) Convention Committee 2025

i) Report was presented by the Convention Committee Chair – Judy W.

ii) Q and A discussion.

c) Finance Committee

i) Report presented by the acting Finance Committee Member – Liz Z.

ii) No questions

d) Media Committee

i) Report presented by the Media Committee Chair – Thomas M.

ii) No questions.

e) Nominating Committee

i) Report presented by the Media Committee Chair – Kevin F.

ii) No questions.

6) Building Bridges Outreach of the Whole Sub-committee Reports:

a) Intergroup 2 Intergroup Sub-committee

i) Report presented by acting Sub-committee acting Chair – Susan M.

ii) No questions.

b) PIPO Sub-committee

i) Report presented by Sub-committee Chair – Lynn H.

ii) No questions.

c) 12 Step Within Sub-committee

i) Report presented by Sub-committee member – Jeanne H.

ii) Q and A discussion.

7) New Business:

a) Policy Amendment/Motion P1 (Packet A Page 22)

Region 5 Policies Amendment

P1

Date: January 15, 2025

MOVE TO AMEND:

Region 5 General Policies, A – Date and Locations of Assemblies, Sections 2, 3, and 4 by striking and inserting as follows:

CURRENT WORDING

2. Assemblies will be held in a central location as determined by the Region 5 board. Assembly locations may rotate at the discretion of the Region 5 board.
3. When the Assembly is held in a central location the hosting intergroup will be solicited by the vice chair from all intergroups within the following areas for each assembly:
 - a. During even numbered years: Michigan, Ohio and Southwestern Ontario/Kentucky
 - b. During odd numbered years: Wisconsin, Indiana and Region 5 intergroups within Illinois.
4. When the Assembly is not held in a central location the local intergroup will be the hosting intergroup.

PROPOSED WORDING

2. Assemblies will be held in a ~~central~~ location as determined by the Region 5 board. Assembly locations may rotate at the discretion of the Region 5 board.
3. When the Assembly is held, ~~in a central location~~ the hosting intergroup will be solicited by the vice chair from all intergroups ~~within the following areas for each assembly:~~ on a rotating basis.
 - ~~a. During even numbered years: Michigan, Ohio and Southwestern Ontario/Kentucky~~
 - ~~b. During odd numbered years: Wisconsin, Indiana and Region 5 intergroups within Illinois.~~
- ~~4. When the Assembly is not held in a central location the local intergroup will be the hosting intergroup.~~
4. The hosting intergroup will
 - a. Provide volunteers to serve at the registration table on Friday evening and Saturday morning.
 - b. Coordinate the Friday afternoon and Saturday night OA meetings.
 - c. Assist the Region 5 vice chair and/or Region 5 secretary with any other needs of the assembly.

Finished Version

2. Assemblies will be held in a location as determined by the Region 5 board. Assembly locations may rotate at the discretion of the Region 5 board.
3. When the Assembly is held, a hosting intergroup will be solicited by the vice chair from all intergroups on a rotating basis.
4. The hosting intergroup will
 - a. Provide volunteers to serve at the registration table on Friday evening and Saturday morning.
 - b. Coordinate the Friday afternoon and Saturday night OA meetings.
 - c. Assist the Region 5 vice chair and/or Region 5 secretary with any other needs of the assembly.

SUBMITTED BY: Susan M, Acting Bylaws Chair (susan.m.oe@gmail.com) 847-710-8823

INTENT: To eliminate the idea of central location and to update the rotation of hosting intergroups to include those new to Region 5.

IMPLEMENTATION: Update the Region 5 Policies and Procedures

COST: Nominal.

RATIONALE: When Region 5 was smaller, we generally had our Assemblies in a central location. This put undue responsibility on the Intergroup in the often-attended central location. To alleviate that responsibility, a rotation was set up to have other Intergroups perform the hosting. After the inclusion of Region 4 states, we do not have a central location. We suggest the Vice Chair solicit attending Intergroups on a rotating basis to spread the service opportunities to all intergroups.

- i) The proposed Policy Amendment/Motion P1 was read by R5 Chair Pam P.
 - ii) The proposed Policy Amendment/Motion P1 was reviewed by the Bylaws Committee, they had no concerns and approved to move forward.
 - iii) Pro presented by the maker and Bylaws Chair Susan M.
 - iv) The Policy Amendment/Motion P1 was allowed a debate of pros and cons.
 - v) The Policy Amendment/Motion P1 was allowed five to seven minutes for discussion.
 - vi) The Policy Amendment/Motion P1 was brought to a vote. Requires a majority votes cast OR 12.
 - vii) The Policy Amendment/Motion P1 was adopted by the Assembly unanimously.
- 8) Emergency New Business:
- a) **New/updated 2025 Budget Motion ENB1**

Region 5 New Business Form	ENB1
Date: March 8, 2025	
MOVE TO : Amend 2025 budget.	
SUBMITTED BY: Finance Committee	
Contact Name:	Phone #:
Barb H	502-821-7634
Email Address:	
r5Treasurer@outlook.com	
INTENT: To restate the 2025 Budget to reflect updated spending projections	
IMPLEMENTATION: Vote on the budget revision	
COST: None	
RATIONALE: We want the Region 5 budget to better reflect anticipated spending in a format easier to interpret.	

- i) The new/updated proposed Budget Motion ENB1 was read by R5 Chair Pam P.
 - ii) The new/updated proposed Budget Motion ENB1 was reviewed by the Bylaws Committee, they had no concerns and approved to move forward.
 - iii) Pro presented by the maker and Finance Committee Chair (and R5 Treasurer) Barbara H.
 - iv) The new/updated Budget Motion ENB1 was allowed a debate of pros and cons.
 - v) The new/updated Budget Motion ENB1 was allowed five to seven minutes for discussion.
 - vi) The new/updated Budget Motion ENB1 was brought to a vote. Requires 2/3 of the votes cast.
 - vii) The new/updated Budget Motion ENB1 was adopted by the Assembly unanimously.
- 9) No outgoing Representatives.
- 10) Announcements were made.
- 11) Thanks to our volunteers and Parliamentarian Gerri M.
- 12) New Representative Graduation (Green Dot) Ceremony was conducted.
- 13) Chair's Drawing was conducted.
- 14) Midwest Crossroads Intergroup will be hosting the Convention in 2026.
- 15) Summer Conference Call.

- a) Decided not to have Conference Call as a group.
 - b) Board and Committees will need to submit updated reports in July. So that everyone can see where things stand.
 - c) Reports will be emailed out to the group.
- 16) The 2025 Spring Assembly was adjourned at 10:56 AM ET, 9:56 AM CT.

Thank you.

Keri E.

Region 5 Secretary

*Approved on 03/20/25 by the Minutes Approval
Committee (Keri E., Kerry M., and Amy A.)*