



OVEREATERS ANONYMOUS

2025 Fall ASSEMBLY

Building bridges, connecting, and spreading hope

Oct 31, Nov 1, 2nd 2025

Hilton Garden Inn, Chesterton, IN

NOTE: Located in CENTRAL time zone.

Setting Our Intent For This Meeting

Help me to put aside everything I think I know about:

Focus on the Principles

Being present with each other, listening attentively and speaking with kindness.

Fostering a spirit of camaraderie and mutual support, valuing the unique contributions of each person.

Being grateful for the opportunity to gather and cherishing the connections shared.

Responsibility Pledge

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

OA Promise

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

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

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

Third Step Prayer

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

7th Step Prayer

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

PROPOSED AGENDA

2025 Region 5 Fall Assembly

FRIDAY (October 31st, 2025)

All times listed are CENTRAL TIME

4:30 PM CT	Region 5 Board Meeting (Executive Boardroom, Lower Level, open to visitors) if we need
5:15 PM CT	Open OA Meeting (Sand Creek, Lower Level, hosted by Saint Louis Bi-State Intergroup)
6:15 PM CT	Check-in (Outside of Coffee Creek, First Floor, hosted by Louisville Metro and Central OH Service Intergroups)
October 25	New Representative Orientation (Before Assembly on October 25)
7:00 PM CT	Workshop – Dealing with a disruptive member
8:15 PM CT	Break
8:30 PM CT	Intergroup Sharing Meeting (Sand Creek, Lower Level, hosted by Chicago West Farout Intergroup) Note: This session will be broadcast over Zoom for OA members who register in advance for this opportunity). Come with two best practices or two questions.
9:30 PM CT	State/Province Meetings

SATURDAY (November 1, 2025)

All times listed are CENTRAL TIM

7:00 AM CT	Hotel Kitchen Opens for Breakfast
7:45 AM CT	Check-in (Outside Coffee Creek, First Floor, hosted by Louisville Metro and Central OH Service Intergroups)
8:30 AM CT	MORNING BUSINESS SESSION (Coffee Creek, First Floor) <ul style="list-style-type: none">• Call to Order• Opening Ceremonies (OA Responsibility Pledge, Serenity Prayer, For Today, 12 Steps, 12 Traditions) – <i>Readings assigned by Pam P. at the Assembly.</i>• Morning Business<ol style="list-style-type: none">1. Roll Call (Credentials Report in Packet B – PAGE 3)2. Adoption of Credentials Report3. Assembly Standing Rules (Packet A – PAGE 54)4. Agenda [Packet A – PAGE 3 (cover sheet) and 4 (schedule)]5. Consent Agenda (Packet B – PAGE 26)6. Mini-Countdown (Years of Abstinence)7. Recognitions (New Representatives, Former Region Officers, Former Trustees)8. Appointments (Nominating Committee, Minutes Approval Committee, Copy Coordinator, Timer) – <i>Appointed by Pam P. at the Assembly.</i>9. Executive Committee Reports Top Three Things Presentations with Q & A<ul style="list-style-type: none">▪ [Reports from Chair (Packet B – PAGE 4),▪ Vice-Chair (Packet B – PAGE 7),▪ Secretary Letters (Packets A & B – PAGE 1),▪ Trustee Liaison (Packet B – PAGE 8),▪ Treasurer (Packet B – PAGE 10)].10. Announcements11. Adjournment
9:45 AM CT	Break
10:00 AM CT	Committee Meetings (Pre-Assembly Committee Reports, as received for their work since Fall Assembly, provided in Packet B and in the Committee folders). <ol style="list-style-type: none">1. Bylaws Committee (Executive Boardroom, Lower Level)2. Convention Committee (Sand Creek, Lower Level)3. Finance Committee (Front of Coffee Creek, First Floor, by treasurer)4. Media Committee (Back of Coffee Creek, First Floor)

12:00 PM CT
1:00 PM CT
1:24 PM CT
1:30 PM CT

Luncheon (Lobby)

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

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

AFTERNOON BUSINESS SESSION (Coffee Creek, First Floor)

- **Call to Order**
- **Opening Ceremonies** (Welcome, OA Responsibility Pledge, Serenity Prayer, Concepts of Service 1-7, Concepts of Service 8-12, and More Responses to 5 Minute Writing Exercise)
– *Readings assigned by Pam P. at the Assembly.*
- **Afternoon Business**
 1. Roll Call (Credentials Report in **Packet B – PAGE 3**)
 2. Adoption of Credentials Report
 3. Minutes Approval of the Spring Assembly (**Packet A – PAGE 8**)
 4. 7th Tradition Collection
 5. Parliamentary Moment (**Packet B – PAGE 25**)
 6. Executive Board candidate presentations and Q&A (3 minutes to talk, 5 minutes for questions)
 - a. Kevin F., Vice-chair Application (**Packet A – PAGE 106**)
 - b. Kerry M., Secretary Application (**Packet A – PAGE 103**)

2:00 PM CT

How do we operate going forward (Coffee Creek, First Floor)

1. In person in spring and virtual in fall
2. How do we want to operate
3. What do we want to accomplish

3:00 PM CT

Break

3:15 PM CT

Outreach Committee of the Whole Sub-committee Meetings

1. Intergroup 2 Intergroup (Executive Boardroom, Lower Level)
2. PIPO (Sand Creek, Lower Level)
3. 12 Step Within (Coffee Creek, First Floor)

4:15 PM CT

Afternoon Session Continued (Coffee Creek, First Floor)

1. Region 5 Convention bids
2. Announcements
3. Adjournment

4:30 PM CT

Special Committee Meetings (if needed)

1. Bylaws Committee (consider Emergency New Business, if necessary)

5:00 PM CT

Dinner on Your Own

7:00 PM CT

Open OA Meeting (Sand Creek, Lower Level, hosted by Saint Louis Bi-State Intergroup)

SUNDAY (November 2nd, 2025)

All times listed are CENTRAL TIME

7:00 AM CT

Hotel Kitchen Opens for Breakfast

8:30 AM CT

MORNING BUSINESS SESSION (Coffee Creek, First Floor)

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

- c. Finance Committee (Barbara H. - Pre-Assembly documents in **Packet B – PAGES 11 – 24**)
- d. Media Committee (Chair)
- 4. Building Bridges Outreach Committee of the Whole:
 - a. Intergroup 2 Intergroup (Chair)
 - b. PIPO (Chair)
 - c. 12 Step Within (Chair)
- 5. New Business (Amendments and Motions in **Packet A – PAGE 16**)
 - a. Emergency New Business (if needed)
- 6. Election for Officers (Vice-Chair and Secretary)
- 7. Approval of the 2026 Budget
- 8. Unfinished Business (if any)
- 9. Recognition of Outgoing Representatives
- 10. Green Dot Ceremony
- 11. Announcements
- 12. Chair’s Drawing
- 13. Adjournment and OA Promise

10:30 AM CT

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

11:00 AM CT

Hotel Checkout

REGION 5 TIMELINE

2026

March 6 – 8?

Spring Conference – in person – or Move to May 1-3?

July 18

Region 5 Summer Online Conference – Zoom (do we want this check-in)

October 30 – Nov 1

Region 5 Fall Assembly Virtual

2027

March 12 – 13?

Spring Conference – in person or May 1-3?

July ?

Region 5 Summer Online Conference – Zoom (do we want this check-in)

October 29 – 31

Region 5 Fall Assembly Virtual