



Three Key Takeaways from My Report:

1. Continue to update your meetings on OA.org.
2. Explain where the funds go
3. Let's look at the "Power of WE" and delve into the services Region 5 offers

Summary of World Service Business and Convention

Recent meetings between OA Region Chairs and World Service Trustees emphasized collaboration, strategic planning, and addressing regional challenges to support OA's mission and growth. Discussions covered literature distribution, communication strategies, and upcoming events, highlighting a shared commitment to spiritual transformation and fellowship expansion.

- E-Commerce and Literature Distribution Challenges: Foreign countries face difficulties using Amazon due to high costs, leading to reliance on translated PDFs with concerns about unauthorized sharing. World Service is exploring new platforms and financial flow solutions to sustain literature sales, which are vital for service bodies. Further investigation is planned. 1
- Strategic Communication and Member Engagement: There is a need for improved internal communication and marketing strategies to connect members with OA's mission. Ideas include leveraging social media platforms like Reddit, TikTok, Facebook, and Instagram, creating podcasts with anonymity, and monthly videos focused on OA principles to increase engagement and awareness.
- Translation Licensing Process: Two licenses govern OA literature translation: one for permission to translate and validate accuracy, typically taking 18 months plus 6 months validation, and another for printing and distribution. The process aims to ensure proper rights management and availability of translated materials. World Service continues to improve distribution licensing.
- Three-Year Strategic Themes for Spiritual Growth: The group developed themes to guide service work from 2025 to 2028, focusing on unity and impact: "Power of We" (2025-26), "Our Solution is for Life" (2026-27), and "How did I save a life today" (2027-28). These themes aim to foster spiritual transformation and encourage sharing success stories across OA communities.
- The Convention was outstanding and around 600+ members attended. Very successful in terms of recovery, financially not so.

Where do the funds go:

Here's what your 7th Tradition supports:

- Zoom rooms (Region 5 supports a Sunday meeting and zoom for all committee meetings).
- Websites that help newcomers find us — built, hosted, and maintained, Region and World Service.
- Google Ads and real-time support for those seeking help from World Service.
- Public outreach campaigns to health professionals and the community created and maintained on World Service.
- Delegates aid and scholarships for OA's business assemblies.
- Translation of OA literature into more than 2 dozen languages to reach non-English speakers who are the biggest factor in OA growth.

- Professional staff at the World Service Office who keep OA running.
- Region and World Service conventions, where vital business gets done.

In face-to-face meetings, a full basket was visible. Now, with virtual meetings, it's easy to forget — and contributions have dropped.

We are self-supporting, and you are part of "we." Without your support, OA cannot exist.

Connecting and Sharing:

The intergroup chairs' chat is progressing well, with members connecting, sharing, and learning from each other. I hope we can attend each other's intergroup meetings, perhaps once a quarter for those held virtually. I recently attended Detroit's intergroup meeting, and it was wonderful to see the strong, compassionate members and learn from them. The chairs also responded to a survey about the most important services they would like to see from Region 5. The results highlight the top services they selected, along with some suggestions for additional services. These topics will continue to be discussed at the Assembly.

Top Services:

- Maintain direct communication with Groups, Intergroups, Regions and World Service
- Practice and safeguard the Steps, Traditions, and Concepts
- Maintain the region 5 website with event, intergroup links and region business
- Responding to questions from individuals, groups and intergroups
- Offer free workshops on Service, Traditions, Concepts and other topics to help carry the message
- Host a Region Convention annually
- Offer support, suggestions and experience
- Hold or attend Public Information and Professional Outreach events
- Maintain an online event calendar of all Region 5, Intergroups and important OA events
- Hold Region Assemblies
- Maintain a list of Region 5 OA speakers
- A list of services that were written in for us to consider:
 - Annual visit from Region 5 Officers
 - Hold workshops for intergroups
 - Guidance & available access to help for groups when they have problems within their meetings, such as difficult attendees.
 - Support web hosting services for member intergroups
 - Look at the duplication of efforts and services and clarify boundaries thus simplifying goals and work.
 - Reply in a timely manner

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.

We invite you to join us at the upcoming assembly to continue building and strengthening Region 5. Your participation and ideas are vital as we work together to support our meetings, address challenges, and enhance our services. Let's come together to make Region 5 even stronger for all our members!

In Service,

Pam P. Chair, Region 5 Overeaters Anonymous