



OVEREATERS ANONYMOUS – REGION 5 SECRETARY

October 15, 2025

RE: Region 5 2025 Fall Assembly

October 31 – November 2, 2025.

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

The Assembly will be held **in-person only** at the Hilton Garden Inn in Chesterton, Indiana. Beginning on Friday, October 31st through Sunday, November 2nd, 2025. The Assembly is **open to all Region 5 OA members**.

Remember that we will be holding elections for the Region 5 Secretary and Vice-Chair positions on Sunday, November 2nd.

This letter is part of the 2025 Fall Assembly **Packet B**. Packet A was previously released and there will be one additional Packet released after the Assembly (**Packet C** – containing the Assembly Meeting Minutes and other supporting documents).

Region 5 2025 Fall Assembly Packet B Documents:

- **B01_Region 5 2025 Fall Assembly Secretary Letter**
- **B02_Region 5 2025 Fall Assembly Credentials Report**
- **B03_Region 5 2025 Fall Assembly Chair Report**
- **B04_Region 5 2025 Fall Assembly Vice Chair Report**
- **B05_Region 5 2025 Fall Assembly Trustee Liaison Report**
- **B06_Region 5 2025 Fall Assembly Treasurer Report**
- **B07_Finacial Statement of Activity_Jan to Oct_2025**
- **B08_Budget to Actual Spreadsheet 2025**
- **B09_Region 5 2025 Fall Assembly Proposed 2026 Budget**
- **B10_Region 5 2025 Fall Assembly Parliamentary Moment_Roberts Rules Cheat Sheet**
- **B11_Region 5 2025 Fall Assembly Consent Agenda**
- **B12_Region 5 2025 Fall Assembly Bylaws Report**
- **B13_Region 5 2025 Fall Assembly Nominating Committee Report**
- **B14_Region 5 2025 Fall Assembly PIPO Sub Committee Report**
- **B15_Staying Connected Through the Holidays Workshop Flyer**
- **B16_Find-a-meeting-improvements-phase-2-flyer**
- **B17_Secular-daily-reader-call-for-stories-flyer**

- **Packet B Combined Print Document**
 - We highly suggest reviewing all the Packet A and Packet B materials before the business of the Assembly starts on Saturday morning.

PACKET B PAGE 2

- Please note that we add Packet page numbering at the **TOP** of the **Combined Print Document PDF pages**, to assist with finding documents during the sessions. When searching for these new top of page reference page numbers, please ignore any numbering that appears at the bottom of the pages (those numbers are native to the original individual documents).

PLEASE NOTE THAT WE MADE UPDATES/CORRECTIONS TO THESE PACKET A DOCUMENTS (since the release in Sept.):

- **A02_Region 5 2025 Fall Assembly Proposed Agenda**
- **And all of those same pages within the Packet A Combined Print Document.pdf**

If you have any questions, please don't hesitate to email me.

Thank you.

Keri E.

Region 5 Secretary

R5Secretary@outlook.co

PACKET B PAGE 3

Region 5 Credentials Report - Fall 2025

Registered Intergroups: 27 Registered Groups: 529 Unaffiliated Groups: 24

Total Groups: 553 Eligible # of Region 5 Reps: 66 Virtual Meetings in R5: 153

<u>St/Prov</u>	<u>Intergroup Name</u>	<u>Number</u>	<u>Groups</u>	<u>Eligible Reps</u>	<u>Sat A.M.</u>	<u>Sat P.M.</u>	<u>SUN A.M.</u>
IA	Promises of Eastern Iowa	9021	5	1			
		Iowa	5	1	0	0	0
IL	Suburban North	9118	25	3			
IL	Chicago West Intergroup Farout	9168	17	2			
IL	Turning Point	9467	17	2			
IL	Central Illinois	9482	7	1			
IL	Chicago Suburban Southwest	9539	20	2			
IL	Two Rivers	9690	15	2			
		Illinois	101	12	0	0	0
IN	Midwest Crossroads	9096	35	4			
IN	Let Go Let God (LG2)	9642	6	1			
		Indiana	41	5	0	0	0
KY	Louisville Metro	9022	19	2			
		Kentucky	19	2	0	0	0
MI	Greater Detroit Intergroup	9026	42	5			
MI	Southwest Michigan	9141	13	2			
MI	Greater Ann Arbor Area	9251	21	3			
		Michigan	76	10	0	0	0
MN	Northern Serenity	9422	7	1			
MN	Unity	9589	51	6			
		Minnesota	58	7	0	0	0
MO	Saint Louis Bi-State	9029	34	4			
MO	Greater Kansas City Areaa	9525	20	2			
		Missouri	54	6	0	0	0
ND	Red River Valley	9211	10	1			
		North Dakota	10	1	0	0	0
OH	Greater Cincinnati	9040	19	2			
OH	Cleveland Central	9041	43	5			
OH	Greater Canton Area	9122	3	1			
OH	Central Ohio Service	9134	18	2			
OH	Greater Dayton	9175	12	2			
OH	Crossroads of Hope	9274	7	1			
		Ohio	102	13	0	0	0
WI	Milwaukee Area	9053	38	5			
WI	Rock River	9073	9	1			
WI	Madison Area	9161	16	3			
		Wisconsin	63	9	0	0	0
Voting Reps Present			529	66	0	0	0
Voting Officers Present				4			
Eligible Voters Present					0	0	0
Non-voting alternates, guests							
Parliamentarian							
Region Trustee Liaison							
Total Attendance					0	0	0



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

Region 5 Vice Chair Report Fall 2025

October 31 to November 2

I am looking forward to an exciting fall Assembly in Chesterton. We have elections for two positions, Kerry M. is running for secretary and I am looking forward to another two years as Vice Chair. Thanks Kerry for volunteering to do service.

I am excited to participate in the planning for the next convention in Indianapolis. Everyone is welcome to participate. We have meetings on Zoom.

Remember to spread the word about OA in your community individually and as an Intergroup.

Respectfully Submitted,

Kevin F.

OCTOBER 2025 Region 5 Report

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
Affiliated Groups	529	538
Unaffiliated Groups	24	32
Total Number of Groups	553	570
Virtual Groups	153	149
Total Number of Intergroups	27	29
Total Number of Service Boards	N/A	N/A

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

Hello Region, 5!

I am excited to be at my first assembly as your new trustee. I hope (and pray) I can support, guide, and serve you to the best of my ability. I am six months in and still crawling vs walking but what I do not know, I will gladly find out and/or ask for help. And our collective wisdom, knowledge and experience will be the ultimate source of information for all of us. I have as your R5 trustee fielded lots of questions, approved and helped tweak bylaws, tallied new meetings, guided and supported areas in distress, presented a workshop on service and attended MANY meetings!

Pam P.’s Chair Report is a thorough accounting of the concerns of the greater fellowship regarding distribution of literature, translation licensing, current financial needs, and the region chairs strategic “North Stars” for the next three years which the trustees wholeheartedly support. This year’s guiding theme or “North Star” is *“The Power of We”* which is in alignment with the strategic plan to grow and sustain OA. Please see her report for those details. It’s excellent!

So our collective conscience and *the Power of We*...one of the things that resulted from the BOT meetings and the OA World Convention in August was my awareness of separation created by language. I experienced it first when referencing “the world service office” and what came from that exchange is not using the word “the” but “our”. Our WSO. Our world service office.

As we dive into the concept of “The Power of We”, it is a crucial and pivotal time for Tradition One:

1. Our common welfare should come first; personal recovery depends on OA unity.

When addressing our business how do we protect this tradition? How do we unify? We are a people who normally would not mix. Our concepts are clear; collective consciousness, right of participation, we listen to minority voices and come to substantial unanimity, remain democratic in thought and action. All of this informs us as what to do about our on the table concerns:

1. Translations, licensure and the distribution of literature

2. 7th tradition: lost income on convention, literature sales and contributions are down by 3% & 6% respectfully
3. service challenges
4. disruptive persons.

Whatever we encounter, we remember our primary purpose.

And the gift of the We and Unity is power. Power to do what we could never do alone. I look forward to our collective work together at assembly.

In service,

Juliette R.
Region 5 Trustee Liaison



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

Treasurer's Report - Fall 2025

Hope this letter finds everyone enjoying the beauty of the fall season. I am looking forward to seeing your Representatives at the Fall Assembly. First of all, I want to thank you for your donations to Region 5.

Your donations helps us provide monies for our Chair to represent Region 5 at OA World Service conventions, business meetings and other necessary OA services. This representation helps all our Intergroups and Region 5 to be up to date with all the excellent things that OA World Service is doing for us.

We also use your donation for operation expenses of Region 5.

- We have a paid Web master that works with us in keeping our Web site timely and informative. Please tell your Intergroup about the information that the Region 5 site. (region5oa.org)
- We assist Intergroups who can't afford for their Representatives to come to the Assemblies.
- We pay for our volunteer board to come to the Assembly.
- We supplement the Region 5 Assembly and Convention as they prepare the events.
- We donate money to the WSO.
- We pay a CPA to do our taxes.
- We have insurance for our members when they are doing Region 5 functions.
- We supplement the amount that is paid to processes credit card donations.
- We pay for our web site security and hosting domain.
- We reimburse our officers and others who need supplies to assist their responsibilities.

Your contributions make it possible for us to maintain and enhance the work we do in Region 5. Every dollar you give ensures that our programs, outreach, and support services continue to thrive and reach those in need. We deeply appreciate your commitment and dedication to the OA community

With gratitude,

Barbara H., Region 5 Treasurer

Statement of Activity - copy

Region 5 OA

January 1-October 15, 2025

DISTRIBUTION ACCOUNT	TOTAL
Income	
#28 Minnesota contribution	3.56
#35-800320 Back to Basics	75.00
Assembly Income	\$1,852.00
Contributions	
#13 Illinois	\$614.77
-01232 Chgo Wash Pk Sat 1015 am	31.20
-04500 Naperville Mon 730 pm	262.80
-04667 Burbank Thu 1000 am	338.17
-04737 Burbank Tue 730 pm	119.60
-07207 Northbrook Sat 1100 am	67.35
-07972 Schaumburg Wed 930 am	73.38
-08909 Aurora Wednesday 930 am	30.00
-09118 Suburban North Intergrou	79.90
-09168 CHIWIF Intergroup	659.86
-09467 Turning Point Intergroup	1,485.10
-09539 CSSI Intergroup	1,157.45
-09690 Two Rivers Intergroup	331.35
-14691 Palos Hgts Fri 1000 am	68.32
-15457 Niles Mon 700 pm	88.96
-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	41.90
-33402 Libertyville Sat 800 am	62.50
-33891 Waterloo-Columbia 6;15PM	48.00
-35752 Darien Tue 530 pm	13.90
-35994 Evanston Fri 730 am	48.68
-36157 Roselle Sat 830 am	97.00
-36275 Chicago Sun 1100 am	90.00
-38938 Burr Ridge Sat 800 am	59.62
-39340 Chgo Thorek Sun 915 am	78.40
-41015 Chi St. Johns Tue 700 pm	58.00
-45986 Oak Forest Wed 730 pm	32.80
-46082 Grayslake Fri 730pm	204.40
-46915 Orland Park Sat 830 am	297.19

Statement of Activity - copy

Region 5 OA

January 1-October 15, 2025

DISTRIBUTION ACCOUNT	TOTAL
-49214 Chicago St Ma Mon 600 pm	156.55
-50027 Alton Tues 7PM	80.00
-50044 LaGrange Sun 700 pm	18.70
-51048 Darien Wed 630	131.50
-51151 Elgin Fri 900 am	6.00
-51233 Oak Park Wed 700 pm	110.20
-52063 Lake Forest Wed 100 pm	50.00
-53345 Chicago Alano Sun 900 am	15.00
-53693 Orland Park Wed 930 am	15.50
-53859 Springfield Sat 10AM	34.60
-57330 Crystal Lake Thurs noon	51.80
-57518 Burbank Tues 6;30 Newcom	183.40
-57855 Urbana Tuesday evening	120.00
-57859 Chicago Wed 6PM	16.00
-800455 Evanston Zoom Sat 730A	165.00
-800561 Burbank Zoom 7;30	170.13
-800669 Morton Grove Wed 7PM	23.00
-801159 Zoom Central IL Thurs 730P	150.00
-801561 Back to Basics 6-8PM	50.80
-89078 Saturday 8 am Virtual	143.50
-89579 Burbank Tuesday 630	52.00
-89823 Naperville Thursday 730	680.00
- Personal Donations	501.60
Total for #13 Illinois	\$9,792.20
#14 Indiana	\$343.31
-01026 Indianapolis Thu 1200 pm	20.00
-02327 Elkhart Mon 600 pm	75.65
-08475 Lafayette Wed 700 pm	30.00
-09096 Central Indiana IG	2,000.00
-12098 Indianapolis Tue 700 pm	22.91
-18061 Evansville Into Action	100.00
-22495 Goshen Sat 1000 am	31.11
-22838 Indianapolis Fri 1200 pm	124.76
-24741 Highland Fri 900 am	30.00
-26994 Indianapolis Sat 830 am	93.55
-36184 Greenwood Sat 1000 am	40.00
-36536 Indianapolis Mon 630 pm	26.50

Statement of Activity - copy

Region 5 OA

January 1-October 15, 2025

DISTRIBUTION ACCOUNT	TOTAL
-37739 Ft. Wayne Sat 900 am	84.00
-56544 Indianapolis Tue 1200 pm	2.00
-56566 Indianapolis Mon 7pm	18.00
-57032 Fort Wayne Monday Noon	28.00
-57341 Evansville Wed BB	60.00
-57348 Hebron Sat 11AM	33.40
-57854 Indianapolis Sun 7PM	25.00
-57937 Noblesville Why Not Try OA	25.00
-58090 Bloomington Sat 930AM	8.00
-800523 Indianapolis Tues noon	14.10
-800546 Indianapolis Wed 7PM	47.50
-800576 Sat 830AM Eye Opener	56.70
-800787 Friday night zoom	34.50
-800788 Sunday 4PM Zoom	26.00
-801146 Wednesday 530PM	27.50
-89294 Tuesday Body Image	95.00
- Personal	30.00
Total for #14 Indiana	\$3,552.49
#15 Iowa	
-22408 Bettendorf Sat AM	68.58
-33749 Cedar Rapids Sat 10AM	159.00
-34242 Waterloo Zoom Mon 515P	35.00
Total for #15 Iowa	\$262.58
#18 Kentucky	\$30.00
-09022 Louisville Metro IG	203.00
-14857 Erlanger Wed 1030 am	142.19
-23706 Louisville Thu 630 pm	10.00
-24532 Lakeside Sat 1030 am	50.25
-25760 Lexington Tues 7PM	147.89
-45007 Louisville Mon 530 pm	65.80
-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	44.60
- Personal Donations	5.00
Total for #18 Kentucky	\$958.53

Statement of Activity - copy

Region 5 OA

January 1-October 15, 2025

DISTRIBUTION ACCOUNT	TOTAL
#22 Michigan	\$314.08
-00410 Hudsonville Sat 900 am	40.00
-09141 Southwest MI IG	160.00
-19743 St Clair Shr Sat 1000 am	25.00
-29352 Charlevoix 630PM	50.00
-32527 Bloomfield H Wed 1000 am	48.00
-38900 Ferndale Mon 1000 am	7.55
-51179 Okemos Tue 700pm	35.47
-51645 Livonia Wed 800 am	210.00
-53463 Kalamazoo Mon noon	25.00
-54870 Grand Rapids Thu 7PM	90.00
-54904 Fenton Tue 630 am	26.20
-56447 Jackson Monday 6PM	35.20
-57508 Ann Arbor Thurs 6PM BB	67.07
-58078 Detroit Thursday 530P	11.50
- 801028 Detroit Monday 730P	28.00
Total for #22 Michigan	\$1,173.07
#23 Minnesota	\$223.37
-00188 Bloomington Tues 6;30	60.00
-04913 Anoka Mon 7PM	250.00
- 09589 Unity Intergroup	5,209.50
-10686 Mankato Thurs 7PM	45.00
-11356 Saturday 11AM Spirit of God	42.00
-17188 St Paul Saturday 7;30AM	95.00
-18284 Minneapolis Tues 930	57.55
-25104 St. Cloud Saturday	48.46
-28143 Chippewa Falls Mon 630	50.00
-31497 Minnetonka Friday noon	84.60
- 46116 Minneapolis Friday 10AM	170.00
46950	125.00
-47680 Rochester Sun 3-5PM HOW	20.00
-47708 Apple Valley Thurs 630P	50.20
- 47920 Circle Pines Saturday 8AM	245.00
-49557 Hopkins Sat 730A	21.43
#49-57985	21.00
-51440 Monday 630 PM Living Word Church Eagan	20.00
- 53830 Duluth Sunday evening	40.00
-55707 Minneapolis Sun 6PM	50.31

Statement of Activity - copy

Region 5 OA

January 1-October 15, 2025

DISTRIBUTION ACCOUNT	TOTAL
56575 Minn Sunday 6 PM	89.00
-800138 Minneapolis Thurs 7PM	174.26
-800782 Crossroads Saturday 7;30A	140.00
-800882 Wednesday 6PM Unity IG	480.80
-801089- Duluth Monday 630P	65.50
-89258 Robbinsdale Mon 630P	312.49
-Personal donation	14.16
Total for #23 Minnesota	\$8,204.63
#24 Missouri	\$15.00
-00990 St Louis Tues 1PM	99.04
-01024 Kansas City Monday 630PM	19.30
-07418 St Louis Sat 10am	97.33
-08734 Saturday Morning Step study	418.00
-09029 St Louis Bi-state IG	64.00
-09525 Kansas City Bi-state Intergroup	0.00
-14194 Kansas City Tuesday 7PM	70.00
- 18253 Unity Wed Night	188.77
-21534 Ferguson Thurs 10AM	20.00
-24305 Gethsemane Lutheran Sun 5PM	90.00
-30272 Sat 8 AM zoom	26.10
33178	20.00
-35575 Columbia Wed 530PM	90.00
-45077 St Louis Abstinence First	76.00
53186	17.00
-57275 Warrensburg Tues 630PM	62.80
-801181 St. Louis Tues 7AM	15.00
-801183 St Louis Wed 7AM	120.00
-801486 St Louis Big Book	53.50
-Personal	85.00
Total for #24 Missouri	\$1,646.84
#34 North Dakota	\$75.00
-30526 Grand Forks Thurs 515PM	35.40
Total for #34 North Dakota	\$110.40
#35 Ohio	\$292.26
-00915 Elyria Mon 730 pm	70.00
-01041 Mentor Thu 1000 am	16.00
-02089 Columbus Thu 930 am	63.90
-02169 Medina Wed 730 pm	70.00

Statement of Activity - copy

Region 5 OA

January 1-October 15, 2025

DISTRIBUTION ACCOUNT	TOTAL
-02612 Parma Heights Mon 930 am	80.00
-04811 Seven Hills Fri 730	100.20
-07447 Lyndhurst Fri 10 am	65.00
-08083 Columbus Mon 930 am	62.00
-08503 N Olmsted Wed 1000 am	139.41
-09041 Cleveland Central IG	2,050.00
-09134 Central Ohio Intergroup	2,384.00
-16720 Brunswick Tue 1000 am	69.66
-21586 Kettering Sun 630 pm	104.55
-23004 Westerville Mon 700 pm	40.00
-24484 Toledo Tue 930 am	79.00
-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	100.00
-57288 Fort Thomas Tuesday 730	17.00
-57342 Youngstown Monday 7PM	17.00
-57819 Pickerington Tues 9;30AM	36.00
-58001 Cityview Sun 4PM BB	25.00
-58015 Toledo Mon 10;15A	40.00
-58072 Willow Brook Tues 330P	47.00
58280	15.00
-800061 Elyria Thursday S&T	63.50
-800618 Monday Newcomer Cleveland	64.80
-801365 Cleveland Sun 10AM	70.50
-801409 Sat 10AM BB	100.00
-88762 - Reg Sunday Morning C&R	554.68
-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
Total for #35 Ohio	\$7,321.24

Statement of Activity - copy

Region 5 OA

January 1-October 15, 2025

DISTRIBUTION ACCOUNT	TOTAL
#49 Wisconsin	\$371.41
-00122 Franklin Mon 645 pm	20.50
-00325 Beloit Thursday 6PM	20.00
-00347 Racine Mon 700 pm	5.80
-03478 West Bend Thu 300 pm	11.40
-03631 New Berlin Wed 930 am	199.99
-04055 West Allis Sat 930 am	45.00
-09053 Milwaukee Intergroup	5.00
-18324 Madison Sat 900 am	186.00
-20992 Wauwatosa Wed 630 am	108.70
-21024 Menomonee Falls Tues 10A	53.21
-21024 Menomonee Fls Tue 10am	17.90
-22299 Elkhorn Mon 700 pm	23.00
-22801 Madison Fri 530 pm	10.00
-30176 Whitefish Bay Mon 700 pm	62.57
-32466 Fox Point Sat 930 am	116.10
-38390 Wauwatosa Sat 730 am	100.10
-39166 Neenah Mon 600 pm	19.00
-39254 New London Mon 430 pm	7.30
-46721 Delavan Fri 845 am	25.00
-48802 LakeGeneva Wed 700 pm	5.50
-49329 Burlington Sat 830 am	35.00
-49816 Slinger Mon 630 pm	8.40
-56592 Oconomowoc Tue 1030 am	20.00
-57585 Grafton Thurs 630 PM	41.80
-58078 West Bend Th 630P	3.00
- 800542 Mequon Tues 630PM	15.50
-88911 Zoom BB Mon 830 AM	49.50
-89909 Zoom Tues 10AM	21.90
-89919 Zoom Sun 630PM	51.50
- Personal Contributions	83.40
Total for #49 Wisconsin	\$1,743.48
Region 5 7th Tradition Campaign	15.00
Total for Contributions	\$37,205.44
Conventions	\$21,052.33
Interest Income	3.23
Other Types of Income	-\$10.00
Personal	135.00
Total for Income	\$60,316.56
Cost of Goods Sold	
Gross Profit	\$60,316.56

Statement of Activity - copy

Region 5 OA

January 1-October 15, 2025

DISTRIBUTION ACCOUNT	TOTAL
Expenses	\$32,653.21
Net Operating Income	\$27,663.35
Other Income	\$15.00
Other Expenses	
Net Other Income	\$15.00
Net Income	\$27,678.35

2025 Budget vs
Actual 2025

Accounts	2025 Budget (\$)	Jan-25	Feb-25	Mar-25	Apr-25	May-25	Jun-25	Jul-25	Aug-25	Sep-25	Oct-25	Nov-25	Dec-25	Total 2025
Income														
Assembly Income	0.00													
Registrations+Doc	2,800.00	338.00	849.00	48.00						332.00				1,567.00
Collection	500.00			285.00										285.00
Meeting Contributions	50,000.00	5,640.27	1,667.55	3,920.07	5,073.39	1,313.51	2,469.83	8,765.74	6,067.17	2,046.10				36,963.63
Convention	40,000.00													0.00
Registrations				6,018.00	9,337.00	3,722.00	344.30							20,866.30
Market Place(basket,hospitality and hats)														1,868.30
50/50						442.00								442.00
Interest Income	6.00	0.37	0.33	0.34	0.35	0.35	0.37	0.37		0.38				2.86
Miscellaneous Revenue	0.00			-10.00	-170.00	865.00				95.00				780.00
Total Income	93,306.00	5,978.64	3,961.88	10,261.41	14,240.74	8,211.16	2,814.50	8,766.11	6,067.17	2,473.48	0.00	0.00	0.00	62,775.09
Expenses														
EVENTS														
Assemblies														0.00
Hotel Expense	7,000.00			4,880.70										4,880.70
Officer Registration	430.00		18.45	0.00										18.45
Officer Travel	6,000.00			1,046.58						278.97				1,325.55
Parliamentarian/Hotel Liason Registration	100.00			0.00										0.00
Parliamentarian/Hotel Liason Travel	2,000.00			1,402.55										1,402.55
Officer Copies/Binder	500.00		145.59	281.60										427.19
Intergroup Funding Assistance	3,000.00													0.00
Outreach Committee of the Whole	4,000.00			153.57	444.06									597.63
Region Convention Expenses - 2024														0.00
Region Convention Expenses - 2025	30,000.00								2,000.00					2,000.00
Host Region Seed Money						2,000.00	2,051.92							4,051.92
Hotel / Food Expense						9,814.16								9,814.16
Committee Expenses				288.61		1,364.24		477.30						2,130.15
Officer Registration/Travel				170.00	539.25									709.25
Hotel Liason Registration/Travel						201.85								201.85
Other (0.00
Region Convention Expenses - 2026														0.00
Host Region Seed Money	2,000.00			3,867.00										3,867.00
World Service Business Conference														0.00

2025 Budget vs
Actual 2025

Accounts	2025 Budget (\$)	Jan-25	Feb-25	Mar-25	Apr-25	May-25	Jun-25	Jul-25	Aug-25	Sep-25	Oct-25	Nov-25	Dec-25	Total 2025
Chair Registration/Travel	200.00		247.00											247.00
Copies/Binder	120.00													0.00
Delegate Fund	1,000.00													0.00
World Service Convention	2,000.00									2,120.06				0.00
Chair Registration/Travel	150.00				166.00									2,120.06
Basket Raffle donation														166.00
Region Chair Reg./Travel to Other Regions	1,000.00													0.00
Workshop Travel and Expenses	500.00													0.00
Total Event Expenses														0.00
Operating Expenses														0.00
Insurance	2,000.00			1,367.00						144.00				1,511.00
Bank Fees	40.00			41.50						40.00				81.50
Postage, Mailing	400.00	14.16	94.00							46.80				154.96
Print, Copying, Ink, Supplies	2,000.00			270.77	145.76									416.53
Processing Fees	0.00	5.00												5.00
WePay	2,000.00													0.00
Webcomex	1,000.00	147.83	204.67	373.63	574.61	616.24	27.83	333.17	66.38	81.19				2,425.55
Storage/Shredding	2,000.00	110.00	110.00	110.00	110.00	110.00	110.00	110.00	110.00	110.00				990.00
Web Expenses														0.00
Virtual Meeting Expenses	300.00	319.80	16.19											335.99
Web Site Security	300.00	24.75	24.75	24.75	24.75		288.00							387.00
Webmaster	5,200.00							1,050.00	1,050.00					2,100.00
Website Hosting & Domain	650.00			51.76	1,050.00		46.19							1,147.95
Facilities & Equipment	1,000.00													0.00
Officer Expense Budget	1,000.00	83.33	29.74	270.77	98.04	1.99	1.99	1.99	1.99	218.98				708.82
Software Subscriptions	500.00									79.00				79.00
Tax	50.00													0.00
Accounting Fees	2,000.00							800.00						800.00
Appreciation Fund	600.00													0.00
World Service General Fund	10,000.00													0.00
Professional Exhibit Fund														0.00
Total Expense	91,040.00	704.87	890.39	10,733.79	7,019.47	14,108.48	2,525.93	2,772.46	3,228.37	3,119.00	0.00	0.00	0.00	45,102.76
Total Net Income	2,266.00	5,273.77	3,071.49	-472.38	7,221.27	-5,897.32	288.57	5,993.65	2,838.80	-645.52	0.00	0.00	0.00	17,672.33
End of year '24 and Current account balance														

2025 Budget vs
Actual 2025

<u>Accounts</u>	<u>2025 Budget (\$)</u>	<u>Jan-25</u>	<u>Feb-25</u>	<u>Mar-25</u>	<u>Apr-25</u>	<u>May-25</u>	<u>Jun-25</u>	<u>Jul-25</u>	<u>Aug-25</u>	<u>Sep-25</u>	<u>Oct-25</u>	<u>Nov-25</u>	<u>Dec-25</u>	<u>Total 2025</u>
Predicted account balance														
Prudent reserve - 1 yr of operating expense end the year	33,000.00													
	47,000.00													

2026 Budget Proposal Compared To Actual 2025

<u>Accounts</u>	<u>Actual (\$) as of Oct. 16,</u>	<u>2026 Budget (\$)</u>	<u>Notes</u>
Income			
Assembly Income	0.00	0.00	
Registrations+Doc	1,567.00	1,500.00	
Collection	285.00	500.00	
Meeting Contributions	36,964.00	50,000.00	
Convention			
Registrations	20,866.00	25,000.00	
Market Place	1,868.00	2,000.00	
50/50	422.00	500.00	
Interest Income	3.00	6.00	
Miscellaneous Revenue	780.00	0.00	
Total Income	62,755.00	79,506.00	
Expenses			
EVENTS			
Assemblies			
Hotel Expense	4,881.00	7,000.00	
Officer Registration	19.00	430.00	
Officer Travel	1,326.00	5,000.00	
Parliamentarian/Hotel Liason Registration	0.00	100.00	
Parliamentarian/Hotel Liason Travel	1,403.00	1,000.00	
Officer Copies/Binder	427.00	600.00	
Intergroup Funding Assistance	0.00	3,000.00	

2026 Budget Proposal Compared To Actual 2025

<u>Accounts</u>	<u>Actual (\$) as of Oct. 16,</u>	<u>2026 Budget (\$)</u>	<u>Notes</u>
Outreach Committee of the Whole	598.00	4,000.00	
Region Convention Expenses - 2025	22,774.00		
Region Convention Expenses - 2026			
Host Region Seed Money		2,000.00	
Hotel / Food Expense	14,000.00	14,000.00	
Committee Expenses	2,130.00	2,400.00	
Officer Registration/Travel	709.00	1,000.00	
Hotel Liason Registration/Travel	2,000.00	2,000.00	
Other			
Region Convention Expenses - 2027			
Host Region Seed Money	2,000.00	2,000.00	
World Service Business Conference			
Chair Registration/Travel	247.00	1,500.00	
Copies/Binder		200.00	
Delegate Fund		1,000.00	
World Service Convention			
Chair Registration/Travel	2,120.00	0.00	
Basket Raffle donation	166.00	170.00	
Region Chair Reg/Travel to Other Regions		1,000.00	
Workshop Travel and Expenses		500.00	
Total Event Expenses			
Operating Expenses			
Insurance	1,511.00	2,000.00	
Bank Fees	81.50	40.00	
Postage, Mailing	155.00	400.00	

2026 Budget Proposal Compared To Actual 2025

<u>Accounts</u>	<u>Actual (\$) as of Oct. 16,</u>	<u>2026 Budget (\$)</u>	<u>Notes</u>
Print, Copying, Ink, Supplies	417.00	1,500.00	
Processing Fees		0.00	
WePay			
Webconnex	2,426.00	3,000.00	
Storage/Shredding	1,210.00	2,000.00	
Web Expenses			
Virtual Meeting Expenses	336.00	350.00	
Web Site Security	387.00	400.00	
Webmaster	3,150.00	5,200.00	
Website Hosting & Domain	98.00	200.00	
Facilities & Equipment		1,000.00	
Officer Expense Budget	709.00	1,000.00	
Software Subscriptions	79.00	500.00	
Tax	0.00	0.00	
Accounting Fees	800.00	1,000.00	
Appreciation Fund		600.00	
World Service General Fund		10,000.00	
Professional Exhibit Fund			
Total Expense	66,159.50	78,090.00	
Total Net Income	-3,404.50	1,416.00	

Robert's Rules of Order: Quick Cheat Sheet

Use these common phrases to participate effectively in meetings:

Common Motions & Phrases

- Make a Motion: "I move that we..." (Example: I move that we approve the budget.)
- Second a Motion (Support to move forward): "I second the motion."
- Amend a Motion (Propose a change): "I move to amend the motion by..."
- Point of Order (Raise a procedure issue): "Point of order!"
- Point of Privilege (comfort, ability to participate): "Point of Privilege"
- Table a Motion (Temporarily Postpone discussion): "I move to table this motion"
- Call the Question: (End debate and vote) "I call the question."

Quick Tips

- Address the chairperson, not other members directly.
- Speak clearly and stick to the topic.
- Only one motion may be considered at a time.
- Use formal phrases to avoid confusion.



OVEREATERS ANONYMOUS

RE: Region 5 2025 Fall Assembly

Consent Agenda

The Region 5 Chair has determined the following Amendments be placed on the Assembly Consent Agenda as of 10/15/25.

1. Region 5 Policies and Procedures Amendment P4 – **Packet A Page 20**
2. Region 5 Policies and Procedures Amendment P5 – **Packet A Page 21**

Region 5 Bylaws Committee Report for the Fall 2025 Assembly

The Bylaws Committee has written or reviewed a total of 12 motions for submission for the Fall Assembly:

- Policy motions:
 - To simplify the statement on where in-person assemblies will be held.
 - To add information about a conflict-of-interest policy.
 - To add information about funding assistance.
 - To update the Chair's responsibilities since we stopped having summer conference calls.
 - To update the Secretary's responsibilities since we stopped having summer conference calls.
- Bylaws motion:
 - To update the definition of a quorum.
- Standing rules (all one motion):
 - To update the definition of a quorum
 - To add limitation to when parliamentary procedure will be followed.
 - To update restrictions on use of electronics in Assembly Meetings.
- New Business motions:
 - To change which assembly will meet in-person and which will be virtual.
 - 4 motions related to inactive intergroups.

All these motions are in Packet A.

Susan M., Bylaws Committee Chair

Region 5 Fall Nominating Committee Report

We have two candidates, one for each position Kevin F. for Vice Chair and Kerry M. for Secretary. Kevin is returning for a second term. Kerry, thank you for stepping up to do service.

PIPO Report

Region 5 Assembly October 31 to November 2

We met as a committee September 18 and discussed what a PIPO committee does. It acts for the Intergroup to spread the word about the Fellowship to the community through media: newspapers, magazines, radio, television, film, and the internet. The committee may also put on public information or newcomer nights, have a booth at a local health fair and trade show, and send speakers to talk to community groups and healthcare professionals. It is important to remind members to keep to the Twelve Traditions and keep public anonymity.

We discussed how some of the Intergroups at the meeting were meeting these goals. Louisville is having a booth at a senior health fair, a two day event at an AA clubhouse, a family event on the West side, a three hour expo fair, and a Thanksgiving day OA event. St Louis is having a booth at a Recovery Fest with bands and other Recovery groups 1 to 6 pm outside and a Promises workshop across the bridge at a retreat center.

Keri has added more PIPO Resources to the In The Bookstore pamphlets and manuals.

Staying Connected Through the Holidays

An Overeaters Anonymous workshop
presented by the Friends in Recovery meeting

Saturday, November 8, 2025
1:00-3:00 pm CST on Zoom

Meeting ID: 818 8319 6657
Passcode: 795563

[Click Here to join workshop](#)

Community

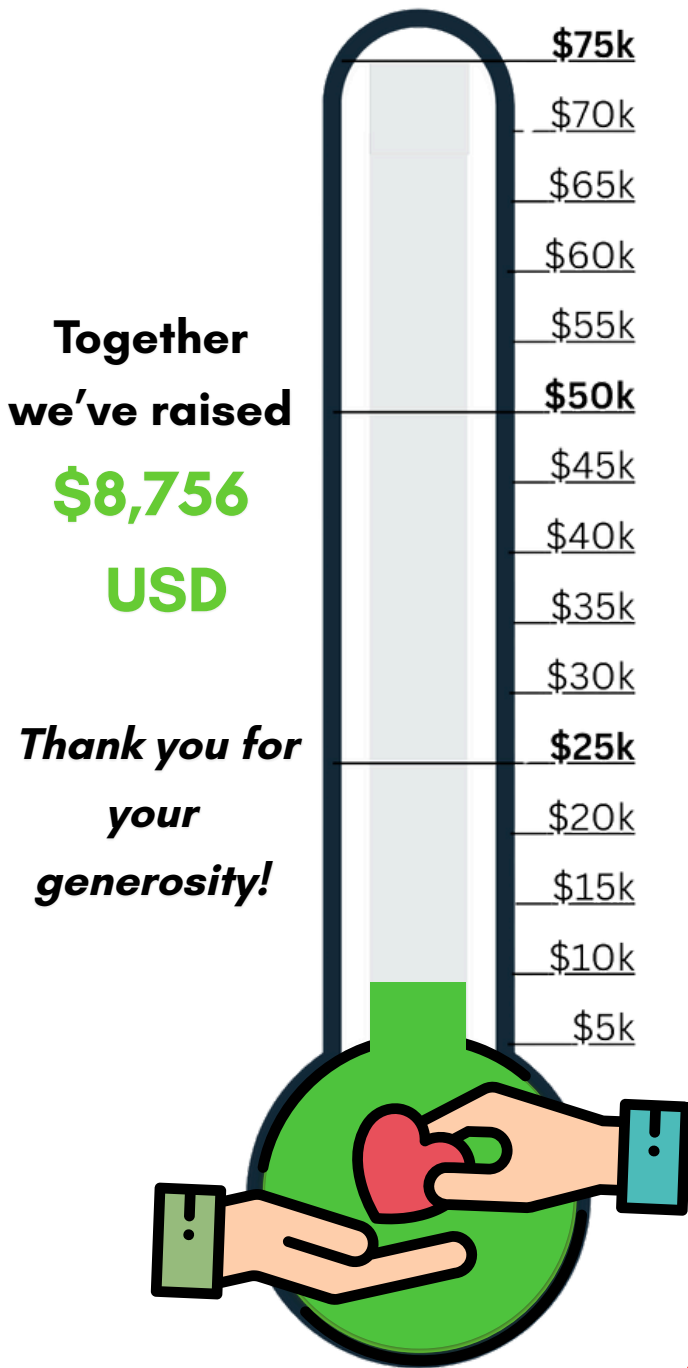
Action Plan

Spirituality



FIND A MEETING - PHASE 2 UPDATE

September 17, 2025: Phase 1 is complete, and our Find a Meeting search function now has a relational database. This will make work “behind the scenes” much easier for World Service Office staff, and sets the stage for Phase 2—**improvements members have been asking for**. These improvements will make it easier for newcomers and existing members to find meetings and get the help they need. Phase 2 will cost about \$75,000 USD. So far (in just two months) members have contributed \$8,756. Thank you for your generous support and please continue to get the word out!



Phase 2 Improvements



More meeting details:

- Accessibility information
- Location specifics
- Group name
- Duration - how long
- Frequency - how often



Improved speed & reliability



Easier meeting updates



Enhanced search capabilities



Better smartphone display

Together we can reach \$75K- Every Contribution Matters!

- Go to oa.org/contribute
- Specify “Find a Meeting Improvements”
- Contributions by mail are welcome

CONTRIBUTE ❤️



Call for Stories for OA's New Secular Daily Reader

Are you part of the secular, atheist, agnostic, freethinker, and/or nontraditional belief community of Overeaters Anonymous? We are working on a daily reader for you, similar to *For Today*, and we need your help: Specifically, we request submissions from you.

To contribute, select a few lines from a piece of OA-approved literature that have special meaning to you. (*Remember to cite the source of the quote, including page number.*) Then write your thoughts on the quoted passage. How does it strengthen your recovery? Please also offer a related thought and/or action for the day. Your submission should not include any references to God, Higher Power, Supreme Being, or a deity of any type. In total, writing should not exceed 800 words.

The purpose of this secular daily reader is to help readers establish and maintain recovery, regardless of their beliefs or nonbeliefs. The content will be carefully selected from contributions by OA members like you, and selections will be free from specific religious references. This daily reader is designed to motivate and inspire OA recovery using a wide range of OA-approved literature and the experience, strength, and hope of OA members.

If any of this speaks to you, or is part of your lived experience, please consider sharing your story.

Please note:

- Submissions are assumed intended for publication, are edited for length and clarity, become the property of OA, Inc., and will not be returned.
- Please include your name and contact information with your submission. You may request anonymity with publication. Your state, province, or country may also remain anonymous upon specific request.
- Submissions should be submitted via **Jotform**.
- Please keep stories to 800 words or less.
- All languages welcome!

Submit via Jotform by
January 15, 2026:



<https://form.jotform.com/220035565825050>