



## OVEREATERS ANONYMOUS – REGION 5 SECRETARY

January 20, 2026

**RE: Region 5 2026 Spring Assembly**

March 6<sup>th</sup> and 7<sup>th</sup>, 2026.

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

The Assembly will be held **virtual only**. Beginning on Friday, March 6th and ending Saturday, March 7th, 2026. **This event is open to all Region 5 OA members.**

You can register for the 2026 Spring Assembly by clicking on the button at the top of our homepage at REGISTER [HERE](#)

This letter is part of the 2026 Spring Assembly **Packet A**. There will be one more Packet released before the Assembly (**Packet B** – Containing Officer and Committee Reports and other important Region 5 business information) and one Packet released after the Assembly (**Packet C** – containing the Assembly Meeting Minutes and other supporting documents).

### Region 5 2026 Spring Assembly Packet A Documents:

- A01\_Region 5 2026 Spring Assembly Secretary Letter
  - A02\_Region 5 2026 Spring Assembly Agenda
  - ~~A03\_Region 5 2026 Spring Assembly Hotel Information~~
  - A04\_Region 5 2026 Fall Assembly Minutes
  - A05\_Region 5 2026 Spring Assembly Amendments and Motions
  - A06\_Region 5 Bylaws\_UPDATED 11\_8\_24
  - A07\_Region 5 Policies and Procedures\_UPDATED 11\_8\_24
  - A08\_Region 5 Standing Rules\_UPDATED 9\_24
  - A09\_Region 5 Assembly Info
  - A10\_Region 5 Assembly Handbook\_UPDATED 9\_24
  - A11\_Region 5 Funding Assistance Form-2022
  - A12\_Region 5 Outreach Committee\_SMART Goals Form
  - A13\_R5 Bylaws Amendment Form
  - A14\_R5 Policy Amendment Form
  - A15\_R5 New Business Form
  - A16\_Region 5 Business Committee Form
  - A17\_Region 5 Committee Contact Form
  - A18\_Region 5 Updated Convention Guidelines\_2022
  - Packet A Combined Print Document
- *We recommend reviewing Packet A online* and waiting to print, if you choose to, until we release Packet B on February 20 (in case updates are needed). And then we **highly** suggest reviewing all the Packet A and Packet B materials before the business of the Assembly starts on Saturday morning.

- Please note that we add Packet page numbering at the **TOP** of the **Combined Print Document PDF pages** and blank Packet break pages, to assist with finding documents during the sessions. When searching for these new top of the 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).
- Region 5 will not be printing packets during virtual Assemblies for representatives, but representatives could print on their own if they like.
  
- **Virtual Committee Meetings:** I have included our standard forms we use for our committee meetings. Committee meetings will be conducted in breakout rooms in much the same way we do during the Summer Conference. When your committee meeting begins, appoint a secretary. The secretary should take minutes for the meeting. After the meeting has closed the Committee chair should work with the secretary and write up the report. Use the format presented in document “A13.R5 Business Committee Form.pdf” for the business committee meetings. Use the format in document “A14.R5 Outreach Committee Form.pdf” for the Committee of the Whole Subcommittee meetings. These are suggested formats I ask you to follow. Please, submit your committee reports to me by email before the close of the Assembly on Saturday. Your report is used in the Assembly minutes so, please make them concise following the suggested formats. The Chairs are also responsible to collect and put together a roster for your committee meeting based form “A15.R5 Committee Contact Form.pdf”. You can ask everybody to submit their contact information via Chat. You can save the chat window by clicking the ellipsis in the lower right side of the Chat Window.

**What is not included in Packet A**

- Reports from Region 5 Committees and Officers of the Board. These will be in **Packet B** and available on the website on Friday, February 20th.

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

Thank you.

Kerry M  
Region 5 Secretary  
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