



Spring Virtual Agenda OVEREATERS ANONYMOUS

NOTE: Located in CENTRAL time zone.

PROPOSED AGENDA

2026 Region 5 Spring Assembly

FRIDAY (March 6, 2026)

All times listed are CENTRAL TIME

4:30 PM CT
5:15 PM CT
7:00 PM CT
8:15 PM CT
8:30 PM CT
9:30 PM CT

Region 5 Board Meeting

Open OA Meeting

Workshop – How to get members involved in Service

Break

Intergroup Sharing Meeting - bring your Best Practice, what you need help with State/Province Meetings

SATURDAY (March 7, 2026)

All times listed are CENTRAL TIME

8:30 AM CT

MORNING BUSINESS SESSION (Coffee Creek, First Floor)

- **Call to Order**
- **Opening Ceremonies** (OA Responsibility Pledge, Serenity Prayer, For Today, 12 Steps, 12 Traditions)
– *Readings assigned by Pam P. at the Assembly.*
- **Morning Business**
 1. Roll Call (Credentials Report in **Packet B – PAGE**)
 2. Adoption of Credentials Report
 3. Assembly Standing Rules (**Packet A – PAGE**)
 4. Agenda (**Packet A – PAGE 4/5**)
 5. Consent Agenda
 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)
– *Appointed by Pam P. at the Assembly.*
 9. Executive Committee Reports Top Three Things Presentations with Q & A
 - [Reports from Chair (**Packet B – PAGE**)],

- Vice-Chair (**Packet B – PAGE**),
- Secretary Letters (**Packets A & B – PAGE 1**),
- Trustee Liaison (**Packet B – PAGE**),
- Treasurer (**Packet B – PAGE**).

10. Announcements

11. Adjournment

9:45 AM CT

10:00 AM CT

Break

Bylaws Amendments & Motions

Proposal 1-3

Bylaws B1

New Business 1

Lunch

1:30 PM CT

Committee Meeting

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)

3:00 PM CT

Outreach Committee of the Whole Sub-committee Meetings

1. Intergroup 2 Intergroup
2. PIPO
3. 12 Steps Within

5:00 PM

6:30PM CT

Dinner Break

1. Business Committee Reports
 - a. Bylaws Committee (Chair)
 - b. 2025 Convention Committee (Chair)
 - c. Finance Committee (Barbara H. - Pre-Assembly documents in **Packet B – PAGES**)
 - d. Media Committee (Chair)
2. 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**)
 - a. Emergency New Business (if needed)
6. Recognition of Outgoing Representatives
7. Green Dot Ceremony
8. Announcements
9. Adjournment and OA Promise

8:30 AM CT

REGION 5 TIMELINE

2026

- | | |
|----------------------|---|
| March 6-7 | Spring Assembly: Virtual |
| July 18 | Region 5 Summer Online Conference: Virtual |
| October 23-25 | Region 5 Fall Assembly: Chesterton, Indiana |

2027

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| March 12 – 13? | Spring Conference: Virtual |
| July ?? | Region 5 Summer Online Conference: Virtual |
| October 22-24? | Region 5 Fall Assembly Virtual |