



Overeaters Anonymous

2025 Fall Assembly Minutes

Location: Chesterton, IN

Saturday, November 1 – Morning Session

- 1) The 2025 Fall Assembly Saturday Morning Session was called to order by the Region 5 Chair – Pam P. at 8:34 AM CT and 9:34 AM ET, Opened with:
 - a) The OA Responsibility Pledge, a moment of silence for those who are still suffering, and the Serenity Prayer.
 - b) 5 Minute Get to Know You Share – Ali E.
 - c) For Today was read by Allen B.
 - d) The 12 Steps were read by Marilyn D.
 - e) The 12 Traditions were read by Hudson S.
 - f) 5 Minute Get to Know You Share – Thomas M.

2) Credentials Report:

- a) The Credential Report Roll Call was conducted by the Region 5 Vice-Chair – Kevin F.
- b) Counts were:

Voting Reps Present:	19
Voting Officers Present:	4
Eligible Voters Present:	23
Non-voting Alternates, Guests	0
Parliamentarian	1
Region Trustee Liaison	1
Total Attendance	25

- c) The full Credentials Report can be found in Packet C: “C03_Region 5 2025 Fall Assembly Credentials Report”.
- d) There was no objection to the Credentials Report as presented. The Credentials Report was approved.
- e) The Region 5 Chair declared a quorum to be present.

3) Hotel Liaison:

- a) Thank you to Kevin F. for taking on these additional responsibilities for the Fall Assembly.
- b) Shared information about what to do when there are issues with the meeting rooms and/or sleeping rooms.

4) Standing Rules:

- a) The Standing Rules, distributed in Packet A, were read by Bylaws Committee Chair – Susan M.
- b) Hearing no objections, the Standing Rules were adopted.

5) Agenda:

- a) The Proposed Agenda, distributed in Packet A, was reviewed. Note that minor, housekeeping text edits were suggested before the Assembly and will be included in the adopted Agenda.
- b) Hearing no further objections, the Assembly Agenda was adopted.
- c) The adopted Agenda will be in Packet C as file “C04_Region 5 2025 Fall Assembly Adopted Agenda”.

6) 5 Minute Get to Know You Share – Carol Ann M.

- 7) Consent Agenda:
 - a) Consent Agenda (CA) was presented in Packet B Page 26 as list items, P4 and P5 P & P Amendments (the original Motions were in Packet A Pages 20 and 21).
 - b) Called for discussion and/or objections.
 - c) No objection to CA as is, and it was adopted by the Assembly.
- 8) Countdown for years of Abstinence was conducted.
- 9) Introduction and welcome of Assembly Newcomer Reps (Green Dots) was conducted.
- 10) Former Region 5 Officers and Trustees were introduced.
- 11) Thanks to the Region 5 Intergroups that helped at the Assembly over the weekend.
- 12) Welcomed Juliette to her new Trustee Liaison position.
- 13) Volunteer Services:
 - a) Nomination Committee for open positions for Next Fall – Barbara D. (MI), Theresa per Barb K. (IN), Marylyn B. (OH), Susan M. (IL), Carol Ann M. (WI), Suzy R. (KY), and Amy G. (MO).
 - b) Minutes Approval Committee – Kerry M. and Sally L.
 - c) Copy Coordinator – Contact Pam P. for copies of Committee rosters, etc.
 - d) Timer – Liz Z.
- 14) 5 Minute Get to Know You Share – Barb K.
- 15) Executive Committee Reports with Q/A:
 - a) Region 5 Chair
 - i) Three important things report presentation.
 - ii) Q and A discussion.
 - b) Region 5 Vice-Chair
 - i) Three important things report presentation.
 - ii) Q and A discussion.
 - c) Region 5 Secretary
 - i) Three important things report presentation.
 - ii) Q and A discussion.
 - d) Region 5 Treasurer
 - i) Three important things report presentation.
 - ii) No questions.
 - e) Region 5 Trustee Liaison
 - i) Three important things report presentation.
 - ii) Q and A discussion.
- 16) Announcements were made.
- 17) The 2025 Fall Morning Assembly was adjourned at 10:10 AM CT, 11:10 AM ET, for Business Committee Meetings and then lunch, with the OA Promise.
- 18) Business Committee Meetings met at their listed locations.
 - a) Bylaws Committee - Executive Boardroom, lower level.
 - b) Convention Committee – Sand Creek, lower level
 - c) Finance Committee – Coffee Creek, first floor, front of room
 - d) Media Committee – Coffee Creek, first floor, back of room
- 19) Luncheon at 12:00 PM CT, 1:00 PM ET in the hotel lobby.

Saturday, November 1 – Afternoon Session

- 1) 5 Minute Get to Know You Share – Keri E.
- 2) The 2025 Fall Assembly Saturday Afternoon Session was called to order by the Chair – Pam P. at 1:33 PM CT, 2:33 PM ET, Opened with:
 - a) The OA Responsibility Pledge followed by the Serenity Prayer.
 - b) OA Concepts 1-7 were read by – Amy G.
 - c) OA Concepts 8-12 were read by – Liz Z.

3) Credentials Report:

- a) The Credential Report Update Roll Call was conducted by the Region 5 Vice-Chair – Kevin F.
- b) Counts were:

Voting Reps Present:	19
Voting Officers Present:	4
Eligible Voters Present:	23
Non-voting Alternates, Guests	0
Parliamentarian	1
Region Trustee Liaison	1
Total Attendance	25

- c) The full Credentials Report can be found in Packet C: “C03_Region 5 2025 Fall Assembly Credentials Report”.
 - d) There was no objection to the Credentials Report as presented. The Credentials Report was approved.
 - e) The Region 5 Chair declared a quorum to be present.
- 4) Minutes Approval for the 2025 Spring Assembly.
 - a) No corrections were proposed.
 - b) As there were no objections to the 2025 Spring Assembly Minutes as presented, the Minutes were approved by the Assembly.
 - 5) 7th Tradition for the Assembly was collected.
 - 6) 5 Minute Get to Know You Share – Marilyn D.
 - 7) Parliamentary Moment was presented by Gerri M.
 - 8) Executive Board candidate presentations and Q & A.
 - a) Kevin F., Vice-chair
 - i) No questions.
 - b) Kerry M., Secretary
 - i) No questions.
 - 9) 5 Minute Get to Know You Share – Betsy D.
 - 10) How do we operate going forward?
 - a) Discussion about in-person in Spring and virtual in the Fall? Should we flip it?
 - b) Discussion about how we want to operate as a Region moving forward, hopefully including a fuller group of Representation from the Intergroups.
 - c) Discussion about what Region 5 wants to accomplish moving forward.
 - 11) 5 Minute Get to Know You Share – Juliette R.
 - 12) Outreach Committee of the Whole Sub-committee Meetings
 - a) Intergroup 2 Intergroup
 - b) PIPO
 - c) 12 Step Within
 - 13) 5 Minute Get to Know You Share – Barbara H.

- 14) Region 5 Convention bids.
 - a) St Louis is considering for 2026 (St. Louis Committee will vote on it in January, 2026).
- 15) Announcements were made.
- 16) 5 Minute Get to Know You Share – Suzy R.
- 11) The 2025 Fall Saturday Afternoon Assembly adjourned at 4:36 PM CT, 5:36 PM ET, with The OA Promise.

Sunday, November 2 – Morning Session

- 1) The 2025 Fall Assembly Sunday Morning Session was called to order by the Region 5 Chair – Pam P. at 8:35 AM CT, 9:35 AM ET, Opened with:
 - a) The OA Responsibility Pledge and the Serenity Prayer.
 - b) For Today was read by Betsy D.
 - c) The OA Diversity Statement was read by Mary Ann P.
- 2) 5 Minute Get to Know You Share – Kerry M.
- 3) Volunteer Services:
 - a) Timer – Liz Z.
- 4) Credentials Report:
 - a) The Credential Report Update Roll Call was conducted by the Region 5 Vice-Chair – Kevin F.
 - b) Counts were:

Voting Reps Present:	17
Voting Officers Present:	4
Eligible Voters Present:	21
Non-voting Alternates, Guests	0
Parliamentarian	1
Region Trustee Liaison	1
Total Attendance	23

- c) The full Credentials Report can be found in Packet C: “C03_Region 5 2025 Fall Assembly Credentials Report”.
 - d) There was no objection to the Credentials Report as presented. The Credentials Report was approved.
 - e) The Region 5 Chair declared a quorum to be present.
- 5) 7th Tradition Collection on November 1 = \$275
- 6) Business Committee Reports:
 - a) Bylaws Committee
 - i) Report presented by the Bylaws Committee Chair – Susan M.
 - ii) No questions.
 - b) Convention Committee 2025
 - i) Report was presented by the Convention Committee member – Marilyn D.
 - ii) Q and A discussion.
 - c) Finance Committee
 - i) Report presented by the Finance Committee Chair – Barbara H.
 - ii) Q and A discussion.
 - d) Media Committee
 - i) Report presented by the Media Committee incoming Chair – Carol Ann M.
 - ii) Q and A discussion.
- 7) 5 Minute Get to Know You Share – Amy G.

- 8) Building Bridges Outreach of the Whole Sub-committee Reports:
 - a) Intergroup 2 Intergroup Sub-committee
 - i) Report presented by acting Sub-committee incoming Chair – Ali E.
 - ii) Q and A discussion.
 - b) PIPO Sub-committee
 - i) Report presented by Sub-committee member – Amy G.
 - ii) Q and A discussion.
 - c) 12 Step Within Sub-committee
 - i) Report presented by Sub-committee member – Allen B.
 - ii) Q and A discussion.
- 9) Approval of the 2026 Budget, as presented by Region 5 Treasurer Barbara H.
 - a) Discussion and Q & A.
 - b) Vote taken, more than 2/3 voted Pro.
 - c) Budget Adopted.
- 10) 5 Minute Get to Know You Share – Evelyn S.
- 11) Election of Officers:
 - a) Vice Chair – Kevin F.
 - i) Unanimously elected Vice-Chair
 - b) Secretary – Kerry M.
 - i) Unanimously elected Vice-Chair
- 12) 5 Minute Get to Know You Share – Pam P.
- 13) New Business:
 - a) New Business Motion NB1 (Packet A Page 23)

Region 5 New Business Motion

NB1

Date: 3/17/25

MOVE TO: Hold the Spring Assembly virtually and the Fall Assembly in person starting in 2026, instead of the Spring Assembly held in person and the Fall Assembly virtually, as decided on at the Spring 2025 Assembly.

SUBMITTED BY: Susan M., 847-710-8823, susan.m.oe@gmail.com

INTENT: To allow representatives to meet the nominees in person during elections. Also, make it easier for us to consider combining the assembly with the convention, since our conventions are usually in the fall.

IMPLEMENTATION: Find assembly venue in fall instead of in the spring.

COST: No additional cost.

RATIONALE: It will be easier to get to know nominees face to face than through virtual means. If we ever want to combine the assembly and the convention, it would be better to do that in the fall, so that we do not compete with the Milwaukee Area Intergroup's spring convention.

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- i) The proposed NB1 was presented by the maker and Bylaws Chair Susan M.
 - ii) Pro presented by the maker and Bylaws Chair Susan M.
 - iii) NB1 was allowed a debate of pros and cons.
 - iv) NB1 was allowed five to seven minutes for discussion.
 - v) NB1 was brought to a vote.
 - vi) NB1 was adopted by the Assembly.
- b) New Business Motion NB2 Motion 1 (Packet A Pages 24)

Region 5 New Business Motions (4 total)

NB2

August 18,2025

Motion 1:

Move to recommend that WSO dissolution the Greater Canton Intergroup.

Submitted by:

Intergroup to Intergroup Subcommittee

Contact: Subcommittee Chair Megan P, Phone 502-468-5651, email megpindy@gmail.com

Intent:

To have inactive intergroups removed from the official list of current intergroups.

Implementation:

Region 5 recommends to WSO the closing of the Greater Canton IG.

Inform meetings affiliated with Greater Canton Intergroup that they are no longer affiliated and offer assistance to affiliate with an active intergroup.

Update the Intergroup List on Region5OA.org.

Cost:

Time/effort

Rationale:

To ensure that meetings are affiliated with functioning intergroups.

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- i) The proposed NB2 Motion 1 was presented by the incoming Intergroup 2 Intergroup Chair Ali E.
 - ii) Pro presented by Ali E.
 - iii) NB2 Motion 1 was allowed a debate of pros and cons.
 - iv) NB2 Motion 1 was allowed five to seven minutes for discussion.
 - v) NB2 Motion 1 was brought to a vote.
 - vi) NB2 Motion 1 was adopted by the Assembly.

c) New Business Motion NB2 Motion 2 (Packet A Pages 24)

Motion 2:

Move to close any Greater Canton IG financial accounts and disperse any excess funds to World Service and Region 5 based on an 80%/20% split.

Submitted by:

Intergroup to Intergroup Subcommittee

Contact: Subcommittee Chair Megan P, Phone 502-468-5651, email megpindy@gmail.com

Intent:

To properly handle those nonprofit moneys.

Implementation:

Determine who has control of the Greater Canton Intergroup funds and follow nonprofit protocol for dispersal of funds.

Cost:

Time/effort

Rationale:

Funds of nonprofit organizations that close are to be passed on to nonprofit organizations.

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- i) The proposed NB2 Motion 2 was presented by the incoming Intergroup 2 Intergroup Chair Ali E.
 - ii) Pro presented by Ali E.
 - iii) NB2 Motion 2 was allowed a debate of pros and cons.
 - iv) NB2 Motion 2 was allowed five to seven minutes for discussion.
 - v) NB2 Motion 2 was brought to a vote.
 - vi) NB2 Motion was adopted by the Assembly.

d) New Business Motion NB2 Motion 3 (Packet A Pages 25)

Motion 3:

Move to recommend that WSO dissolution the Central Illinois Intergroup.

Submitted by:

Intergroup to Intergroup Subcommittee

Contact: Subcommittee Chair Megan P, Phone 502-468-5651, email megpindy@gmail.com

Intent:

To have inactive intergroups removed from the official list of current intergroups.

Implementation:

Region 5 recommends to WSO the closing of the Central Illinois IG.

Inform meetings affiliated with Central Illinois Intergroup that they are no longer affiliated and offer assistance to affiliate with an active intergroup.

Update the Intergroup List on Region5OA.org.

Cost:

Time/effort

Rationale:

To ensure that meetings are affiliated with functioning intergroups.

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- i) The proposed NB2 Motion 3 was presented by the incoming Intergroup 2 Intergroup Chair Ali E.
 - ii) Pro presented by Ali E.
 - iii) NB2 Motion 3 was allowed a debate of pros and cons.
 - iv) NB2 Motion 3 was allowed five to seven minutes for discussion.
 - v) NB2 Motion 3 was brought to a vote.
 - vi) NB2 Motion 3 was adopted by the Assembly.

e) New Business Motion NB2 Motion 4 (Packet A Pages 25)

Motion 4:

Move to close any Central Illinois IG financial accounts and disperse any excess funds to World Service and Region 5 based on an 80%/20% split.

Submitted by:

Intergroup to Intergroup Subcommittee

Contact: Subcommittee Chair Megan P, Phone 502-468-5651, email megpindy@gmail.com

Intent:

To properly handle those nonprofit funds

Implementation:

Determine who has control of the Central Illinois Intergroup funds and follow nonprofit protocol for dispersal of funds.

Cost:

Time/effort

Rationale:

Funds of nonprofit organizations that close are to be passed on to nonprofit organizations.

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- i) The proposed NB2 Motion 4 was presented by the incoming Intergroup 2 Intergroup Chair Ali E.
 - ii) Pro presented by Ali E.
 - iii) NB4 Motion 4 was allowed a debate of pros and cons.
 - iv) NB4 Motion 4 was allowed five to seven minutes for discussion.
 - v) NB4 Motion 4 was brought to a vote.
 - vi) NB4 Motion was adopted by the Assembly

Region 5 Policies and Procedures Amendment

P3

August 13, 2025

Move to amend the Region 5 Policies and Procedures, Article I. Region 5 General Policies, Section E. Miscellaneous, by adding a new Paragraph 6 as follows (and renumbering subsequent paragraphs);

Current Wording: None

Proposed Wording:

6. Intergroups may apply for funding assistance to send representatives to Region 5 in person assemblies by complying to the Region 5 Funding Assistance Guidelines and completing the application accordingly.

Submitted By:

Region 5 Bylaws Committee

Contact: Committee Chair Susan M. Phone: 847-7108823 Email: susan.m.oa@gmail.com

Intent: To have the existence of available funding assistance documented in our policies

Implementation: Update the Region 5 Policies

Cost: Minimal

Rationale: To have the funding assistance officially documented in our policies.

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- i) The proposed P3 was presented by the maker and Bylaws Chair Susan M.
 - ii) Pro presented by the maker and Bylaws Chair Susan M.
 - iii) P3 was allowed a debate of pros and cons.
 - iv) P3 was allowed five to seven minutes for discussion.
 - v) P3 was brought to a vote.
 - vi) P3 was adopted by the Assembly.
- 14) New Business Out of Order Items (per Parliamentarian) may be addressed at a future Assembly.
- a) P1 (Packet A Page 17)
 - b) P2 (Packet A Page 18)
 - c) B1 (Packet A Page 22)
 - d) NB3 (Packet A Page 26)
- 15) Emergency New Business – None.
- 16) New Representative Graduation (Green Dot) Ceremony was conducted.
- 17) Chair’s Drawing - Free for all instead of a drawing because of time.
- 18) Thanks to Outgoing Secretary Keri E.

- 19) Outgoing Representatives acknowledged.
- 20) Announcements were made.
- 21) The 2025 Fall Assembly was adjourned at 10:38 AM CT, 11:38 AM ET.

Thank you.

Keri E.

Region 5 Secretary

*Approved on 11/14/25 by the Minutes Approval
Committee – Kerry M. and Susan M. (substitute).*

