



## **OVEREATERS ANONYMOUS – REGION 5 SECRETARY**

February 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.

Registration for the Spring 2026 Virtual Assembly is now closed. Packet B will be posted shortly.

The Assembly will be held **virtually**. Beginning on Friday, March 6th and ending Saturday, March 7th, 2026. **This event is open to all Region 5 OA members.** An updated Agenda is included in Packet B at Region5OA.org under the assemblies tab. [Click here](#)

This letter is part of the 2026 Spring Assembly Packet B which includes reports from the Region 5 Executive Board and the Region 5 Trustee. Packet A was previously released, and there will be one additional packet released after the Assembly (Packet C contains the Assembly Business Meeting minutes and other supporting documents).

Please take special attention to read the virtual Assembly Standing Rules as they will help us to work productively while on a virtual platform.

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

- **B01\_Region 5 2026 Spring Assembly Secretary Letter**
- **B02\_Region 5 2026 Spring Assembly Agenda- UPDATED**
- **B03\_Standing Rules for Virtual Assembly**
- **B04\_Credentials Report-UPDATED**
- **B05\_Chair's Report**
- **B06\_Vice Chair's Report**
- **B07\_2025 Fall Assembly Budget Adopted 2026**
- **B08\_Treasurer's Report**
- **B09\_Treasurer\_Statement of Activity 2025**
- **B10\_Consent Agenda**
- **B11\_Trustees Report**
- **B12\_Bylaws Committee Report**
- **B13\_Convention Report**
- **B14\_PIPO Subcommittee Report**
- **B15\_Twelve Step Within Committee Report**
- **B16 IG2IG Summary of Findings**
- **Fliers from Intergroups/ Region 5 2026 Convention**

**We recommend reviewing Packet A and B online.** And then we **highly** suggest reviewing all the Packet A and Packet B materials before the business of the Assembly starts on Saturday morning.

**I apologize for not being able to combine Packets A and B to create print documents or to include page numbers** linking multiple documents. I do not have the software or the skills set to be able to complete this task at this time. Please be assured, if you are one of the Reps that likes to have hardcopies of the materials, I will continue to access multiple resources to be prepared for that task during the Fall's Assembly. In the meantime, in preparation for the Spring Assembly, I suggest printing or otherwise having the following documents readily available. They can be found on Region5OA.org.

- **B2\_Region 5 2026 Spring Agenda\_ UPDATED**
- **B3\_ Standing Rules for Virtual Assembly**
- **B4\_Spring Assembly Credentials Report** (This will be included in Packet C after the Assembly but some like a hardcopy to complete during Roll call so they can report back to their Intergroup the actual numbers.)

Certainly, if you have any questions and concerns regarding the Executive Board's Reports, a printout of those might be helpful. During the committee sessions, one team member might be able to screen share the report which would help members locate the correct documents so those will not need to be printed. When discussing the motions, I will be screensharing so that will be helpful. Finally, when submitting written reports from your committees it is not necessary to have the forms printed. I will accept all written reports either as a word attachment or in the body of an email which follows the format of the correct form. All forms are found in Packet A on Region5OA.org under the Assemblies tab. Again, this is for those that use hardcopies. Many Representatives do not print the documents.

I appreciate your tolerance and grace as I navigate this new position.

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

Thank you.

Kerry M

Region 5 Secretary

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