

REGION

Serving areas in IL, IN, IA, KY, MI, MN, MO, ND, OH, & WI



Spring Virtual Agenda OVEREATERS ANONYMOUS

NOTE: All times are in CENTRAL time zone.

PROPOSED AGENDA

2026 Region 5 Spring Assembly

FRIDAY, MARCH 6th, 2026

All times listed are CENTRAL TIME

4:30 PM CT	Region 5 Board Meeting
5:15 PM CT	Open OA Meeting
7:00 PM CT	Workshop – Special Focus Groups
8:15 PM CT	Break
8:30 PM CT	Intergroup Sharing Meeting - Bring your Best Practices & what needs work
9:30 PM CT	State/Province Meetings

SATURDAY, MARCH 7th, 2026

All times listed are CENTRAL TIME

8:30 AM CT	MORNING BUSINESS SESSION
	<ul style="list-style-type: none">• Call to Order• Opening Ceremonies (OA Responsibility Pledge, Serenity Prayer, For Today, 12 Steps, 12 Traditions) – <i>Readings assigned by Pam P. at the Assembly.</i>• Morning Business<ol style="list-style-type: none">1. Assembly Standing Rules (Packet B03)2. Roll Call (Credentials Report in Packet B04)3. Adoption of Credentials Report4. Agenda -UPDATED (Packet B02)5. Consent Agenda (Packet B10)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) – <i>Appointed by Pam P. at the Assembly.</i>9. Executive Committee Reports Top Three Things Presentations with Q & A

- Reports from Chair (**Packet B05**)
- Vice-Chair (**Packet B06**)
- Secretary Letters (**Packets A01& B01**)
- Trustee Liaison (**Packet B11**)
- Treasurer (**Packet B07-B09**)

10. Announcements

11. Adjournment

9:45 AM CT

Break

10:00 AM CT

Bylaws Amendments & Motions (Packet A05)

- Proposal 1-6
- Bylaws B1
- New Business 1

12:00 Noon

Lunch Break

1:30 PM CT

Committee Meeting

1. Bylaws Committee
2. Convention Committee
3. Finance Committee
4. Media Committee

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

Dinner Break All times are CENTRAL time zone.

6:30PM CT

1. Business Committee Reports

- a. Bylaws Committee (Chair reports to the Assembly)
- b. 2025 Convention Committee (Chair reports to the Assembly)
- c. Finance Committee (Pre-Assembly documents in **Packet B**)
- d. Media Committee (Chair reports to the Assembly)

2. Outreach Committee of the Whole:

- a. Intergroup 2 Intergroup (Chair reports to the Assembly)
- b. PIPO (Chair reports to the Assembly)
- c. 12 Step Within (Chair reports to the Assembly)

3. Emergency New Business (if needed)

4. Recognition of Outgoing Representatives

5. Green Dot Ceremony

6. Announcements

8:30 AM CT

Adjournment and OA Promise

All times are CENTRAL time zone.

REGION 5 TIMELINE

2026

March 6-7

Spring Assembly: Virtual

July 18

Summer Subcommittee Reports Due

October 23-25

Region 5 Fall Assembly: Chesterton, Indiana

2027

March 12 – 13?

Spring Conference: Virtual

July ??

Summer Subcommittee Reports Due

October 22-24?

Region 5 Fall Assembly Virtual