



OVEREATERS ANONYMOUS – REGION 5 SECRETARY

February 20, 2026

RE: Region 5 2026 Spring Assembly

March 6th and 7th, 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

R5Secretary@outlook.com

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

STANDING RULES FOR REGION 5 VIRTUAL ASSEMBLY

1. Amendments must be submitted to the Region 5 Secretary electronically. The Secretary will forward the amendment to the Chair and Parliamentarian.
2. Please wait until you are recognized by the Chair before you speak. Give your name and intergroup and then state your business.
3. Discussion of main motions is limited to three (3) speakers for pro and three (3) speakers for con. Each speaker is limited to three (3) minutes. Discussion of debatable subsidiary motions is limited to two (2) speakers for pro and two (2) speakers for con. Each speaker is limited to two (2) minutes.
4. The group conscience is more important than the technicalities of the actual motion.
5. All committee reports are to be made electronically and a summary will be included with the Minutes of the Assembly. Motions pertaining to the committee reports may be reported upon during the reports. Those motions will be placed on the subsequent Assembly agenda for consideration unless determined to be of an emergency nature.
6. Emergency new business consists of items that must not wait until the next assembly. These must be submitted electronically, prior to 12:30 pm on Saturday of the fall assembly and prior to 5:00 pm on the Saturday of the spring assembly. The Emergency New Business Committee shall determine if these are urgent matters that should be considered at this assembly.
7. Naming Conventions:
 - All Region Reps will name themselves R: NAME; INTERGROUP
 - All Board members will name themselves: B: NAME; OFFICE
 - Non-voting appointees (e.g. Parliamentarian, etc.) will name themselves: X: NAME; OFFICE
 - Visitors will name themselves: V: NAME; CITY, STATE
8. The meeting is not to be recorded by anyone other than the Secretary, Host, or Chair. The recording is made for the purpose of clarity in transcribing the minutes.
9. Attendees will be muted by the Host or Cohost and will remain muted unless asked to unmute by the chair.
10. Attendees will raise their hands using the reactions features.
11. Attendees needing to communicate with the Chair will first communicate with the Host via the chat feature. The Host will
12. Voting instructions will be given during the Assembly. Virtual attendees must have their video/cameras turned on at the time of voting.
13. If an attendee chooses to eat or move around during a session, they must turn off their video.
14. Region Representatives shall be present for the roll call when their Intergroup is named in order to be eligible to vote.

15. The Chair shall determine the items to be placed on a Consent Agenda. Items for the Consent Agenda may be considered if they are of a routine, non-controversial or of a housekeeping nature.

<u>St/Prov</u>	<u>Intergroup Name</u>	<u>Number</u>	<u>Groups</u>	<u>Eligible Reqs</u>	<u>Sat A.M.</u>	<u>Sat P.M.</u>	<u>SUN A.M.</u>
IA	Promises of Eastern Iowa	9021	5	1			
	Iowa		5	1	0	0	0
IL	Suburban North	9118	24	3			
IL	Chicago West Intergroup Farout	9168	17	2			
IL	Turning Point	9467	16	2			
IL	Chicago Suburban Southwest	9539	20	2			
IL	Two Rivers	9690	15	2			
	Illinois		92	11	0	0	0
IN	Midwest Crossroads	9096	33	4			
IN	Let Go Let God (LG2)	9642	12	2			
	Indiana		45	6	0	0	0
KY	Louisville Metro	9022	19	2			
	Kentucky		19	2	0	0	0
MI	Greater Detroit Intergroup	9026	42	5			
MI	Southwest Michigan	9141	13	2			
MI	Greater Ann Arbor Area	9251	17	2			
	Michigan		72	9	0	0	0
MN	Northern Serenity	9422	7	1			
MN	Unity	9589	51	6			
	Minnesota		58	7	0	0	0
MO	Saint Louis Bi-State	9029	34	4			
MO	Greater Kansas City Areaa	9525	20	2			
	Missouri		54	6	0	0	0
ND	Red River Valley	9211	10	1			
	North Dakota		10	1	0	0	0
OH	Greater Cincinnati	9040	20	2			
OH	Cleveland Central	9041	41	5			
OH	Central Ohio Service	9134	19	2			
OH	Greater Dayton	9175	12	2			
OH	Crossroads of Hope	9274	7	1			
	Ohio		99	12	0	0	0
WI	Milwaukee Area	9053	35	5			
WI	Rock River	9073	8	1			
WI	Madison Area	9161	15	3			
	Wisconsin		58	9	0	0	0
	Voting Reqs Present		512	64	0	0	0
	Voting Officers Present			4			
	Eligible Voters Present				0	0	0
	Non-voting alternates, guests						
	Parliamentarian						
	Region Trustee Liaison						
	Total Attendance				0	0	0





Greetings to Region 5, - Theme – Building Bridges, Connecting and Spreading Hope!

OA Theme – “The Power of We” - "No one among us has been able to maintain abstinence without help. The fellowship we find in OA gives us the support we need."

— OA 12 & 12, Step One

Three Key Takeaways from My Report:

1. Attend Region 5’s Spring Virtual Assembly
2. Continue to determine how the Region can provide support and help strengthen intergroups/meetings
3. Weigh in on how finances are spent and what committees to work on.

Regional Support Initiatives and Committee Activities

Ongoing Support for Intergroups and Meetings

To strengthen our intergroups and meetings, there is consideration for the Region 5 business committees to offer quarterly workshops. These workshops would be open to all interested members, providing valuable opportunities for learning, collaboration, and ongoing support within the fellowship. With intergroups closing and lack of service from members, region 5 could help provide some training and education. This will be a discussion at assembly.

Regional Participation

The Region is currently considering the allocation of funds to support the Region Chair's participation in the upcoming Chairs Meeting scheduled to take place in Poland. This decision is pending and reflects our ongoing commitment to ensuring strong leadership representation and collaboration at the international level.

World Service Forum and Conference Preparation

Region 5 Chairs remain actively involved in the planning and organization of the World Service Forum. Additionally, preparations are underway for the upcoming World Service Business Conference. These efforts are vital in ensuring that our region is well-represented and that our collective voice contributes to the broader OA community.

Website Launch and Meeting Database Development

Efforts are progressing toward the launch of a new World Service OA website. A key feature of this initiative is the development of a comprehensive meeting database, designed to improve accessibility and support for members. The anticipated launch date for the new website is in early 3rd quarter.

TSW Committee Activities

The Region 5 Twelfth Step Within (TSW) Committee recently hosted an online 12/12 workshop, which drew participation from over 100 attendees. In addition, some intergroups, such as Milwaukee, organized local “Watch Parties” to allow members to experience the workshop together. Like our Assembly events, the workshop fostered a sense of enthusiasm and revitalization throughout the region.

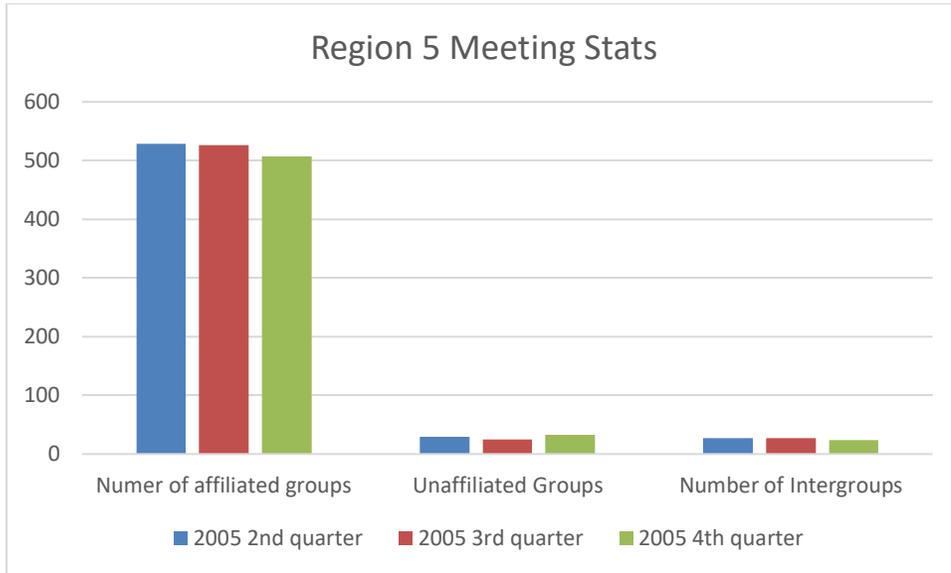
Executive Board Updates and Meeting Closures

The executive board continues to meet monthly, focusing on effective governance and continuity. Recently, Kerry M. joined as Secretary, and Kevin F. was re-elected as Vice Chair. The Region maintains a stable and fiscally responsible

position. Since the Fall Assembly, three intergroups have closed. All affected affiliated meetings have been contacted, provided with information, and offered guidance on affiliating with other intergroups to ensure continued support and fellowship.

Meeting Statistics:

For the fourth quarter of 2025, we have 507 affiliated meetings, 33 unaffiliated meetings, and 24 intergroups. For the third quarter we had 526 affiliated meetings, 25 unaffiliated meetings, and 27 intergroups. In the second quarter, we had 529 affiliated meetings, 29 unaffiliated meetings, and 27 intergroups.



Upcoming Events:

I am preparing for meetings at the World Service Convention with the Trustees. During these meetings, the strategic plan will be jointly developed by the trustees and chairs.

In Service,

Pam P. Chair, Region 5 Overeaters Anonymous

Region 6 Vice Chair Report

March 6 & 7, 2026

It is an honor to serve as your Vice Chair. I am learning the new responsibilities of working with hotels. I share the position with a hotel liaison at the city where the convention is held. It has been a great help, since I am so far away from the site of the convention. I am grateful for all the help that I have received. I am looking forward to an in-person Assembly October 23 to 25 in the fall.

The Region 5 Convention is celebrating the twelve freedoms. It is in the planning stages. I am looking forward to the convention in Indianapolis at the Crown Plaza Hotel at the Airport. It is a beautiful hotel with great spaces for meeting rooms and dining. Think about how you can participate in the excitement of the convention by doing service.

Remember to spread the word about OA. Think of ways to bring the OA message to people who haven't heard about us.

In Recovery,

Kevin Firme

2025 Budget Proposal Compared To Actual 2024

<u>Accounts</u>	<u>2025 Budget</u>	<u>2025 Actual (\$) as of Oct. 16, 2025</u>	<u>2026 Budget (\$)</u>	<u>Notes</u>
Income				
Assembly Income	0.00	0.00	0.00	
Registrations+Doc	2800.00	1,567.00	1,500.00	
Collection	500.00	285.00	300.00	
Meeting Contributions	50000.00	36,964.00	50,000.00	
Convention	40000.00			
Registrations		20,866.00	25,000.00	
Market Place		1,868.00	2,000.00	
50/50		422.00	500.00	
Interest Income	6.00	3.00	6.00	
Miscellaneous Revenue		780.00	0.00	
Total Income	93306.00	62,755.00	79,306.00	
Expenses				
EVENTS				
Assemblies				
Hotel Expense	7000.00	4,881.00	7,000.00	
Officer Registration	430.00	19.00	430.00	
Officer Travel	6000.00	1,326.00	2,500.00	
Parliamentarian/Hotel Liason Registration	100.00	0.00	0.00	
Parliamentarian/Hotel Liason Travel	2000.00	1,403.00	500.00	
Officer Copies/Binder	500.00	427.00	600.00	
Intergroup Funding Assistance	3000.00	0.00	5,000.00	
PIPO Committee of the Whole	4000.00	598.00	5,000.00	
Region Convention Expenses - 2025	30000.00	22,774.00		
Region Convention Expenses - 2026				
Host Region Seed Money	2000.00			
Hotel / Food Expense		14,000.00	14,000.00	
Committee Expenses		2,130.00	2,400.00	
Officer Registration/Travel		709.00	1,000.00	
Hotel Liason Registration/Travel		2,000.00	2,000.00	
Other				
Region Convention Expenses - 2027				

2025 Budget Proposal Compared To Actual 2024

<u>Accounts</u>	<u>2025 Budget</u>	<u>2025 Actual (\$) as of Oct. 16, 2025</u>	<u>2026 Budget (\$)</u>	<u>Notes</u>
Host Region Seed Money		2,000.00	2,000.00	Seed \$ for Milwaukee Convention in 2025
World Service Business Conference				
Chair Registration/Travel	200.00	247.00	2,000.00	
Copies/Binder	120.00		200.00	
Delegate Fund	1000.00		2,000.00	
World Service Convention				
Chair Registration/Travel	2000.00	2,120.00	5,000.00	
Basket Raffle donation	150.00	166.00	170.00	
Region Chair Reg/Travel to Other Regions	1000.00		1,000.00	
Workshop Travel and Expenses	500.00		500.00	
Total Event Expenses				
Operating Expenses				
Insurance	2000.00	1,511.00	2,000.00	
Bank Fees	40.00	81.50	40.00	
Postage, Mailing	400.00	155.00	400.00	
Print, Copying, Ink, Supplies	2000.00	417.00	1,500.00	
Processing Fees			0.00	
WePay	2000.00			
Webconnex	1000.00	2,426.00	3,000.00	
Storage/Shredding	2000.00	1,210.00		
Web Expenses				
Virtual Meeting Expenses	300.00	336.00	350.00	
Web Site Security	300.00	387.00	400.00	
Webmaster	5200.00	3,150.00	6,000.00	
Website Hosting & Domain	650.00	98.00	200.00	
Facilities & Equipment	1000.00		1,000.00	
Officer Expense Budget	1000.00	709.00	1,000.00	
Software Subscriptions	500.00	79.00	500.00	
Tax	50.00	0.00	0.00	
Accounting Fees	2000.00	800.00	1,000.00	
Appreciation Fund	600.00		600.00	
World Service General Fund	10000.00		10,000.00	

2025 Budget Proposal Compared To Actual 2024

<u>Accounts</u>	<u>2025 Budget</u>	<u>2025 Actual (\$) as of Oct. 16, 2025</u>	<u>2026 Budget (\$)</u>	<u>Notes</u>
Total Expense	91040.00	66,159.50	8,1290.00	
Total Net Income	2266.00	-3,404.50	-1,984.00	



Region 5 Overeaters Anonymous
Post Office Box 22175
Louisville, Ky 40252

Treasurer's Report – Spring 2026

Hope this report finds you well and warm. What a winter. I am looking forward to seeing everyone at the Spring Assembly. I want to thank you for your donations to Region 5. We had a good year and were able to donate \$10,000 to the WSO.

Your contributions make it possible for us to maintain and enhance the work we do in Region 5. Every dollar you give ensures that our programs, outreach, and support services continue to thrive. We deeply appreciate your commitment and dedication to the OA community.

I want to share with you that I meet with other Regional Treasurers from all over the world every other month. This has been a growing experience for me. Most of our issues are similar. It is so helpful to ask others how they take care of their financial issues.

Some of the issues we have discussed are prudent reserve, finding individuals to take the treasurer position, non-profit requirements and useful websites. Some of the attendees are new to the job and others have years of experience.

At the Assembly we will be discussing some updates to the budget, possibility of a bymonthly meeting with treasurers of the intergroups in our region and a friendly audit by the finance committee.

See you in March.

With gratitude,

Barbara H., Region 5 Treasurer

Statement of Activity

Region 5 OA

January-December, 2025

Distribution account	Total
Income	\$67,104.41
Gross Profit	\$67,104.41
Expenses	
2024 Convention Expense	461.59
2025 Convention	13,145.80
2025 WSO convention	2,120.06
2026 Convention	7,867.00
Assemblies	\$3,610.18
Assembly Exp	\$1,664.15
Hotel Liaison - Assembly Exp	1,369.39
IG Delegate Assistance	361.93
Total for Assembly Exp	\$3,395.47
Officers Assembly Expenses	\$582.75
Chair Assembly Expense	1,656.34
Secretary Assembly Expense	669.22
Treasurer Assembly Expense	755.97
Total for Officers Assembly Expenses	\$3,664.28
Total for Assemblies	\$10,669.93
Asssembly Registration	-\$43.00
Processing Fees - Assembly Exp	18.45
Total for Asssembly Registration	-\$24.55
Business Expenses	
Filing fees	5.00

Statement of Activity

Region 5 OA

January-December, 2025

Total for Business Expenses	\$5.00
Contract Services	
Accounting Fees	800.00
Outside Contract Services	
Webmaster	1,050.00
<hr/>	
Distribution account	Total
<hr/>	
Total for Outside Contract Services	\$1,050.00
<hr/>	
Total for Contract Services	\$1,850.00
Facilities and Equipment	
software program upgrades	
	95.19
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Total for Facilities and Equipment	\$95.19
Insurance - Liability, D and O	
Liability Insurance	
	144.00
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Total for Insurance - Liability, D and O	\$144.00

Statement of Activity

Region 5 OA

January-December, 2025

	Total
Distribution account	
Operating Expenses	\$444.06
Bank charges	
Bank charges	40.00
Total for Bank charges	\$40.00
Officer Operating Expenses	
Chair Office Expense	102.69
Secretary Office Expense	21.89
Treasurer Office Expense	445.90
Treasurer Travel Expense	64.96
Total for Officer Operating Expenses	\$635.44
Total for Operating Expenses	\$1,119.50
Operations	
Books, Subscriptions, Reference	80.00
Postage, Mailing Service	\$14.16
Postage	46.80
Post Office Box	94.00
Total for Postage, Mailing Service	\$154.96
Processing Fees	\$880.66
Webconnex	1,942.02
Total for Processing Fees	\$2,822.68

Statement of Activity

Region 5 OA

January-December, 2025

Record Storage/Shredding	1,100.00
Web Expenses	\$1,147.95
Virtual Meeting Expenses	319.80
Website Hosting & Domain	2,100.00
Web Site Security	387.00
Total for Web Expenses	\$3,954.75
Total for Operations	\$8,112.39
Travel and Meetings	
Distribution account	Total
Hotel Liaison	388.79
Total for Travel and Meetings	\$388.79
World Service Organization	
World Service Business Conf	
Chair to WSBC	256.00
Total for World Service Business Conf	\$256.00
Total for World Service Organization	\$256.00
Total for Expenses	\$46,210.70
Net Operating Income	\$20,893.71

Statement of Activity

Region 5 OA

January-December, 2025

Distribution account	Total
Other Income	
Other Changes In Net Assets	
Tuesday Morning Keystone	15.00
Total for Other Changes In Net Assets	\$15.00
Total for Other Income	\$15.00
Net Other Income	\$15.00
Net Income	\$20,908.71



OVEREATERS ANONYMOUS

Region 5 2026 Spring Virtual Assembly

Consent Agenda

The Chair has determined the following motion be placed on the Assembly Consent Agenda as of 02/9/26.
This is a housekeeping motion.

Region 5 Policy and Procedure Amendment P78

MARCH 2026

Region 5 Trustee Report

Chair: Pam P., Ohio, USA

Vice Chair: Kevin F., Indiana, USA

Treasurer: Barbara H., Kentucky, USA

Secretary: Kerry M., Illinois, USA

Trustee Liaison: Juliette R., Ohio, USA

	Feb. 2026	Feb. 2025	Change (+ or -)
Affiliated Groups	507	532	-25
Unaffiliated Groups	33	30	+3
Total Number of Groups	540	562	-22
Virtual Groups	165	149	+16
Total Number of Intergroups	24	27	-3
Total Number of Service Boards			

*The virtual groups total is included in **Total Number of Groups**.

Hello, Region, 5!

As your Region 5 trustee, I have been hard at work in my World Service duties as co-chair of the Twelfth Step Within Committee, supporting them in their work and sitting on both the WSBC planning committee and the Lifeline committee preparing for conference and reading your submissions for approval. That is my world work.

For Region 5, I worked with an intergroup that was experiencing some difficulties and now with Pam P.'s and your bylaws committee's guidance, it is beginning to work toward solutions and hopefully, some stability. I have combed and approved bylaws, websites and many flyers as we head into Unity Day and spring retreats. We are an active region, and it is heartwarming to witness. Kudos to a FABULOUS Twelfth Step Within workshop put on by YOU, Region 5 in December, by the way!

And speaking of flyers, I presented to Pam and the board as a result of flyer distribution, the greater question of whether we should be paying for the use of images? Artists have done this work. Many are free. We must be diligent around copyright and public domain. However, what, if any, is our

obligation to Tradition 7? Think about that. I continue to meet with Pam P. monthly as well as the R5 board to address all concerns and to stay engaged with the fellowship.

From WSO...soon to launch the new website with “Find A Meeting” and document library improvements. The donation platform has been revised to reduce the cost by \$25K. We are dipping into our prudent reserve to keep up with rising costs and lower contributions. Managing Director, Dan Sandweiss is retiring after WSBC and the search is on for his replacement. There are several viable candidates and interviews are underway.

In my last report and at our fall assembly, we rallied around the “The Power of We”, did an excellent job with our Disruptive Member workshop, focused on Tradition 1 and Unity. Overarching issues and the principle of unity continue to affect the fellowship with pockets of compulsive eaters requesting special focus. This balance of care and separation is delicate. I look forward to our work together, to our collective group conscience in this area Friday night.

Respectfully Submitted,

Juliette R.
Region 5 Trustee
TSW Trustee Co-Chair
February 2026

Region 5 Bylaws Committee Report for Spring 2026 Assembly Packet B

The Committee has submitted the following motions to be considered at the Spring 2026 Assembly:

- Updating how the Trustee Liaison welcomes new representatives and invites them to the New Representative Orientation Meeting
- Updating the description and duties of our Hotel Liaison
- Editorial update to the Secretary Duties in our P&P

The Bylaws Committee Meeting Minutes from the Fall 2025 Assembly was missing to whom intergroups should submit their updated bylaws. They should be submitted to our Trustee Liaison, Juliette, by emailing them to R5Trustee@OA.org.

Susan M., Region 5 Bylaws Committee Chair

Region 5 Convention Report Indianapolis Location

Key takeaways

- The Region Convention 2026 Planning committee is making progress on various aspects of the convention planning.
- Registration forms need to be created by mid-February for board approval at the March Region Assembly.
- The Region 5 Board approved a +\$25 for registration after early bird prices
- The convention theme is "Flutter into the 12 Freedoms of OA."
- The hotel (Crown Plaza) has been toured, and rooms have been reserved for the convention.
- Saturday lunch and dinner will be included in the registration package.

Program Committee

- Has done initial brainstorming and has a rough draft.
- committee will meet Monday at noon.
- Requested to share program information when ready so publicity can begin promoting it.
- Reminded that all materials need Region 5 approval before distribution.
- Laura will share approved program information with Rachel for publicity purposes.

Registration

Discussion about registration process and pricing.

• Details

- Registration pamphlet needs to be created by mid-February for board approval.
- Offered to help create the registration materials but needs information on fees and online registration system.
- Region Treasurer - Clarified that as Region Treasurer, she would need to be at the registration table to take in money.
- Suggested a \$25 difference between early bird and regular registration to encourage early registration.
- Registration committee will meet to work on registration materials.

Publicity

Provided updates on publicity efforts.

• Details

- Committee has met twice and is working on materials.
- Showed a mock-up of a flyer that needed a minor correction (changing "promises" to "freedoms").
- Planning to create posts about what to expect at conventions based on past attendees' experiences.
- Asked about creating a list of things to do in the Indy area for attendees.
- Committee Advised against promoting outside activities as it could break traditions.
- Suggested checking if Visit Indy has a website where they could list their event.

• Conclusion

- Flyer will be ready for the Region 5 Board to approve
- The committee will avoid promoting outside activities but may have Visit Indy information available at the registration table.
- Committee will look into getting the event listed on the Visit Indy website.

Literature Sales

Discussion about how to handle literature sales at the convention.

- **Details**

- Has volunteers for literature sales but needs to know marketplace hours.
- No inventory exists in our Intergroup
- Requested information on what sold well at past conventions to avoid ordering excess inventory.
- Suggested having sample literature with a laptop to help people order online.
- Noted that many attendees prefer to buy and take literature with them rather than ordering online. – So it was decided not to order literature and not to have a laptop

- **Conclusion**

- Chairs will look up sales numbers from past conventions and share with Tom.
- The topic will be discussed at Saturday's Intergroup meeting to get approval for purchasing literature. This was approved.
- There will be literature for sale at the convention

Hotel Liaison

Committee provided updates on the hotel arrangements.

- **Details**

- Several committee members toured the Crown Plaza on December 6th.
- The hotel has been remodeled and looks nice.
- They saw all rooms that will be used for the convention, including session rooms and the marketplace.
- Discussed meal options (buffet vs. plated) and centerpieces.
- A tasting is scheduled for June 1st.
- Final numbers are due to the hotel by August 3rd.
- Clarified that the current plan is to include Saturday lunch and Saturday dinner in the registration.

- **Conclusion**

- The hotel facilities are suitable for the convention needs.
- The committee will need to finalize meal decisions as they get closer to the event.
- Sub-committee chair has maps of the hotel layout that she will share with committee members who need them.

Greeters

Chair provided an update on the greeters committee.

- **Details**

- Has not met yet but is scheduling something soon.
- Has 2-3 people who will help.
- Asked about opening hours (assuming 3 PM Friday, 7 AM Saturday and Sunday).
- Requested a layout of the hotel to determine how many greeters are needed at entrances.

- **Conclusion**

- Convention chairs will send out the hotel layout map.
- Committee Meeting will be scheduled

Volunteers

Laura HE discussed the volunteer coordination.

- **Details**

- Requested clarification on her responsibilities.
- Has reviewed reports but needs more guidance.

- Noted that the registration form will include volunteer sign-up options.
- **Conclusion**
 - Volunteer coordinator will zoom with convention chairs out to Barb to discuss her responsibilities in detail.

Hospitality Room

An update was provided on the hospitality room.

- **Details**
 - The space for hospitality is large and adequate.
 - The Saturday 8:30 AM in-person meeting has committed to volunteer for hospitality.
 - Mentioned they would need to rent coffee machines from the hotel.
- **Conclusion**
 - Sub committee chair will coordinate with hotel liaison regarding coffee machines.
 - The hospitality room is well-staffed with volunteers because Saturday 8:30 meeting is leading it

General conclusions – we are right on target for the Convention.

Gratefully submitted,
Barb K. & Teresa H.
Convention Co-chairs

Report March 6-7, 2026

PIPO Committee

The PIPO Committee met with Laurie from the Milwaukee Area Intergroup. She is the Chair of their PI committee. Laurie shared with us what Milwaukee did to spread the word about OA. They hired a professional publicity person to handle their social media postings and website updates and created a consistent campaign with changing images for the seasons. They saw the modern health care fair in farmer's markets. They have been staffing them with clusters of groups with a consistent focus. They have created a new logo and poster saying, "Do you know someone who has a problem with food" on a table setting. We are looking into how we could make these ideas to work for Region 5.

Respectfully Submitted,

Kevin Firme

Twelfth Step Within Report February 10, 2026

Region 5 Assembly

We worked diligently on the December 12, 2025, event “Relapse Isn’t Contagious But Recovery Is”. We had a very huge turnout, (over 100) and very good reviews from other OA members.

We have started anything for 2026 as of yet, but this is great group of talented and gifted members. Yes, it’s true together we do better.

Submitted Respectfully by,

Barbara D

Twelfth Step Within Chair

**SUMMARY OF FINDINGS:
R5 INTERGROUPS NOT
REPRESENTED AT 2024
ASSEMBLIES**

**FEBRUARY 17, 2026
R5 INTERGROUP TO
INTERGROUP**

INTERGROUPS SURVEYED

R5 Intergroups who did not attend Regional Assemblies in 2024 were surveyed.

The goal was to uncover opportunities to help them. Data points included the health of IGs, what is working and what is not, including barriers and needs.

The 2026 Region 5 Intergroup to Intergroup committee will use these findings as a basis of its 2026 goals.

Metric	Source	Target	Actual
Total # of R5 IG'S	OA WS database	29	26
Inactive IGs surveyed	R5 2024 Records	18	12
IGs not responsive	Survey	n.a.	3
IGs reported closed	Survey	n.a.	3

INACTIVE IG'S WHO WERE NOT SURVEYED

Active but not contacted for survey:

- *Midwest Crossroads IG (prev. Central Indiana IG) - IN
- *Milwaukee Area IG - WI
- *Madison Area IG - WI

Closed:

- *Central Illinois IG - IL (since 2019)
- *Forest City IG - IL (since 2025)
- *Great Canton IG - OH (in the process of deregistering)

SUMMARY OF SURVEY RESPONSES

Question 1 :

How is your intergroup doing? Growing, shrinking, or holding steady?

Growing: 2

Shrinking: 8

Stable: 2

Question 2 : What is your intergroup doing well?

Responses - high to low:

- Successful events (4)
- Growing (3)
- New or updated websites (2)
- All Board positions filled (2)
- Still meet regularly
- Getting people involved in small ways
- Newsletter content sponsored by meetings
- All Board positions filled
- Following Steps & Traditions
- Communication by PI & PO

*Responses with no number means only 1 response

Question 3 : What does your intergroup struggle with?

Responses - high to low:

- Filling Board positions(6)
- Getting IG Reps (6)
- Financial challenges (2)
- Groups do not see benefits of intergroup
- Meetings closing
- Electronics - in small, rural area
- Abstinance and retention
- Thinking that getting financial help from R5 is against the Tradition of meetings being fully self-supporting

*Responses with no number means only 1 response

Question 4 :

When you dream, what does your intergroup do? What is it like?

Responses - high to low:

- Each meeting sends 1 rep to IG (3)
- Members enthusiastic at all levels of service (3)
- Increased events and PI (3)
- All positions of the Board are filled
- Continue to carry the message
- Have a website (Rock River IG - WI)

*Responses with no number means only 1 response

Question 5 :

What are your barriers for making that happen?

Responses - high to low:

- Lack of willingness to come to IG (3)
- Lack of willingness to be on the Board
- Lack of willingness to be Region Reps & World Service Delegates
- Finances
- The Disease

*Responses with no number means only 1 response