



## 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	<b>Region 5 Board Meeting</b>
5:15 PM CT	<b>Open OA Meeting</b>
7:00 PM CT	<b>Workshop – Specific Focus Groups</b>
8:15 PM CT	<b>Break</b>
8:30 PM CT	<b>Intergroup Sharing Meeting</b> - bring your Best Practice & what you need work
9:30 PM CT	<b>State/Province Meetings</b>

**SATURDAY** (March 7, 2026)

*All times listed are CENTRAL TIME*

8:30 AM CT

#### **MORNING BUSINESS SESSION**

- **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 B04**)
2. Adoption of Credentials Report
3. Assembly Standing Rules (**Packet B03**)
4. 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, Timer)  
– *Appointed by Pam P. at the Assembly.*
9. **Executive Committee Reports Top Three Things Presentations with Q & A**
  - [Reports from Chair (**Packet B 05**),
  - 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  
10:00 AM CT

**Break**

**Bylaws Amendments & Motions**

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

**Lunch**

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. 12th Step Within

5:00 PM  
6:30PM CT

**Dinner Break All times are CENTRAL time zone.**

**1. Business Committee Reports**

- a) Bylaws Committee (Chair reports to the Assembly)
- b) 2025 Convention Committee (Chair reports to the Assembly)
- c) Finance Committee (Barbara H. - 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) 12th Step Within (Chair reports to the Assembly)

**3. Emergency New Business (if needed)**

**4. Recognition of Outgoing Representatives**

**5. Green Dot Ceremony**

**6. Announcements**

**7. Adjournment and OA Promise**

8:30 PM CT

**All times are CENTRAL time zone.**

## REGION 5 TIMELINE

### 2026

- |                      |   |
|----------------------|---|
| <b>March 6-7</b>     | Spring Assembly: Virtual                    |
| <b>July 18</b>       | Summer Subcommittee Reports Due             |
| <b>October 23-25</b> | Region 5 Fall Assembly: Chesterton, Indiana |

### 2027

- |                       |                                 |
|-----------------------|---------------------------------|
| <b>March 12 – 13?</b> | Spring Conference: Virtual      |
| <b>July ??</b>        | Summer Subcommittee Reports Due |
| <b>October 22-24?</b> | Region 5 Fall Assembly Virtual  |