



Region 5 Chair Summer Report

Executive Summary

This report shares a few updates from Region 5, World Service, recent meeting numbers, and upcoming events. Key items include the meeting verification process, the Region 5 Convention, and the Region 5 Assembly.

There are several important things happening in our OA community. More information about the meeting verification process will be shared when it is available. The Region 5 Convention, *Flutter into Freedom*, is scheduled for September 4–6, and the Region 5 Assembly is scheduled for October 23–25. These updates set the stage for the details below.

Region 5 Updates

Region 5 continued to help with questions and requests related to intergroups and meetings. The 2025 Convention program was approved, including some of the keynote speakers. We also received a bid from Unity Intergroup to host the 2026 Convention. Several bylaw updates have been reviewed and will be brought to Assembly. I also attended the World Service Business Conference, and a separate report about that conference was shared earlier. These regional updates connect with the larger work happening at

World Service, especially around accurate meeting information, recovery resources, and long-term planning.

World Service Updates

I continue to serve on the OA website committee through the launch of the new website. The next big project will be the meeting verification process. Meeting contacts will be asked to check their meeting information and confirm that it is correct. If a meeting is not verified within the required time, the intergroup will be asked to help. If the intergroup cannot verify it, the Region will be asked to assist. Meetings that still cannot be verified after a reasonable amount of time may be suspended and removed from the OA meeting list. More details about the start date and process will be shared when they are available.

A workshop package was also created from the Chairs Forum workshop presented at the World Service Business Conference. The workshop, **Unlocking Recovery Through the Power of WE**, combines recovery ideas with an escape room-style format to encourage teamwork, problem-solving, and self-reflection. The materials are available to use and are attached to my report. The intergroup renewal workshop is also being updated with the Region Chairs, and the goal is to finish that resource by the end of the summer.

We are also preparing for the August meeting with the Board of Trustees. At that meeting, we expect to continue talking about strategic goals and how Region and World Service priorities can stay aligned. These efforts help give context to the current

meeting statistics and show how the Region continues to support affiliated meetings, unaffiliated meetings, and intergroups.

Meeting Statistics

The meeting statistics give us a helpful snapshot of what is happening in the Region. During the second quarter, Region 5 reported 498 affiliated meetings, 31 unaffiliated meetings, and 24 intergroups. In the first quarter, there were 503 affiliated meetings, 33 unaffiliated meetings, and 24 intergroups. Overall, the numbers stayed fairly steady from the first quarter to the second quarter.

Upcoming Events and Planning

Looking ahead, we are preparing for meetings with the Board of Trustees. During these meetings, the trustees and chairs will continue working together on the strategic plan. This planning will help keep future Region 5 activities connected to current needs, community priorities, and the broader goals of World Service.

In Service,

Pam P. Chair, Region 5 Overeaters Anonymous