

Region 5 Trustee Summer Report

JULY 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

	July 2026	July 2025	Change (+ or -)
Affiliated Groups	493	526	-33
Unaffiliated Groups	31	25	+6
Total Number of Groups	524	551	-27
Virtual Groups	169	148	+21
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!

Since our Assembly in March, I attended the World Service Business Conference as your trustee liaison for the first time and there are several items from the WSBC that are worthy of note. I know your chair will also be reiterating important information and some of you were there. You can read the WSBC Wrap-up Report on OA.org for more detailed information and a final conference report will come out in late August.

1. The Preamble was changed to read “compulsive eater” vs. “compulsive overeater”.
2. *Healing the Mind, Body and Spirit: Mental Health and Recovery in Overeaters Anonymous* is a new manuscript given the conference seal of approval. Look for its publication!
3. The Serenity Statement has been adopted as a secular source for use in meetings. It is:

“I seek the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.”
4. The Plain Language Big Book is conference approved literature.

Some other important news:

1. Due to under 40% representation by Region 5 at WSBC 2026, the region is eligible to send up to 5 additional delegates to the next WSBC. Giving preference to IG's that have not been represented in the past or near past. Please consider attending. It's virtual this year!
2. The 2026 Annual Appeal has begun. Please consider contributing. It supports the infrastructure of OA allowing suffering compulsive eaters to find us and our message worldwide.
3. The new website design and improved features like “Find A Meeting” has launched!
4. We have a new WSO Managing Director, Rich Valdez. Watch his annual appeal video on or.org. It is great!

One surprising piece of information that happened in one of the WSBC workshops was the idea that young people are also digital and data tired. They are coming to appreciate and access information on paper. So, when reaching out to your communities and targeting young

people; post where it can be seen. Post the tear-off contact flyer. Do make it so that they can take a picture or tear off without being exposed or seen. Some flyers have been posted above hand dryers in bathrooms. Everyone reads it!!!

Out of Region 5 have come two very interesting ideas that are now actively being discussed. I have taken them to the board on your behalf and they have been approved for further investigation and are now in those early stages. Congratulations Region 5 on your commitment, your ideas and your spirit!

1. You have expressed a deep concern over the lack of fellowship in a virtual world. There are legitimate concerns that despite the ease of virtual meetings, so vital to us accessing each other, inherently fosters turned off cameras and isolation. A crucial step in food recovery is the need to come out of hiding and be seen.
2. And you have expressed the need for an OA app. It's being investigated.

I continue to field questions from the Region 5 fellowship and address their concerns as well as ongoing Bylaws and Website Reviews. Again, I am the trustee co-chair of TSW for another year and the Chair of WSBC 2027. I am also serving on the Review Committee with your chair.

Respectfully Submitted,

Juliette R.

Region 5 Trustee

TSW Trustee Co-Chair

WSBC CPC 2027 Chair