



OVEREATERS ANONYMOUS – REGION 5 SECRETARY

July 18, 2026

RE: Region 5 2026 Summer Packet

Dear Region, 5 Intergroups, Representatives, Officers, and Trustee Liaison.

This letter is part of the **2026 Summer Packet**. This Packet will be the main update for Region 5 information until the 2026 Fall Assembly on October 23 through October 25 in Chesterton, Indiana.

Region 5 2025 Summer Packet Documents:

- **A01_Region 5 2026 Summer Secretary Letter**
- **A02_Region 5 2026 Summer Chair Report**
- **A03_Region 5 2026 Summer Vice Chair Report**
- **A04_Region 5 2026 Summer Treasurer Report**
- **A05_Region 5 2026 Summer Trustee Liaison Report**
- **A06_Region 5 2026 Summer Day in the Life of the Region 5 Chair**
- **A07_Region 5 2026 Summer Day in the Life of the Region 5 Treasurer**
- **A08_Region 5 2026 Summer Application for Region 5 Officer**
- **A09_Region 5 2026 Summer Convention Committee Report**
- **A10_Region 5 2026 Summer Bylaws Committee Report**
- **A11_Region 5 2026 Summer PIPO Sub Committee Report**
- **A12_Region 5 2026 Summer 12 Step Within Sub Committee Report**
- **A13_Region 5 2026 Summer Intergroup 2 Intergroup Sub Committee Report**
- **A14_Region 5 2026 Summer Media Committee Report**
- **A15-A17_ Treasurer's Summer Financials**
- **Summer Packet Combined Print Document**

Three notable things I have worked on since the 2026 Spring Assembly

1. I continue working on website updates with the Media Committee and with the webmaster. Specifically, we focused on the home page, events calendar and the Intergroups page.
2. I regularly respond to emails regarding our email blasts and information for events.
3. I have revised the Speakers List and updated it with over 35 names of people willing to share their experience, strength, and hope throughout Region 5.

Upcoming Region 5 Officer Elections

At the 2026 Fall Assembly, we will be holding the election for the Region 5 Chair and the Region 5 Treasurer. You can check out the Day in the Life of a Region 5 Chair and Treasurer documents in the Packet (A06 and A07 PDFs) to gauge interest in applying for the positions. Working on the Board is a great experience and fulfilling service for OA. There is an Officer Application form in the Summer Packet (A08 PDF). If you want to apply for either of these service positions, please fill out the application and send it to me, no later than **August 24, 2026**. Please do not forget to sign the document before sending it to me. If you scan the document, you can also send me the application by email. However, it is not actually received until I have the signed paper copy of the Application.

In loving service,

Kerry M

Region 5 Secretary

R5Secretary@outlook.com



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

Region 5 Vice Chair Summer Report

JULY, 2026

I am excited about the upcoming Region 5 Convention, “Flutter Into Freedom” September 4 – 6, at the Crown Plaza Hotel in Indianapolis near the airport. The deadline for registration is August 1. I hope to see you there. It has been a great experience to watch everyone come together and put their efforts toward making the convention happen. I am grateful to Rebecca for acting as the hotel liaison in Indy.

Elections are coming up at the fall Assembly at the end of October. We have positions open for Chair and Treasurer. The deadline for applications is at the end of August. The qualifications are two years of abstinence, attendance as a Representative at three Assemblies and a healthy body weight. If you would consider doing service on the board, this is an opportunity. If there are people who you know in your intergroup who have rotated out of service, this is an opportunity to step back into service.

The PIPO committee has been working with Laurie from the Milwaukee Area Intergroup PI committee to share their program for getting newcomers to come to meetings and spread the word about OA to the community around the meetings. Laurie has been working with a paid PR person to promote OA’s message. I am grateful to Laurie and Annie, her special worker for taking the time out of their busy schedules to help us understand what is possible in getting the word out about OA. We hope to share their posters and literature with other intergroups.

Respectfully Submitted,

Kevin F

Vice Chair

Region 5 Treasurer Summer Report

Hope everyone is enjoying the Summer. Looking forward to seeing you at the Convention in September. First, I would like to thank everyone for your donations to Region 5. As you will see from the attachments below, our profits are down while expenses are up. This variance may be due to the timing of our 2026 and 2025 Conventions. The two other attachments look at our Budget vs Actuals and the Statement of Activity through June 2026.

Due to Region 5 member contributions, the board has been able to approve five individuals with scholarships to the 2026 convention. The board also approved a request from Louisville Metro Intergroup PIPO for \$1000 to assist putting up billboards. The billboards will carry the message of OA, in the Louisville and Southern Indiana area. We are presently looking at how we can help other intergroups. Please look on the Region 5 website for information on how you or your intergroup can apply. The request forms are under the Region 5 dropdown, then look for Financial Resources.

Please feel free to send me any questions you have about our finances. I would also like to hear from you or the Treasurer of your intergroup if they have any financial issues.

In Service,

Barbara H. Region 5 Treasurer

Region 5 of Overeaters Anonymous

P.O. Box 22175

Louisville, Ky 40252

R5treasurer@outlook.com

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

A DAY IN THE LIFE OF THE REGION 5 CHAIR

(based on several chairs' experience, strength and hope)

Refer to Region 5 Bylaws, Article VI, pages B-4 & B-5 for qualifications and page B-6 for the Executive Board role. Refer to Region 5 Policies & Procedures, Section II, pages C-9 through C-11 for specific requirements and duties of the Chair.

PLEASE REMEMBER AS YOU PRAYERFULLY CONSIDER RUNNING FOR THIS POSITION

You are not alone! Your Higher Power and the OA Fellowship are available and willing to help you. You have amazing experience, strength and hope to share with this Fellowship. HP will equip you for the role that you are called to do. Just remember that you do not need to know how to be the Region 5 Chair before completing your application to run for Region 5 Chair. You just need the willingness to learn and do the best that you can with the talents and gifts you have been given. **You can do it!**

As Region 5 Chair, you will serve Region 5 by carrying out the Chair's duties outlined in our P&P Manual, but you also serve on a very active **Region Chairs Committee** (RCC) which includes all 10 Region Chairs from around the world. The RCC meets 2 or 3 times a year: at the World Service Business Conference (WSBC), at the World Service Convention with the Board of Trustees (BOT) which is currently held every 4 years, and at a Fall Region Assembly. Each Chair chooses one of the committees to work on that is developed in conjunction with the BOT OA Strategic (Action) Plan. Previously, the RCC worked on and developed and presented the Forum at WSBC. The RCC is also the communication liaison between the World Service Office and the Trustees to the local Fellowship. Tasks assigned through this Committee continue throughout the year. Time commitment on these committee tasks will vary. A benefit for a new Region Chair is an experienced mentor from this committee!

EMAIL

It's a given that the Region Chair must be adept at email! It's how all of the correspondence from World Service Office, the Board of Trustees (BOT), the other Region Chairs, and much of the Region 5 business is handled. Plan an average of 30 minutes a day. This will increase as you get closer to Assembly or an RCC meeting.

SOFTWARE

Access to a personal computer (laptop, tablet, etc.) and printer is a must for this service position. Most of the work done by the RCC and by the R5 Chair uses MS WORD, some EXCEL and POWERPOINT. The Region Chairs also use DROPBOX, Sharepoint and the Region 5 Zoom account to meet routinely by conference call. The R5 Board uses Zoom for conference calls between formal meetings.

The Region Chairs also use WhatsApp to communicate greetings and share recovery. There is a group called Current Region Chairs which includes only the currently serving Region Chairs and may be used to ask questions and give updates, but most important information is disseminated through emails.

A DAY IN THE LIFE OF THE REGION 5 CHAIR

(based on several chairs' experience, strength and hope)

TELEPHONE

The Region Chair will need to respond to phone calls and texts and communicate with other Board members and members of the Fellowship. Access to a phone with voice mail is a necessity. I use a smartphone with access to email/DROPBOX, messaging, etc.

TRAVEL WITHIN REGION 5:

- March/April AND October/November - 2 Assemblies annually – generally Friday through Sunday (arriving by Noon Friday and leaving early afternoon on Sunday) – travel time will vary based on where you live – **TOTAL 6 days**
- Fall - Region Convention – Thursday or Friday through Sunday (arriving *no later than* Noon Friday and leaving mid-afternoon Sunday) – travel time will vary based on where you live – **TOTAL 3-4 days**
- Service, Traditions & Concepts, Strong Meetings/Abstinence/Sponsorship Workshops – as requested by an Intergroup – could involve an overnight stay depending on location and travel from where you live
- Intergroup visits, speaking engagements *upon request* (retreats, other workshops), etc. – could involve an overnight stay depending on location and travel from where you live

TRAVEL OUTSIDE REGION 5:

- April/May – WSBC, Albuquerque, NM – arriving no later than Noon Monday and leaving the following Sunday – travel time will vary based on where you live (allow a full day on each end for travel) – **TOTAL 7 days**
- August/September – the Region Chairs meet with the Board of Trustees at the site of the World Service Convention. You will most likely need to arrive no later than Monday night for a meeting with the BOT on Tuesday morning and leaving the following Sunday – travel time will vary based on where you live (allow a full day on each end for travel) – **TOTAL 7 days**
- Fall – the Region Chairs attend another Region's Assembly – location will vary, travel time will vary based on the length of each Region's Assembly – a good assumption would be arriving no later than Thursday afternoon and leaving the following Sunday (again, it depends on the location of the Assembly) – **TOTAL 4 days minimum**

A DAY IN THE LIFE OF THE REGION 5 CHAIR

(based on several chairs' experience, strength and hope)

PREPARATION TIME

For Assembly – 20-30 hours 2 times a year

Register for the Assembly. Write the Chair's Report and send to the Secretary for packet B. The business session scripts are updated prior to each Assembly and sent to the Parliamentarian for review; the Chair reviews these edits and finalizes the scripts and provides them to the Secretary. Committee assignments are reviewed and adjusted as necessary. The draft Agenda prepared by the Secretary is reviewed. Board meeting agendas for Friday afternoon and Sunday morning are prepared. Special handouts or other materials are prepared and copied for Friday evening activities if needed.

For Convention – 10-15 hours 1 time a year

Preparation may include coordination with the Treasurer, preparing the welcome & any remarks for the Friday evening opening and Saturday banquet, attending Convention Committee meetings (if requested), responding to emails and phone calls, Board review of Convention registration flyers and program. Register for the Convention.

For Region Chair Committee meetings, including WSBC – 10-20 hours or more 3 times year

Review of advance materials, writing Region update reports to the Board of Trustees (3 times a year) in cooperation with the Region Trustee, completing assigned Strategic Plan tasks, updating DROPBOX with RCC & Region 5 information. This depends on what position you hold on the RCC. I currently service as the Vice Chair of the RCC and am responsible for updating files on Dropbox for the Calendar and Chair Arrival schedules for WSBC and the World Service Convention and RCC3. Register for WSBC and the Region Assemblies. Plan the Region 5 dinner at WSBC (options include eating in the hotel restaurant, eating at outside restaurant, just gather for fellowship, etc.). The amount of time allowed for this gathering is determined by the WSBC agenda, but this usually happens on Wednesday night of WSBC.

For Monthly Board Conference Calls – about 1 ½ hours each month including the conference call

Prepare the agenda for the conference call. Chair the call. Follow up and complete any action items after the calls.

EVENT TIME

At Assembly – 48 hours 2 times a year

From the moment you arrive, you are busy with Region activity. The Chair conducts the Friday afternoon Board meeting, leads the Friday evening activities, attends the IG share on Friday, chairs the Saturday and Sunday business sessions, attends the Saturday evening OA meeting, updates the Sunday Board meeting agenda, conducts the Sunday Board meeting, responds to phone calls/questions, other miscellaneous activities. Depending on your travel time it may be

A DAY IN THE LIFE OF THE REGION 5 CHAIR

(based on several chairs' experience, strength and hope)

easier for you to bring your food for dinner on Friday and eat between the board meeting and the beginning of the evening activities.

At the Region 5 Convention – 25 hours 1 time a year

The Chair and the Treasurer handle all walk-in registrations at Convention on Friday afternoon/evening and Saturday morning. They also handle all cash/checks over the weekend. You may be asked/allowed to open the convention with a welcome and remarks on Friday evening and at the banquet on Saturday. The Chair also provides assistance and responds to all questions, issues, etc.; the Chair, Vice Chair, Secretary, Treasurer, and Trustee represent the Region 5 Board at the Convention and may be asked to address Tradition issues or concerns.

At Region Chair Committee Meetings—We are meeting virtually for now, every other month for 2 hours on a Saturday afternoon.

POST-EVENT TIME

After Assembly – varies 2 times a year

Create the TO DO list and begin work on the items, update any documents. Submit all receipts to the Treasurer.

After Convention – varies 1 time a year

Create the TO DO list and begin work on the items, assist Treasurer as needed with deposits and final Convention reports. Submit all receipts to the Treasurer.

After Region Chair Committee Meetings – varies 2-3 times a year

Create the TO DO list and begin work on the items and other miscellaneous tasks. Submit all receipts to the Treasurer.

ALWAYS REMEMBER AND NEVER FORGET:

You have a Region Board, past Region 5 Officers and fellow Region Chairs ready to assist you. The “wheel” does not have to be reinvented. There is an RCC Manual; many workshops are available on OA.ORG and in the RCC DROPBOX. The Assembly scripts already exist, and the Parliamentarian reviews and edits these. There are historical files available for you to review in the Region 5 DROPBOX if you want more information and guidance.

You are not alone. You are part of a great team!



OA REGION 5 TREASURER
Post Office Box 22175
Louisville, KY 40215

July 2026

A DAY IN THE LIFE OF THE REGION 5 TREASURER

It has been my pleasure to serve as the Region 5 treasurer. Since 2024 I have learned a lot about the financial generosity of the Region 5 intergroups and their meetings. With the donations Region 5 has been able to be represented at WSO functions, provided scholarships to the convention and for Representatives who participate in our in-person Assemblies. Also, in the last two years we have looked at ways to cut costs and have decreased some of our costs so we can financially assist our Region.

The Treasurer's job is not an everyday job, but one that has weekly, monthly, quarterly, and annual components. Overall, I currently spend an average of 2-5 hours a week doing Treasurer tasks.

ANNUAL

- **Banking** – We have our banking presently at Chase Bank. The Treasurer is responsible for any change in the banking requirements.
- **Tax Return Preparation** – We have an Accounting firm that prepares our taxes from QuickBooks. The treasurer answers any questions emailed from the Accountant. Estimated time 1 hour.
- **Ohio Charitable Filing** is prepared by the Accountant. The payment for the filling is added to the Accountant's bill.
- **Insurance** – Pay the liability insurance in March and the Surety Bond in July. Estimated time minimal.
- **Other annual bills** – the Region has various other annual bills that come in during the year, but most are already set up to pay automatically – Zoom, website domain, etc.
- **Post Office Box** – Renew and pay estimated time if the new Treasurer is in a different state. 1 hour.
- **Budget** – The Treasurer prepares a proposed budget for the Finance Committee to review. The Finance Committee submits a proposed budget to the Fall Assembly for approval. Estimated time for the proposed budget to the Finance Committee 3 hours. Estimated time to prepare revisions, updates, and copies for distribution to the Assembly when meeting in person is 2.0 hours.
- **Region 5 Convention** – Before the convention, the Treasurer makes entries to QuickBooks in the amount paid from each registration, basket and scholarship contributions. The Treasurer works with the Board to determine who receives the scholarships. Friday night and Saturday morning of the Convention, the Treasurer is responsible for processing all walk-in registration, all money collected for activities such as 50/50 split tickets and disbursements, Hospitality Suite, and Raffle Baskets. After the Convention, reports need to be run and money split between Region 5 and the hosting Intergroup(s). This is the single most time-consuming part of the job. I would estimate about 40 -50 hours.
- **Assembly** – Spend 3 days in the Fall at the Region 5 annual in-person Assembly meeting and Friday night and all day Saturday at the virtual meeting in the Spring

QUARTERLY

- Make quarterly payments to World Service Funds. Estimated time minimal.
- Make quarterly payments to Webmaster. Estimated time minimal.

ASSEMBLIES

- **Financial Report preparation** before the Assembly. Reports include Profit and Loss Statement, Balance Sheet, Group Contributions, and Treasurer/Finance Committee Report. These reports are already set up in the QuickBooks software we use. Estimated time if everything is current 1.5 hours
- **7th Tradition** collection and deposit. Estimated time minimal.
- **Board Meetings** pre and post. Estimated time 2 hours

ASSEMBLIES (CON'T)

- **Finance Committee** – As Treasurer you are the Chair of the Finance Committee. Estimated time 2.0 hours in sub-committee breakout. Preparation of the Finance Committee report, if notes are taken by a volunteer is estimated at .25 hours.
- **Sub-Committee work** – As a Board Member you will be assigned as a liaison for a subcommittee. The Treasurer is assigned to the Finance committee. The amount of time is determined by the frequency of their meetings. The Treasurer reports their status back to the Board.
- **Expenses** – After an in-person Assembly, there are a good number of expenses to be tracked, input, and uploaded. Virtual assemblies require almost no time. Estimated time 1.5 hours.

MONTHLY

- **Board Meetings** - This time is used to make decisions and discuss status updates, plans, and concerns. Reports are sent out before the meeting to the Board Members and the Trustee. Meetings are held monthly and last 1 hour.
- **Reconciliations** – Reconcile Operating, Savings, and Credit Card Statements. Estimated time if everything has been entered is 1 hour

WEEKLY

- **Collection** – Go to the post office and pick up checks, enter the deposits in QuickBooks, deposit the checks at the bank and keep copies of the checks and other information if applicable. File paperwork with the deposit slip attached. You are also responsible for tracking online deposits from Assembly Registration, Conventions, and 7th Tradition on-line contributions. The estimated time to enter weekly deposits is 2 – 4 hours per week, depending on how many people have provided the group number and how many have requested receipts. Some groups request receipt by email or snail mail. Enter in QuickBooks all credit card meeting donations and money paid to Webconnex.
- **Pay Bills** – Obtain any receipts or invoices needed from Board members, Committee members, etc. Record in QuickBooks. Upload proof of payment and keep records. Estimated time. 1-2 hours per week.

The Treasurer has a dedicated computer that has all the needed software loaded, along with a lot of previous documents to guide the way.

Application for Region 5 Officer

- Print this page, and then answer the questions, using separate sheet(s) for items #1-4...

OR...

Complete all questions in Microsoft Word, and then print the completed application.

- Mail you're completed and signed application to:
Region 5 Secretary
4615 Jerome Street
Skokie, IL 60076
- **Also**, Email a copy of this application to: R5Secretary@Outlook.com
(Questions about this? Contact the Region 5 Secretary)
- **Applications must be received by the Region 5 Secretary by August 24, 2026.**

Full Name: _____

Address: _____

Number of Years in OA: ____

City: _____

Name of Home IG: _____

State / Province: _____

Currently a Region 5 Rep? _____

Zip: _____

Previously a Region 5 Rep? _____

For which office are you applying?

Chair _____

Vice Chair _____

Treasurer _____

Secretary _____

1) Give a brief account of your O. A. story:

2) Give a summary of your O. A. service:

3) Explain why you would like to be a Region 5 officer:

4) Explain any skills or experience you would bring to the Region 5 board:

Responsibilities and Duties of Region 5 Officers are listed in the Policies and Procedures in Article II. By signing this applications, you certify that you meet the qualifications for Region 5 Officers can found in the Region 5 Bylaws, Article VI, Section A.

Signature: _____

Date: _____

Region 5 Convention Committee Report

The 12 Freedoms

The 2026 Region 5 Convention meeting focused on planning and logistics for the September 4-6, 2026, event. The committee discussed room assignments, with raffles, literature sales, and baskets all taking place in the same large room and confirmed that literature sales would use a Square device while raffles would be cash only. Hotel liaison provided updates on hotel reservations, food tastings, and room walkthroughs, while the program chair detailed the progress on scheduling speakers and workshops. Registration stood at 113 attendees, with discussions on preparing folders, name tags, and potential walk-ins. Hotel reservations at 184 with the need of 200 per our contract. The literature chair outlined plans for literature ordering, considering past sales data. The committee also addressed issues with the hotel registration link, decorations, volunteer schedules, and the need for a welcome letter and evaluation form. Various reports were given on raffles, publicity, and scholarships, with the announcement that five scholarships had been funded by donations. The conversation ended with plans for future walkthroughs at the hotel and coordination for final preparations.

Our next meeting is August 6th at 7PM zoom.

Region 5 Bylaws Committee Report

July 2026 Report

- Motions that are ready or almost ready:
 - We have prepared a motion to update the requirements for applying to run for a board position.
 - We are finishing on a motion to update and organize the Region 5 Virtual and In-Person Standing Rules.
- We are working with the Media Committee to create a motion regarding the use of images.
- We are considering asking the Media Committee to help us with a project to produce tutorial videos to help green dots prepare for their first assembly.

Susan M., Bylaws Committee Chair

PIPO Committee Report

Summer Report 2026

We have been meeting and sharing our intergroup's activities. Southwest Michigan Intergroup has been active at farmer's markets to spread the word about OA. Louisville Metro has a billboard campaign with different big posters for the holidays. Region has given 1000.00 to help support this campaign. We have money in the budget.

We have been inspired by the PI committee at Milwaukee Area Intergroup and their strategy for attracting newcomers. Laurie, Chair of their PI committee, has shared their program at several of our meetings. She has been working with a special worker for 6 ½ years who came to one of our meetings and impressed us. I will try to put up some of our minutes of these meetings with Laurie as well as the diagram of their strategy.

Kevin F.

Twelfth Step Within Committee Report

Phone Call Starters: We hope to have the final version posted on the REgion 5 Website soon.

Introduction

Ours is a disease of isolation and the telephone is one of our most important tools in breaking down isolation and feeling connected to our fellowship. But for some, it can be awkward to make phone calls. Some feel like they might be bothering the person, or that they might end up being on the phone longer than they intended. They don't know how to get the conversation started, and that hesitancy keeps them from making outreach calls. These conversation starters are offered to make it easier to use the tool of telephone calls.

First, start with our mindset.

- Fellows with abstinence and recovery know that 'together we can do what we could never do alone'. Calling a fellow is a form of service that benefits the caller and the called. As with many forms of program service, the person doing the service often benefits more than the recipient of the service. Make calls because it will strengthen your recovery and the fellowship you rely on.
- Don't worry about bothering someone. If it is not a good time, they will not answer. Be willing to be God with skin on and leave the outcome to Higher Power. If they don't answer, leave a message letting them know that program works (see examples below). Reaching out will benefit you even if the person doesn't respond. Everyone appreciates knowing others care and are concerned.

- Make it a habit to call others. Doing it regularly makes it easier. A great day might look like one with a call to a newcomer, a call to someone who has been absent or struggling, and a call to someone with solid recovery.

Setting up for a satisfying call

- Be ready to share something program related that you have been reading, working on, thinking about or heard in a meeting.
- Start by asking if they have 5 minutes for a program call. Honor that time.
- Don't take it personally if fellows don't call back. You have already received the benefit by making the call.

Calls to Newcomers:

We know newcomers come to meetings at different stages; some have “the gift of desperation”, some expecting a diet club, some turned off by spiritual talk, some wary etc. How do we welcome them while not overwhelming them?

- If you connect with a newcomer at a meeting, try to agree on a time when you will call them to answer questions. Don't expect them to call you. Share your name and number so they will recognize it when you call. Or text first to see if it is a good time for a call.
- Sometimes the newcomer is anxious to talk. It is OK to let them know how much time you have for the conversation on this day.

Conversation starters with newcomers

- After first meeting

- It was good to see you at the meeting. What ideas stayed with you after the meeting and what questions do you have that I might be able to answer?
- When I went to my first meeting, I was feeling... (desperate, discouraged, skeptical, afraid, etc.). What was it like for you coming to a meeting?
- How did you hear about OA? What are you looking for
- If they have been to a few meetings but still new
 - What is going well and what are you finding challenging?
 - Would you like me to share what helped me to find abstinence?
 - Have you noticed any changes in yourself as you start to work the program?
 - How can I help you be abstinent today?

Calls to someone you haven't seen for a while

Folks that have been absent may have a mix of emotions including shame, embarrassment and fear. They may not want to be contacted. We want to convey that the doors of OA are open to all with a desire to stop compulsively eating, and that recovery is possible and is worth the effort.

Conversation starters with someone you haven't seen for a while

- Hi, it's ____ from OA. I had you on my mind and heart and wanted to follow the prompting and reach out. Is this a good time? If yes, then use one of the following;
- How is it going with the food today?
- I haven't yet read today's reading in For Today or Voices of Recovery. Would it work for me to read that now, then we could share a comment or two about what the reading means to us?

- I plan on attending that meeting on _____. It would be great to see you there. Any chance of that?
- What can I do to support your recovery today?
- Is there anything you miss about coming to meetings? Is there anything we can do to welcome you back?

Calls to someone you know is struggling/in relapse

Conversation starters with someone in relapse

- I'm so sorry that you are in the pain of the disease. How can I support your recovery today?
- What is going well in your life today?
-

General Conversation Starters

- I'm looking to strengthen my recovery today. What is something you have learned from the literature or a meeting that has enhanced your recovery?
- Can we read together from For Today or Voices of Recovery and share our thoughts about it?
- Share recovery challenges,: "I need to talk about food; you go first" "Here is what I'm not overeating over today".
- Thank them for service they are doing.
- Thank them for something about recovery that they shared at a meeting: "I appreciated the reminder of the principles, thank you"
- You have been on my mind and heart and I wanted to follow the prompting and reach out. Is this a good time?

Sample Voicemail Messages:

- I'm making outreach calls. Sorry we didn't connect today. Wishing all is well with you, your family and your program.

- I'm making outreach calls because it helps me stay abstinent.
Hope you are doing well today and I'm glad to be doing program with you.

Resources:

- Call 5 and Keep 'Em Alive from OA.ORG

Intergroup 2 Intergroup Summer Report

- Created and submitted content for Region 5's Best Practices webpage
- Considering IG in-person visits
 - We are researching IGs who have been least represented at Region 5 assemblies, and comparing that information with the IG outreach survey results to consider which IGs might most benefit from a visit.
 - These visits are about listening, understanding, and supporting, not teaching. We will ask them what support they would like from us and be very intentional about what these visits look like, what we will do/bring.
- We are in the preliminary stages of designing an IG mentor/mentee program.
- We intend to consider whether Region 5 might benefit from adopting programs other regions have developed for IG outreach.
 - Region 6 has IG forum meetings to discuss IG struggles. We could reach out to them to ask if they received positive feedback about the program participants, what went well, and what they would do differently. <https://oaregion6.org/new-calendar/ig-draft-webpage/>
 - Region 8 Intergroup Support Workshop <https://oaregion8.org/files/igor/IGOR-Intergroup-Support-Workshop-Packet.pdf>

Thank you,

Ali E.

Intergroup 2 Intergroup Subcommittee Chair

Region 5 Media Committee Summer Report

July 15, 2026

The Media committee is working on or has worked on the following from March 7, 2026 to June 2026:

We have worked to optimize the Region 5 website by

- helping to target the removal of old content
- suggesting ways to stimulate the attention of internet algorithms by writing new content for our newsletter Freedom From Bondage, which would move us up on the algorithm's list when people search for help with their eating problems
- educating ourselves on how the website works by working with the webmaster and obtaining and discussing analytics data
- testing out areas of the website to find any bugs and suggesting improvements, such as looking for typos and links that do not work
- focused on the Intergroups section of the R5 website and contacted the IGs to let them know this service is available, ask if they want to post anything, and help them to get their info up to date

We have also been requested by the Bylaws Committee to compose a media use policy, which was submitted to them March 22, 2026. They have replied that we have more work to do. I believe we will need to submit it for a vote at the next assembly to add it to the R5 bylaws or policies, but we don't know where it fits into which document.

Going forward, we will continue to browse the website for improvements and to submit new content.

We would like to encourage all Region Reps to encourage their Intergroup and meetings to also submit new content at least once a month. Also, we will continue to work on the Media Use Policy.

Respectfully submitted, Norma B. Media Committee Chairperson

Region 5 OA

Statement of Activity
January-June, 2026

	Total
Revenue	
2026 Convention Income	
2026 convention basket	220.00
2026 Schororship	1,125.00
Pre-Convention 2026	2,285.00
Registration	15,435.00
Total for 2026 Convention Income	\$19,065.00
Assembly Income	\$20.00
7th Tradition	535.00
Total for Assembly Income	\$555.00
Contributions	\$19,685.87
Conventions	
2025 convention	140.00
Total for Conventions	\$140.00
Interest Income	1.75
Personal	20.00
Total for Revenue	\$39,467.62
Gross Profit	\$39,467.62
Expenditures	
2026 Convention Expenses	\$5,192.44
Other Expenses	1.65
Total for 2026 Convention Expenses	\$5,194.09
Assemblies	
Assembly Exp	45.00
Total for Assemblies	\$45.00
Assembly	\$38.86
PIPO Committee	1,000.00
Total for Assembly	\$1,038.86
Operating Expenses	
Insurance	1,582.60
Officer Operating Expenses	
Chair Office Expense	55.09
Chair Travel Expense	722.39
Total for Officer Operating Expenses	\$777.48
Print, Copying, Ink, Supplies	145.10
Total for Operating Expenses	\$2,505.18

Region 5 OA

Statement of Activity
January-June, 2026

	Total
Operations	
Postage, Mailing Service	
Post Office Box	250.00
Total for Postage, Mailing Service	\$250.00
Processing Fees	
Webconnex	1,502.19
Total for Processing Fees	\$1,502.19
Supplies	107.75
Web Expenses	
Virtual Meeting Expenses	319.80
Web Site Security	341.75
Webmaster	2,783.40
Website Hosting & Domain	38.38
Total for Web Expenses	\$3,483.33
Total for Operations	\$5,343.27
Other Types of Expenses	690.00
Region 5 Chair Requirements Expenses	
Region Chair Reg/Travel to other Regions	2,647.43
Total for Region 5 Chair Requirements Expenses	\$2,647.43
World Service Organization	
World Service Business Conf	1,968.23
WSO Contribution	\$10,010.48
World Service General Fund	67.36
Total for WSO Contribution	\$10,077.84
Total for World Service Organization	\$12,046.07
Total for Expenditures	\$29,509.90
Net Operating Revenue	\$9,957.72
Net Revenue	\$9,957.72

Region 5 OA
Budget vs. Actuals: Budget_FY26_P&L_1 - FY26 P&L
January - June, 2026

	Jan 2026	Feb 2026	Mar 2026	Apr 2026	May 2026	Jun 2026		Total	
	Actual	Actual	Actual	Actual	Actual	Actual	Actual	Budget	% of Budget
Revenue									
2026 Convention Income							0.00	0.00	
2026 convention basket				85.00	75.00	60.00	220.00	0.00	
2026 Schororship				445.00	195.00	485.00	1,125.00	0.00	
50/50							0.00	250.02	0.00%
Market Place							0.00	1,000.02	0.00%
Pre-Convention 2026				920.00	260.00	1,105.00	2,285.00	0.00	
Registration				3,615.00	3,980.00	7,840.00	15,435.00	12,499.98	123.48%
Total 2026 Convention Income	\$ 0.00	\$ 0.00	\$ 0.00	\$ 5,065.00	\$ 4,510.00	\$ 9,490.00	\$ 19,065.00	\$ 13,750.02	138.65%
Assembly Income	20.00						20.00	0.00	
7th Tradition			535.00				535.00	150.00	356.67%
Registrations							0.00	750.00	0.00%
Total Assembly Income	\$ 20.00	\$ 0.00	\$ 535.00	\$ 0.00	\$ 0.00	\$ 0.00	\$ 555.00	\$ 900.00	61.67%
Contributions							0.00	25,000.02	0.00%
Total Contributions	\$ 5,513.14	\$ 2,416.51	\$ 4,144.07	\$ 2,828.19	\$ 2,649.40	\$ 2,134.56	\$ 19,685.87	\$ 25,000.02	78.74%
Conventions							0.00	0.00	
2025 convention		140.00					140.00	0.00	
Total Conventions	\$ 0.00	\$ 140.00	\$ 0.00	\$ 0.00	\$ 0.00	\$ 0.00	\$ 140.00	\$ 0.00	
Interest Income	0.35	0.33	0.38	0.35	0.34	0.34	2.09	3.00	69.67%
Other Types of Income							0.00	0.00	
Miscellaneous Revenue							0.00	0.00	
Total Other Types of Income	\$ 0.00	\$ 0.00	\$ 0.00	\$ 0.00	\$ 0.00	\$ 0.00	\$ 0.00	\$ 0.00	
Personal	20.00						20.00	0.00	
Total Revenue	\$ 5,553.49	\$ 2,556.84	\$ 4,679.45	\$ 7,893.54	\$ 7,159.74	\$ 11,624.90	\$ 39,467.96	\$ 39,653.04	99.53%
Gross Profit	\$ 5,553.49	\$ 2,556.84	\$ 4,679.45	\$ 7,893.54	\$ 7,159.74	\$ 11,624.90	\$ 39,467.96	\$ 39,653.04	99.53%

Expenditures										
2026 Convention Expenses			172.44				2,500.00	2,520.00	5,192.44	0.00
Committee Expenses									0.00	7,000.02 0.00%
hotel liaison charges									0.00	1,000.02 0.00%
Hotel/Food Expense									0.00	1,200.00 0.00%
Officers Registration /Travel									0.00	499.98 0.00%
Other Expenses				1.65					1.65	0.00
Seed money 2026									0.00	0.00
Total 2026 Convention Expenses	\$	0.00	\$	172.44	\$	1.65	\$	0.00	\$	2,500.00
2027 Convention									0.00	0.00
Seed Money									0.00	1,000.02 0.00%
Total 2027 Convention	\$	0.00	\$	0.00	\$	0.00	\$	0.00	\$	0.00
Assemblies									0.00	0.00
Assembly Exp						45.00			45.00	0.00
Total Assemblies	\$	0.00	\$	0.00	\$	0.00	\$	45.00	\$	0.00
Assembly				38.86					38.86	0.00
Appreciation Fund									0.00	300.00 0.00%
Hotel Expense									0.00	3,499.98 0.00%
Intergroup Funding Assistance									0.00	2,500.02 0.00%
Office Copies and Binders									0.00	300.00 0.00%
Officer Registration									0.00	214.98 0.00%
Officers Travel									0.00	1,249.98 0.00%
Parliamentarian Registration									0.00	0.00
Parliamentarian travel									0.00	250.02 0.00%
PIPO Committee					1,000.00				1,000.00	2,500.02 40.00%
Total Assembly	\$	0.00	\$	0.00	\$	38.86	\$	1,000.00	\$	1,038.86
Contract Services									0.00	0.00
Accounting Fees									0.00	0.00
Accountant									0.00	499.98 0.00%
Total Accounting Fees	\$	0.00	\$	0.00	\$	0.00	\$	0.00	\$	0.00
Total Contract Services	\$	0.00	\$	0.00	\$	0.00	\$	0.00	\$	499.98
Facilities and Equipment									0.00	499.98 0.00%
software program upgrades									0.00	250.02 0.00%

Total Facilities and Equipment	\$	0.00	\$	0.00	\$	0.00	\$	0.00	\$	0.00	\$	0.00	\$	750.00	0.00%
Operating Expenses													0.00	0.00	
Bank charges													0.00	0.00	
Bank charges													0.00	19.98	0.00%
Total Bank charges	\$	0.00	\$	0.00	\$	0.00	\$	0.00	\$	0.00	\$	0.00	\$	19.98	0.00%
Copies/Binders													0.00	0.00	
Insurance													1,582.60	1,000.02	158.26%
Officer Operating Expenses													0.00	0.00	
Chair Office Expense													55.09	0.00	
Chair Travel Expense													722.39	0.00	
Workshops													0.00	250.02	0.00%
Total Officer Operating Expenses	\$	0.00	\$	0.00	\$	777.48	\$	0.00	\$	0.00	\$	0.00	\$	777.48	\$ 250.02 310.97%
Postage/Mailing													0.00	199.98	0.00%
Print, Copying, Ink, Supplies													145.10	750.00	19.35%
Total Operating Expenses	\$	0.00	\$	0.00	\$	777.48	\$	1,727.70	\$	0.00	\$	0.00	\$	2,505.18	\$ 2,220.00 112.85%
Operations													0.00	0.00	
Postage, Mailing Service													0.00	0.00	
Post Office Box													250.00	0.00	
Total Postage, Mailing Service	\$	0.00	\$	0.00	\$	250.00	\$	0.00	\$	0.00	\$	0.00	\$	250.00	\$ 0.00
Processing Fees													0.00	0.00	
Webconnex		177.40		75.91		127.82		357.35		272.29		491.42	1,502.19	1,500.00	100.15%
Total Processing Fees	\$	177.40	\$	75.91	\$	127.82	\$	357.35	\$	272.29	\$	491.42	\$	1,502.19	\$ 1,500.00 100.15%
Supplies													107.75	0.00	
Web Expenses													0.00	0.00	
Virtual Meeting Expenses		319.80											319.80	175.02	182.72%
Web Site Security		140.38				158.98		42.39					341.75	199.98	170.89%
Webmaster				1,050.00		683.40				1,050.00			2,783.40	3,000.00	92.78%
Website Hosting & Domain								38.38					38.38	100.02	38.37%
Total Web Expenses	\$	460.18	\$	1,050.00	\$	842.38	\$	80.77	\$	1,050.00	\$	0.00	\$	3,483.33	\$ 3,475.02 100.24%
Total Operations	\$	637.58	\$	1,125.91	\$	1,220.20	\$	438.12	\$	1,349.84	\$	571.62	\$	5,343.27	\$ 4,975.02 107.40%
Other Types of Expenses												690.00	690.00	0.00	
Region 5 Chair Requirements Expenses													0.00	0.00	

Region Chair Reg/Travel to other Regions	2,647.43							2,647.43	499.98	529.51%							
Workshop travel and expenses								0.00	0.00								
Total Region 5 Chair Requirements Expenses	\$	0.00	\$	0.00	\$	0.00	\$ 2,647.43	\$	0.00	\$	0.00	\$ 2,647.43	\$	499.98	529.51%		
World Service Convention								0.00	0.00								
Basket Raffel Donation								0.00	85.02	0.00%							
Chair Registration/Travel								0.00	0.00								
Total World Service Convention	\$	0.00	\$	0.00	\$	0.00	\$	0.00	\$	0.00	\$	0.00	\$	85.02	0.00%		
World Service Organization								0.00	0.00								
Region Chair Committee (RCC)								0.00	0.00								
Travel Fund Assistance								0.00	499.98	0.00%							
Total Region Chair Committee (RCC)	\$	0.00	\$	0.00	\$	0.00	\$	0.00	\$	0.00	\$	0.00	\$	499.98	0.00%		
World Service Business Conf				299.00				1,669.23	1,968.23	0.00							
Chair to WSBC								0.00	1,000.02	0.00%							
copy/binders								0.00	100.02	0.00%							
Region 5 Delegate to WSBC								0.00	1,000.02	0.00%							
Total World Service Business Conf	\$	0.00	\$	299.00	\$	0.00	\$	0.00	\$	0.00	\$	1,669.23	\$	1,968.23	\$	2,100.06	93.72%
WSO Contribution				10,000.00	10.48				10,010.48	0.00							
World Service General Fund								67.36	67.36	4,999.98	1.35%						
Total WSO Contribution	\$	0.00	\$	10,000.00	\$	10.48	\$	67.36	\$	0.00	\$	0.00	\$	10,077.84	\$	4,999.98	201.56%
Total World Service Organization	\$	0.00	\$	10,299.00	\$	10.48	\$	67.36	\$	0.00	\$	1,669.23	\$	12,046.07	\$	7,600.02	158.50%
Total Expenditures	\$	637.58	\$	11,597.35	\$	2,048.67	\$	5,925.61	\$	3,849.84	\$	5,450.85	\$	29,509.90	\$	38,145.06	77.36%
Net Operating Revenue	\$	4,915.91	-\$	9,040.51	\$	2,630.78	\$	1,967.93	\$	3,309.90	\$	6,174.05	\$	9,958.06	\$	1,507.98	660.36%
Net Revenue	\$	4,915.91	-\$	9,040.51	\$	2,630.78	\$	1,967.93	\$	3,309.90	\$	6,174.05	\$	9,958.06	\$	1,507.98	660.36%

Saturday, Jul 11, 2026 07:48:15 AM GMT-7 - Cash Basis

June 2026

PROFIT & LOSS

This fiscal year to date ▾

Net profit for FY26 to date

\$11,695 ⓘ 99%

↑ Up 438% from this time in FY25

\$43,475

1 to review

Income



\$31,779

Expenses



🔍 Analyze my profit & loss



EXPENSES

This fiscal year to date ▾

Spending for FY26 to date

\$31,779 ⓘ 100%

↑ Up 9% from this time in FY25



- Wso contribution
- 2026 convention e...
- Webmaster
- Region chair reg/tr...
- Other

View all spending



PROFIT & LOSS

Last month ▾

Net profit for June

\$6,174 ⓘ 99%

↑ Up 87% from prior month

\$11,625

1 to review

Income



\$5,451

Expenses



🔍 Analyze my profit & loss



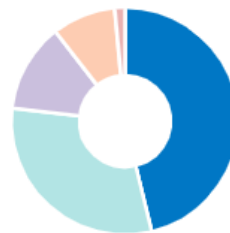
EXPENSES

Last month ▾

Spending for June

\$5,451 ⓘ 100%

↑ Up 42% from prior month



- 2026 convention e...
- World service busi...
- Other types of exp...
- Webconnex
- Supplies

View all spending

