



OVEREATERS ANONYMOUS – REGION 5 SECRETARY

September 11, 2026

RE: Region 5 2025 Fall Assembly

October 23, 24, and 25, 2026.

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

The Assembly will be held **in-person only** at the Hilton Garden Inn in Chesterton, Indiana. Beginning on Friday, October 23rd through Sunday, October 25th, 2026. The Assembly is **open to all Region 5 OA members**.

You can register online for the 2026 Fall Assembly by clicking the blue button at the top, left of our homepage, www.region5oa.org.

Remember that we will be holding elections for the Region 5 Chair and Treasurer positions on Sunday, October 25th.

There is more information about the Hotel in the A03 document in Packet A.

This letter is part of the 2026 Fall Assembly **Packet A**. There will be one more Packet released before the Assembly (**Packet B** – Containing Officer and Committee Reports and other important Region 5 business information) and one Packet released after the Assembly (**Packet C** – containing the Assembly Meeting Minutes and other supporting documents).

Region 5 2026 Fall Assembly Packet A Documents:

- A01_Region 5 2026 Fall Assembly Secretary Letter
- A02_Region 5 2026 Fall Assembly Agenda- Draft
- A03_Region 5 2026 Fall Assembly Hotel Information
- A04_Region 5 2026 Spring Assembly Minutes
- A05_Region 5 2026 Fall Assembly Amendments and Motions
- A06_Region 5 Bylaws February 2026
- A07_Region 5 Policies and Procedures_UPDATED March 2026
- A08_Region 5 Standing Rules_UPDATED March 2026
- A09_Region 5 Assembly Info
- A10_Region 5 Assembly Handbook_UPDATED Sept 2025
- A11_Region 5 Funding Assistance Form-2025
- A12_PamP_Chair Application
- A13_BarbH_Treasurer Application
- A14_SusanM_Trustee at Large Application
- A15_R5 Bylaws Amendment Form
- A16_R5 New Business Form
- A17_R5 Policy Amendment Form
- A18_Region 5 Committee Contact Form
- A19_Region 5 Business Committee Form

- **A20_Region 5 Updated Convention Guidelines_2022**
- **Packet A Combined Print Document**
 - ***We recommend reviewing Packet A online***, but waiting to print both Packets until we release Packet B on October 9th (in case updates are needed). And then we **highly** suggest reviewing all the Packet A and Packet B materials before the business of the Assembly starts on Saturday morning.
 - Please note that we add Packet page numbering at the **TOP** of the **Combined Print Document PDF pages**, to assist with finding documents during the sessions. When searching for these new top of page reference page numbers, please ignore any numbering that appears at the bottom of the pages (those numbers are native to the original individual documents).
 - We have also included the option to request Packet printouts, as part of the Fall Assembly online registration.
 - There will be an additional **\$55** charge for R5 supplying the Packet printouts.
 - The deadline for requesting Region 5 Packet printouts will be **October 9th**.

What is not included in Packet A

- Reports from Region 5 Committees and Officers of the Board. These will be in **Packet B** and available on the website on Friday, October 17th.

If you have any questions, please don't hesitate to email me.

Thank you.

Kerry M
 Region 5 Secretary
 R5Secretary@outlook.com