REGION 5

Serving areas in IL, IN, IA, KY, MI, MN, MO, ND, OH, & WI

OVEREATERS ANONYMOUS

2026 Fall ASSEMBLY: The Power of “WE”

Oct 23, Oct 24, Oct 25, 2026

Hilton Garden Inn, Chesterton, IN

NOTE: Located in CENTRAL time zone.

Responsibility Pledge

Always to extend the hand and heart of OA
to all who share my compulsion;
for this I am responsible.

OA Promise

I put my hand in yours, and together we can do what we could never do alone.
No longer is there a sense of hopelessness,
no longer must we each depend upon our own unsteady willpower.
We are all together now, reaching out our hands
for power and strength greater than ours,
and as we join hands, we find love and understanding
beyond our wildest dreams.

Third Step Prayer

God, I offer myself to Thee - to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love and Thy Way of Life. May I do Thy will always!

7th Step Prayer

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.

The Serenity Statement

I seek the serenity to accept the things I cannot change,
courage to change the things I can, and wisdom to know the difference

PROPOSED AGENDA

2026 Region 5 Spring Assembly

FRIDAY

All times listed are CENTRAL TIME

4:00 PM CT	**Region 5 Board Meeting** (Executive Boardroom, Lower Level, open to visitors)
6:15 PM CT	**Check-in** (Outside of Sand Creek, Lower Level, hosted by Cleveland Central Intergroup)
Week before	**New Representative Orientation**
7:00 PM CT	**Workshop – Fellowship and Community**
8:15 PM CT	**Break**
8:30 PM CT	**Intergroup Sharing Meeting** (Sand Creek, Lower Level) Note: This session will be broadcast over Zoom for OA members who register in advance for this opportunity.
9:30 PM CT	**State/Province Meetings**

SATURDAY

All times listed are CENTRAL TIME

7:00 AM CT — ***Hotel Kitchen Opens for Breakfast***

7:45 AM CT — **Check-in** (Outside Coffee Creek, First Floor, hosted by Cleveland Central Intergroup)

8:30 AM CT — **Open OA Meeting-** Voluntary (Sand Creek, Lower Level, hosted Cleveland Central Intergroup)

9:30 AM CT — **MORNING BUSINESS SESSION** (Coffee Creek, First Floor)

- **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 B – PAGE)**
  2. Adoption of Credentials Report
  3. Assembly Standing Rules (**Packet A – PAGE**)
  4. Agenda (**Packet A – PAGE 4/5**)
  5. Approval of Consent Agenda
  6. Mini-Countdown (Years of Abstinence)
  7. Recognitions (New Representatives, Former Region Officers, Former Trustees)
  8. Appointments (Nominating Committee, Minutes Approval Committee, Copy Coordinator, Timer) ***– Appointed by Pam P. at the Assembly.***
  9. Executive Committee Reports Top Three Things Presentations with Q & A
     - [Reports from Chair (**Packet B – PAGE)**,
     - Vice-Chair (**Packet B – PAGE)**,
     - Secretary Letters (**Packets A & B – PAGE 1)**,
     - Trustee Liaison (**Packet B – PAGE),**
     - Treasurer (**Packet B – PAGE)**].
  10. Announcements

10:30 AM CT — **Break**

10:45 AM CT — **Committee Meetings** (Pre-Assembly Committee Reports, as received for their work since Fall Assembly, provided in **Packet B** and in the Committee folders.

1. Bylaws Committee (Executive Boardroom, Lower Level)
2. Convention Committee (Sand Creek, Lower Level)
3. Finance Committee (Front of Coffee Creek, First Floor, by treasurer)
4. Media Committee (Back of Coffee Creek, First Floor)

12:00 PM CT — **Luncheon** (Lobby)

8/5/26 – Updated KM

1:00 PM CT	**Emergency New Business Committee Meetings** (reconvene, if necessary, in same locations)

1:24 PM CT **Random Share on Fellowship**

1:30 PM CT **AFTERNOON BUSINESS SESSION** (Coffee Creek, First Floor)

- **Call to Order**
- **Opening Ceremonies** (Welcome, OA Responsibility Pledge, Serenity Prayer, Concepts of Service 1-7, Concepts of Service 8-12.)
  – Readings assigned by Pam P. at the Assembly.
- **Afternoon Business**
  1. Roll Call (Credentials Report in **Packet B – PAGE)**
  2. Adoption of Credentials Report
  3. Minutes Approval of the Fall Assembly (**Packet A – PAGE**)
  4. 7th Tradition Collection
  5. Presentation of Board Applicants

2:15 PM CT **Outreach Committee of the Whole** (Coffee Creek, First Floor)

1. Discussion, brainstorm, and vote on Outreach Goals for the coming year (SMART Goal forms in **Packet A – PAGE**) – What is it that Intergroups need.
2. Select tasks to support the Goals
3. Divide into task Sub-Committees

3:30 PM CT **Break**

3:45 PM CT **Outreach Committee of the Whole Sub-committee Meetings**

1. Everything Intergroup Sub-Committee, IF IT CONTINUES (Executive Boardroom, Lower Level)
2. Sponsorship – Speakers Sub-Committee, IF IT CONTINUES (Sand Creek, Lower Level)
3. Communications Connectivity, IF IT CONTINUES (Coffee Creek, First Floor)

4:45PM CT **Afternoon Session Continued** (Coffee Creek, First Floor)

1. 2027 Convention Affirmation
2. Announcements
3. Adjournment

5:30 PM CT **Special Committee Meetings**

1. Bylaws Committee (consider Emergency New Business, if necessary
2. Nominating Committee

6:00 PM CT **Dinner on Your Own**

8:00 PM CT **Delegate Feedback/ Survey** (Sand Creek, Lower Level, hosted Region 5 Board)

SUNDAY

All times listed are CENTRAL TIME

7:00 AM CT ***Hotel Kitchen Opens for Breakfast***

8:30 AM CT **Open OA Meeting-** Voluntary (Sand Creek, Lower Level, hosted CSSI)

9:30 AM CT **MORNING BUSINESS SESSION** (Coffee Creek, First Floor)

- **Call to Order**
- **Opening Ceremonies** (Welcome, Serenity Prayer, For Today, The OA Unity with Diversity Policy Statement) ***– Readings assigned by Pam P. at the Assembly.***
- **Morning Business**
  1. Opening Ceremonies
  2. Roll Call and Adoption of Credentials Report (Credentials Report in **Packet B – PAGE)**
  3. Voting for Board Candidates
  4. Business Committee Reports (Please be ready to report at the front microphone).
     a. Bylaws Committee (Chair)
     b. 2026 Convention Committee (Chair)

8/5/26 – Updated KM

c. Finance Committee (Barbara H. - Pre-Assembly documents in **Packet B – PAGES**)
d. Media Committee (Chair)
e. Nominating Committee (Chair)

Growing Recovery Outreach Committee of the Whole:

a. Everything Intergroup Sub-Committee, IF IT CONTINUES (Chair)
b. Sponsorship – Speakers Sub-Committee, IF IT CONTINUES (Chair)
c. Communications Connectivity, IF IT CONTINUES (Chair)

6. New Business (Amendments and Motions in **Packet A – PAGE**)
   a. Emergency New Business (if needed)
7. Unfinished Business (If any)
8. Recognition of Outgoing Representatives
9. Green Dot Ceremony
10. Announcements
11. Chair's Drawing
12. Adjournment and OA Promise

11:00 AM CT **Good of the Order** [Front of the room, *for Region 5 Officers, Trustee, Committee Chairs (current, outgoing, and incoming, all others are asked to leave the room)*].

12:00 PM CT ***Hotel Checkout***

REGION 5 TIMELINE UPDATE

2027	
March 12-13th	Region 5 Spring Virtual Assembly
July 19	Region 5 Summer Reports
Oct 1-3	Region 5 Convention – Minneapolis, MN
October 29-31	Region 5 Fall Assembly (location TBD)

8/5/26 – Updated KM