

REGION 5 2026 Fall Assembly
October 23-25, 2026

Amendments and Motions-REVISED

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Region 5 Policies and Procedures Amendment

P1

Date: July 30, 2026

Move to Amend: Region 5 Policies and Procedures, Article I. Region 5 General Policies, Section C. Elections, Paragraph 8 by inserting as follows:

Current Wording: 8. If the Trustee Liaison nominee is a Delegate to WSBC for their intergroup, then expenses to WSBC will be covered by the nominee's intergroup, supplemented by Region 5 as necessary. If the Trustee Liaison nominee is not a Delegate to WSBC for their intergroup, then expenses to WSBC will be covered by Region 5.	Proposed Wording: 8. If the <u>Trustee or</u> Trustee Liaison nominee is a Delegate to WSBC for their intergroup, then expenses to WSBC will be covered by the nominee's intergroup, supplemented by Region 5 as necessary. If the <u>Trustee or</u> Trustee Liaison nominee is not a Delegate to WSBC for their intergroup, then expenses to WSBC will be covered by Region 5.
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Submitted By: Region 5 Bylaws Committee

Contact: Committee Chair Susan M. Phone: 847-710-8823 Email: susan.m.oe@gmail.com

Intent: To provide for confirmation of trustee applicants who may not become the Region 5 Trustee Liaison

Implementation: Update the Region 5 Policies and Procedures

Cost: Nominal

Rationale: Region 5 is still confirming trustee candidates, but the process is not currently in our policies.

Region 5 Policies and Procedures Amendment

P2

Date: July 20, 2026

Move to Amend: Region 5 Policies and Procedures, Article II. Responsibilities and duties of Officers and representatives of Region 5, Section B. Duties of the Region 5 Chair, Paragraph 6. Management, Subparagraph a. as by inserting as follows:

Current Wording: a. Oversees the signing of all Trustee Liaison applications in accordance with WSO Bylaws.	Proposed Wording: a. Oversees the signing of all <u>Trustee</u> /Trustee Liaison applications in accordance with WSO Bylaws.
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Submitted By: Region 5 Bylaws Committee

Contact: Committee Chair Susan M. Phone: 847-710-8823 Email: susan.m.oa@gmail.com

Intent: To provide for confirmation of trustee applicants who may not become the Region 5 Trustee Liaison

Implementation: Update the Region 5 Policies and Procedures

Cost: Nominal

Rationale: Region 5 is still confirming trustee candidates, but the process is not currently in our policies.

Region 5 Bylaws Amendment

B1

Date: 3/14/2026

MOVE TO AMEND: Region 5 Bylaws, Article VI – OFFICERS, Section A. Election of Officers, Paragraph 3, Subparagraph b. by striking and inserting as follows:

CURRENT WORDING:

3. No Region 5 representative or former Region 5 representative shall be considered for an office until he/she/they has
- a. Served actively for one year at Region as a Region representative.
 - b. Attended at least three (3) Region assemblies, not necessarily consecutively, prior to submitting an application.
 - c. Declared themselves as practicing all Twelve Steps to the best of their ability and be committed to the Twelve Traditions of OA and Twelve Concepts of OA Service.
 - d. Officers shall have at least two years of current continuous abstinence, one year of which shall be of maintenance of a healthy body weight. Each person shall be the judge of his or her own recovery including abstinence and maintenance of a healthy body weight.

PROPOSED WORDING:

3. No Region 5 representative or former Region 5 representative shall be considered for an office until he/she/they has
- a. Served actively ~~for one year at Region~~ as a Region representative for at least 2 Region assemblies, not necessarily consecutively, prior to submitting an application.
 - ~~b. Attended at least three (3) Region assemblies, not necessarily consecutively, prior to submitting an application.~~
 - c b. Declared themselves as practicing all Twelve Steps to the best of their ability and be committed to the Twelve Traditions of OA and Twelve Concepts of OA Service.
 - d c. Officers shall have at least two years of current continuous abstinence, one year of which shall be of maintenance of a healthy body weight. Each person shall be the judge of his or her own recovery including abstinence and maintenance of a healthy body weight.

SUBMITTED BY: Region 5 Bylaws Committee

Contact: Committee Chair Susan M. Phone: 847-710-8823 Email: susan.m.oa@gmail.com

INTENT: To update Region 5 Bylaws to reflect the current changes in how often we meet.

IMPLEMENTATION: Update Region 5 Bylaws

COST: Minimal

RATIONALE: The original Assembly attendance requirement was appropriate when the Region 5 Assembly was scheduled three (3) times a year. Our Assembly is now scheduled to meet two (2) times a year. This amendment reflects the current schedule change.

Region 5 New Business Standing Rules 1

NB1

Date: July 6, 2026

Motion: Move to amend the Region 5 In-Person Standing Rules by substituting the current wording with the proposed wording as follows:

Current Wording:

STANDING RULES FOR REGION 5 ASSEMBLY

1. At a Region 5 Assembly held upon proper notification, two (2) Region 5 officers and a minimum of one (1) Region 5 representative present shall constitute a quorum for the transaction of any Region 5 business.
2. Parliamentary Rules shall be followed except when they conflict with Region 5 Bylaws.
3. New motions should be submitted to the Region 5 Secretary electronically, if possible, using the appropriate format/form provided on the "Form" page of region5oa.org.
4. Please wait until you are recognized by the Chair before you speak. Give your name and intergroup and then state your business. Please use the microphone provided on the floor.
5. Discussion of main motions is limited to three (3) speakers for pro and three (3) speakers for con. Each speaker is limited to three (3) minutes. Discussion of debatable subsidiary motions is limited to two (2) speakers for pro and two (2) speakers for con. Each speaker is limited to two (2) minutes.
6. The group conscience is more important than the technicalities of the actual motion.
7. All committee reports are to be made electronically or in writing and a summary will be included with the Minutes of the Assembly. Motions pertaining to the committee reports may be reported upon during the reports.
8. New business shall include only those items which have been submitted prior to the agenda deadline and should be expressed in motion form.
9. Emergency new business consists of items that should not wait until the next Assembly. Motions must be submitted in writing or electronically on Saturday of the Assembly. The Business Committee emergency motions must be submitted prior to 12:30 pm. The Committee of the Whole Sub-committee emergency motions must be submitted prior to 4:30 pm. The Emergency New Business Committee shall determine if these are urgent matters that should be considered at this assembly.
10. All voting Region Reps and Alternates will sit in the front of the room. Visitors (all are welcome) and nonvoting alternates are requested to sit in the rear of the room.

11. No personal recordings are to be made at the assembly. The meeting is recorded by the Secretary for the purpose of clarity in transcribing the minutes.
12. No merchandise, raffle tickets or other group or intergroup fundraising items shall be sold or displayed in any assembly business session.
13. As a courtesy to those with allergies please avoid perfumes, fragrances, and other strong scents in meeting rooms.
14. No food of any kind shall be consumed in the meeting room during the business sessions.
15. All cell phones, pagers and other electronic devices are to be turned off or muted during business sessions and are permitted at Assembly Meetings only to assist attendees in conducting assembly related business.
16. Region Representatives shall be present for the roll call when their Intergroup is named in order to be eligible to vote.
17. No animals will be present at assembly except service animals as defined by law.
18. All private conversation will be conducted outside the meeting rooms.
19. The Chair shall determine the items to be placed on a Consent Agenda. Items for the Consent Agenda may be considered if they are of a routine, non-controversial or of a housekeeping nature.

Proposed Wording:

STANDING RULES FOR REGION 5 ASSEMBLY
IN-PERSON ASSEMBLIES

I. Governance and Attendance

1. Parliamentary Rules shall be followed except when they conflict with Region 5 Bylaws.
2. At a Region 5 Assembly held upon proper notification, two (2) Region 5 officers and a minimum of one (1) Region 5 representative present shall constitute a quorum for the transaction of any Region 5 business.
3. Region Representatives shall be present for the roll call when their Intergroup is named in order to be eligible to vote.

II. Participation and Debate

4. Please wait until you are recognized by the Chair before you speak. Give your name and intergroup and then state your business. Please use the microphone provided on the floor.

5. Discussion of main motions is limited to three (3) speakers for pro and three (3) speakers for con. Each speaker is limited to three (3) minutes. Discussion of debatable subsidiary motions is limited to two (2) speakers for pro and two (2) speakers for con. Each speaker is limited to two (2) minutes.
6. The group conscience is more important than the technicalities of the actual motion.

III. Motions and Assembly Business

7. New motions should be submitted to the Region 5 Secretary electronically, using the appropriate format/form provided on the "Form" page of region5oa.org or another process designated by the Chair.
8. New business shall include only those items which have been submitted prior to the agenda deadline and should be expressed in motion form.
9. The Chair shall determine the items to be placed on a Consent Agenda. Items for the Consent Agenda may be considered if they are of a routine, non-controversial, or housekeeping nature.
10. Emergency new business consists of items that should not wait until the next Assembly. The Chair will determine and announce the submission deadline for such motions in consideration of the adopted agenda and the time needed for review by the Emergency New Business Committee. To be considered, such motions must be submitted in writing or electronically by that deadline. The Emergency New Business Committee shall determine if these are urgent matters that should be considered at this Assembly.
11. All committee reports are to be made electronically or in writing and a summary will be included with the Minutes of the Assembly. Motions pertaining to the committee reports may be reported upon during the reports.

IV. Records and Assembly Conduct

12. No personal recordings are to be made at the assembly. The meeting is recorded by the Secretary for the purpose of clarity in transcribing the minutes.
13. No merchandise, raffle tickets, or other group or intergroup fundraising items shall be sold or displayed in any assembly business session.

V. In-Person Meeting Procedures

14. All voting Region Reps and Alternates will sit in the front of the room. Visitors (all are welcome) and nonvoting alternates are requested to sit in the rear of the room.
15. All cell phones, pagers, and other electronic devices are to be turned off or muted during business sessions and to be used at Assembly Meetings only to assist attendees to conduct assembly-related business. All private conversation will be conducted outside the meeting rooms.
16. As a courtesy to those with allergies, please avoid perfumes, fragrances, and other strong scents in meeting rooms.
17. No food of any kind shall be consumed in the meeting room during the business sessions.

18. No animals will be present at assembly except service animals as defined by law.

Submitted by: Region 5 Bylaws Committee

Contact: Susan M. Phone: 847-710-8823

Email: susan.m.oe@gmail.com

Intent: To update and organize the Region 5 In-Person Standing Rules.

Implementation: Update the in-person standing rules on our website and in Packet A for future assemblies.

Cost: Nominal

Rational: Complete, simplified, and organized in-person standing rules will help us conduct business more effectively.

Region 5 New Business Standing Rules 2

NB2

Date: July 6, 2026

Motion: Move to amend the Region 5 Virtual Standing Rules by substituting the current wording with the proposed wording as follows:

Current Wording:

Virtual Assembly updated 3.3.2026

STANDING RULES FOR REGION 5 VIRTUAL ASSEMBLY

1. Amendments must be submitted to the Region 5 Secretary electronically. The Secretary will forward the amendment to the Chair and Parliamentarian.
2. Please wait until you are recognized by the Chair before you speak. Give your name and intergroup and then state your business.
3. Discussion of main motions is limited to three (3) speakers for pro and three (3) speakers for con. Each speaker is limited to three (3) minutes. Discussion of debatable subsidiary motions is limited to two (2) speakers for pro and two (2) speakers for con. Each speaker is limited to two (2) minutes.
4. The group conscience is more important than the technicalities of the actual motion.
5. All committee reports are to be made electronically and a summary will be included with the Minutes of the Assembly. Motions pertaining to the committee reports may be reported upon during the reports. Those motions will be placed on the subsequent Assembly agenda for consideration unless determined to be of an emergency nature.
6. Emergency new business consists of items that must not wait until the next assembly. Business committees must submit the motion electronically, on the form, prior to 5:00 PM on Saturday. The Emergency New Business Committee shall determine if these are urgent matters that should be considered at this Assembly.
7. Naming Conventions:
 - All Region Reps will name themselves R: NAME; INTERGROUP
 - All Board members will name themselves: B: NAME; OFFICE
 - Non-voting appointees (e.g. Parliamentarian, etc.) will name themselves: X: NAME; OFFICE
 - Visitors will name themselves: V: NAME; CITY, STATE
8. The meeting is not to be recorded by anyone other than the Secretary, Host, or Chair. The recording is made for the purpose of clarity in transcribing the minutes.
9. Attendees will be muted by the Host or Cohost and will remain muted unless asked to unmute by the chair.

10. Attendees will raise their hands using the reactions features.
11. Attendees needing to communicate with the Chair will first communicate with the Host via the chat feature. The Host will take action based on your message.
12. Voting instructions will be given during the Assembly. Virtual attendees must have their video/cameras turned on at the time of voting.
13. If an attendee chooses to eat or move around during a session, they must turn off their video.
14. Region Representatives shall be present for the roll call when their Intergroup is named in order to be eligible to vote.
15. The Chair shall determine the items to be placed on a Consent Agenda. Items for the Consent Agenda may be considered if they are of a routine, non-controversial or of a housekeeping nature.

Proposed Wording:

**OVEREATERS ANONYMOUS
STANDING RULES FOR REGION 5 ASSEMBLY
Virtual Assembly**

I. Governance and Attendance

1. Parliamentary Rules shall be followed except when they conflict with Region 5 Bylaws.
2. At a Region 5 Assembly held upon proper notification, two (2) Region 5 officers and a minimum of one (1) Region 5 representative present shall constitute a quorum for the transaction of any Region 5 business.
3. Naming Conventions:
 - All Region Reps will name themselves R: NAME; INTERGROUP
 - All Board members will name themselves: B: NAME; OFFICE
 - Non-voting appointees (e.g. Parliamentarian, etc.) will name themselves: X: NAME; OFFICE
 - Visitors will name themselves: V: NAME; CITY, STATE
4. Voting Region Representatives must be identifiable and present at roll call to be eligible to vote.

II. Participation and Debate

5. Please wait until you are recognized by the Chair before you speak. Give your name and intergroup and then state your business. Participants wishing to speak shall use the raise-hand feature or other method designated by the Chair.

6. Participants shall remain muted unless recognized by the Chair. The chat function shall be used only for assembly business as directed by the Chair, Secretary, Parliamentarian, or designated virtual meeting host.
7. Discussion of main motions is limited to three (3) speakers for pro and three (3) speakers for con. Each speaker is limited to three (3) minutes. Discussion of debatable subsidiary motions is limited to two (2) speakers for pro and two (2) speakers for con. Each speaker is limited to two (2) minutes.
8. The group conscience is more important than the technicalities of the actual motion.

III. Motions and Assembly Business

9. The Chair shall determine the items to be placed on a Consent Agenda. Items for the Consent Agenda may be considered if they are of a routine, non-controversial, or housekeeping nature.
10. New business shall include only those items which have been submitted prior to the agenda deadline and should be expressed in motion form.
11. New motions/amendments should be submitted to the Region 5 Secretary electronically, using the appropriate format/form provided on the "Form" page of region5oa.org or another process designated by the Chair. The Secretary will forward the motion/amendment to the Chair and Parliamentarian.
12. Emergency new business consists of items that should not wait until the next Assembly. The motions must be submitted electronically on Saturday of the Assembly by the time designated by the Chair. The Chair shall establish and announce the submission deadline in consideration of the adopted agenda and the time needed for review by the Emergency New Business Committee. The Emergency New Business Committee shall determine if these are urgent matters that should be considered at this Assembly.
13. All committee reports are to be made electronically or in writing and a summary will be included with the Minutes of the Assembly. Motions pertaining to the committee reports may be reported upon during the reports. These motions will be placed on the subsequent Assembly agenda for consideration unless determined to be of an emergency nature.
14. Voting instructions will be given during the Assembly. Virtual attendees must have their video/cameras turned on at the time of voting.

IV. Virtual Meeting Procedures

15. Technical difficulties experienced by an individual participant shall not invalidate assembly action, provided quorum is maintained and eligible voters have been given reasonable opportunity to participate. If widespread technical issues affect the ability of the assembly to conduct business, the Chair may pause the meeting or recess.
16. Attendees needing to communicate with the Chair will first communicate with the Host via the chat feature. The Host will take action based on your message.

17. No personal recordings, screenshots, screen captures, livestreams, or distribution of meeting images or audio shall be made. The meeting may be recorded by the Secretary or designated person solely for the purpose of clarity in transcribing the minutes.
18. Participants shall respect the anonymity and privacy of all attendees. Meeting links, passwords, participant lists, screenshots, recordings, and chat content shall not be shared outside the assembly except as authorized.
19. No merchandise, raffle tickets, or other group or intergroup fundraising items shall be sold, displayed, or promoted during any assembly business session.
20. No food of any kind shall be audibly or visibly consumed during the business sessions. Participants who need to eat during the business session should mute their microphone and turn off their camera.
21. Participants are to turn off their camera if/when they are moving around.

Submitted by: Region 5 Bylaws Committee

Contact name: Susan M., Committee Chair Phone: 847-710-0023 Email:
susan.m.oa@gmail.com

Intent: To update the virtual standing rules and organize them to simplify use

Implementation: Update the virtual standing rules on the website and in Packet A of future virtual assemblies

Cost: Nominal

Rationale: Complete, simplified, and organized virtual standing rules will help us conduct business more effectively.