Region 5 Chair Report

Prepared for Region 5 members

REGION 5
Serving areas in IL, IN, IA, KY, MI, MN, MO, ND, OH, & WI

Welcome to the Region 5 Fall Assembly. I am grateful for the opportunity to gather again as members of our fellowship, united in service and in our shared commitment to recovery. This assembly will center on the themes of recovery and fellowship, with time to strengthen our connections, learn from one another, and carry the message forward throughout Region 5.

Our business days will begin with an OA Twelve Step meeting, grounding our work in the spiritual principles that guide our program. We will continue exploring opportunities for fellowship, networking, and meaningful connection. Members will also have a dedicated session to share input with the Board, including ideas about how Region 5 should operate and what goals we should pursue in the coming year.

We recently celebrated a successful convention in Indianapolis focused on gratitude for the freedoms the program gives us. As we carry that gratitude forward, we are already looking ahead to our next convention. At this assembly, we expect

In July, the board completed an inventory and self-assessment. Four members responded, and all responses were positive: every member selected either “Totally agree” or “Agree” for each completed question. The results show especially strong confidence in respectful discussion, speaking up, trust, service, and recovery. The board continues to discuss the findings and act on the suggestions received. Details of our survey follows:

Question 1: I feel valued as a member of the board. Totally agree: 3; Agree: 1.

Question 2: I feel respected by other board members, even when we disagree. Totally agree: 3; Agree: 1.

Question 3: I feel comfortable speaking up during board discussions. Totally agree: 4; Agree: 0.

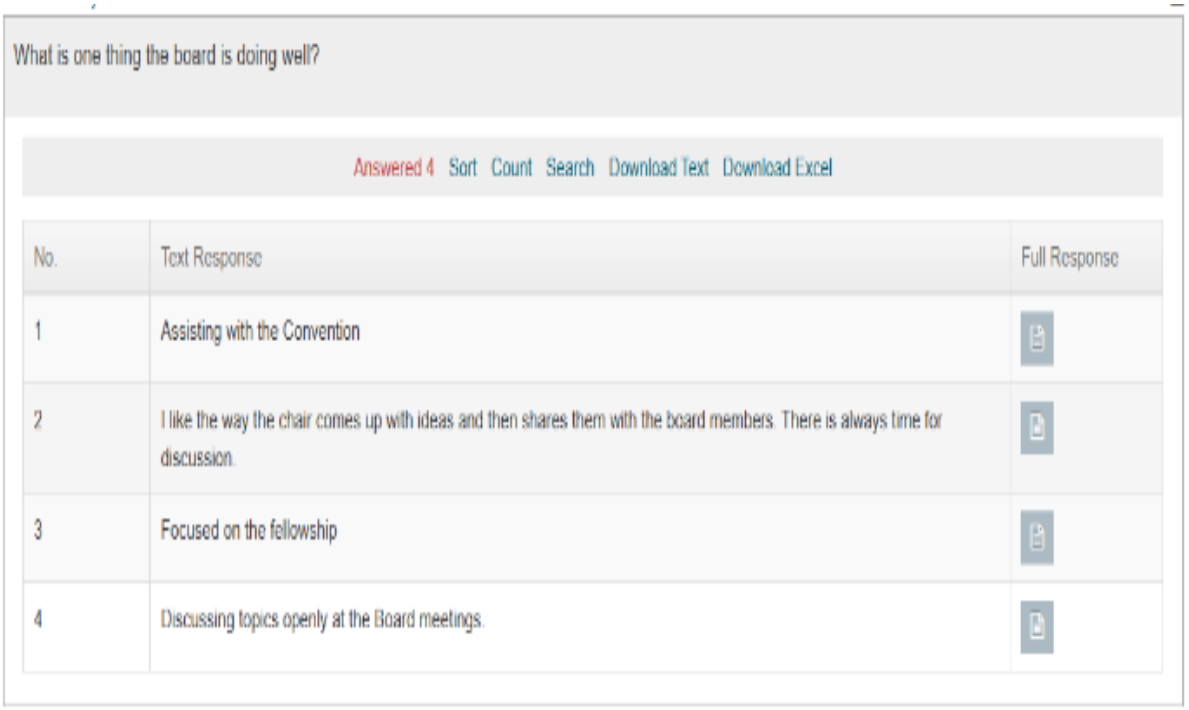
Question 4: My ideas and concerns are listened to before decisions are made. Totally agree: 2; Agree: 2.

Question 5: Board roles and responsibilities are clear. Totally agree: 1; Agree: 3.

Question 6: We listen with an open mind and seek what is best for the whole group or program. Totally agree: 2; Agree: 2.

Question 7: Our board is functioning in a way that supports trust, service, and recovery. Totally agree: 4; Agree: 0.

Question 8:

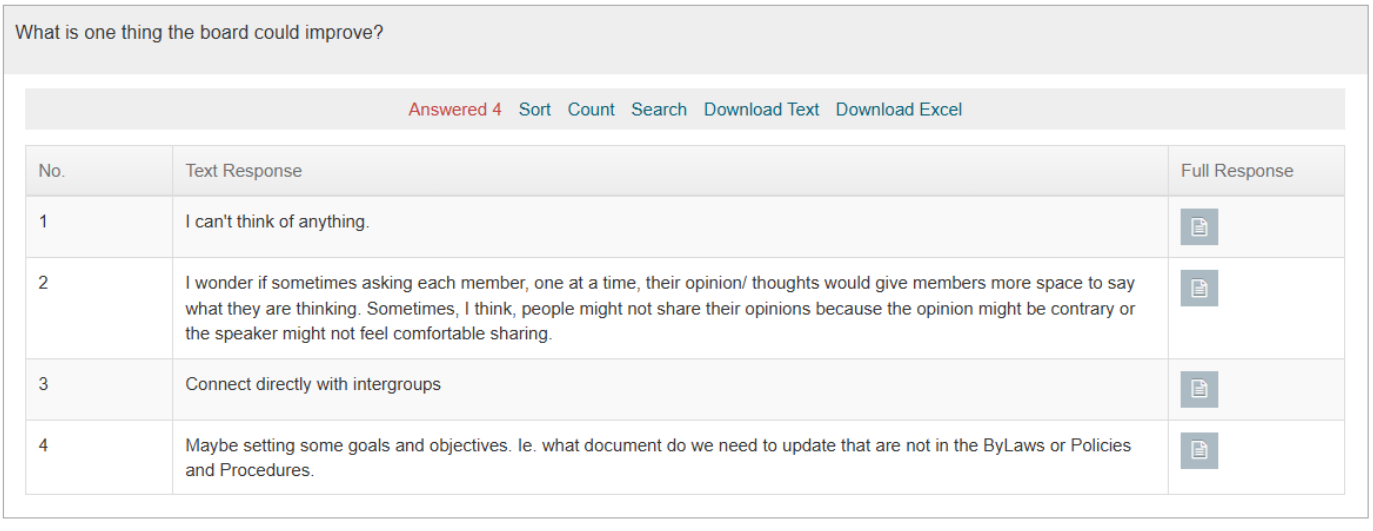


What is one thing the board is doing well?

Answered 4 Sort Count Search Download Text Download Excel

No.	Text Response	Full Response
1	Assisting with the Convention	
2	I like the way the chair comes up with ideas and then shares them with the board members. There is always time for discussion.	
3	Focused on the fellowship	
4	Discussing topics openly at the Board meetings.	

Question 9:



What is one thing the board could improve?

Answered 4 Sort Count Search Download Text Download Excel

No.	Text Response	Full Response
1	I can't think of anything.	
2	I wonder if sometimes asking each member, one at a time, their opinion/ thoughts would give members more space to say what they are thinking. Sometimes, I think, people might not share their opinions because the opinion might be contrary or the speaker might not feel comfortable sharing.	
3	Connect directly with intergroups	
4	Maybe setting some goals and objectives. Ie. what document do we need to update that are not in the ByLaws or Policies and Procedures.	

Question 10:

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What is one change you would recommend for the next three months?

Answered 4 Sort Count Search Download Text Download Excel

No.	Text Response	Full Response
1	I don't know. I think our focus is right on the convention and then will be on Assembly.	
2	It is hard to get to know each other while meeting only online. Is there a way to find time to get to know each other better, personally? Maybe 15 minutes before the business meeting we get online to share about how our month was? Maybe we have a planned meal together at the Convention and at the assembly in October? Maybe once a month, through email, we share a piece of literature that is important to us and others can respond to that by sharing their experience with the same piece of literature?	
3	Start attending intergroup meetings	
4	Discussing what came out of this survey.	

Question 11:

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What is one change you would recommend for the next three months?

Answered 4 Sort Count Search Download Text Download Excel

No.	Text Response	Full Response
1	I don't know. I think our focus is right on the convention and then will be on Assembly.	
2	It is hard to get to know each other while meeting only online. Is there a way to find time to get to know each other better, personally? Maybe 15 minutes before the business meeting we get online to share about how our month was? Maybe we have a planned meal together at the Convention and at the assembly in October? Maybe once a month, through email, we share a piece of literature that is important to us and others can respond to that by sharing their experience with the same piece of literature?	
3	Start attending intergroup meetings	
4	Discussing what came out of this survey.	

Question 12:

If you could describe the current health of the board in one word or short phrase, what would it be?

Answered 4 Sort Count Search Download Text Download Excel

No.	Text Response	Full Response
1	I think it is doing great, thanks to Pam.	
2	openminded and willing to serve the OA community	
3	Small but willing to help	
4	OK.	

Meeting Statistics

Meeting statistics provide a helpful snapshot of Region 5's current fellowship activity. For the third quarter of 2026, Region 5 has 491 affiliated meetings, 30 unaffiliated meetings, and 24 intergroups. By comparison, the second quarter of 2026 included 504 affiliated meetings, 32 unaffiliated meetings, and 24 intergroups. Overall, the number of intergroups, remain steady but number of meetings are declining.

Region Chairs and WSO

Region chairs continue to develop the Intergroup Renewal Workshop and the Power of We Workshop, both of which are available for intergroup use and included at the end of this report. We are also preparing for a meeting in Poland at the end of September. I hope to return with practical ideas and best practices to share across our fellowship.

World Service's theme this year is "Recovery: A Lifelong Journey!" The 2027 World Service Business Conference will be held virtually from May 4–8. Region chairs and World Service trustees continue to develop the strategic plan, with details forthcoming. The World Service Website Committee is also improving the Find a Meeting feature on OA.org by reviewing member suggestions and testing a new meeting-verification process with several intergroups before launch.

Closing

Region 5 continues to move forward with gratitude, collaboration, and a shared commitment to recovery. The board's self-assessment reflects a strong foundation of trust and respectful service, while the decline in affiliated meetings reminds us to remain attentive to fellowship growth and support. Our ongoing workshops, strategic planning, and

website improvements provide meaningful opportunities to strengthen connections and carry the message more effectively.

Thank you to every member who contributes time, experience, and service to Region 5. Together, we can build on our progress, address the needs before us, and continue creating a welcoming fellowship where recovery remains at the center of all we do.

In Service,

Pam P. Chair, Region 5 Overeaters Anonymous