

OCTOBER 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

	October 2026	October 2025	Change (+ or -)
Affiliated Groups	491	529	-38
Unaffiliated Groups	30	24	+6
Total Number of Groups	521	553	-32
Virtual Groups	171	153	+18
Total Number of Intergroups	24	27	-3
Total Number of Service Boards	N/A	N/A	N/A

*The virtual groups total is included in **Total Number of Groups**.

Hello Region 5!

Congratulations to the Midwest Crossroads Intergroup and the OA recovery community of Indianapolis for their service, their efforts, their skills and their collective recovery for executing a program packed Region 5 convention. For those of you who attended, tell your meetings what was remarkable for you at the convention. We can carry the message beyond those walls and maybe encourage others to come next year. And speaking of that.... Kudos to the Unity Intergroup and the Minneapolis OA community for stepping up to host next year's convention October 1-3, 2027. Mark your calendars now!

Several intergroups have approached me with concerns of dwindling service volunteers. Eight of our 24 have tapped me for intergroup renewal workshops, for Zoom calls to brainstorm solutions, assistance in processing dissolution, and/or just to support them as they struggle. It is happening worldwide. Since my service beyond the group level began in 2011, it has been this uphill climb and overarching concern and complaint. We are still here. We are still burdened. Some IG's have reinvented themselves, taken honest

inventories and turned their service around. Some intergroups are merging with each other. Some have folded. And an entire Region folded.

The most common complaints are:

1. Too much work. Too much administration.
2. No one to fill service positions
3. Too many events

So, with this trend, the wave of concern throughout the fellowship, as trusted servants, what are we being called to do? Can we downsize, consolidate, streamline and still fulfill our primary purpose? Can our goals of information sharing and having a voice/vote at the table be actualized without increasing and in fact decreasing our responsibilities?

The landscape is indeed shifting. A renewal and/or rebirth may indeed be in order. Nothing changes if nothing changes. I keep hearing “No human power.” I look forward to our work together to 12 Step this problem.

An OA meeting is the most important thing we do. There have been some complaints that members and newcomers cannot access virtual meetings due to high restrictive security measures. And there are intruder problems daily. And every group is autonomous. So, can we balance access with protection?

Some suggestions:

1. Have someone at the ready and available each week to address fellows needing access.
2. Get and do security training. (Look for flyers conducting workshops on oa.org)
3. Make links current and update meeting information regularly.

Region 5 has had a decrease of 40% attendance at our World Service Business Conference (WSBC). Due to this underrepresentation, we can increase our delegate numbers by 5. Please consider attending and sending an additional 5 people to our WSBC, May 4-8, 2027 with pre-conference events and sessions the week before. It's virtual! Easy peasy, right?

And....OA's newest publication is now available as an e-book and audiobook: OA Members Who Have Lost 100 Pounds or More: Recovery One Day at a Time.

In Loving Service,

Juliette R.
Region 5 Trustee Liaison