OVEREATERS ANONYMOUS – REGION 5 SECRETARY

October 9th, 2026

RE: Region 5 2026 Fall Assembly

October 23rd –25th , 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.**

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

This letter is part of the 2026 Fall Assembly **Packet B**. Packet A was previously released and there will be one additional Packet released after the Assembly (**Packet C** – containing the Assembly Meeting Minutes and other supporting documents).

Region 5 2026 Fall Assembly Packet B Documents:

- **B01_Region 5 2026 Fall Assembly Secretary Letter**
- **B02_Region 5 Fall Assembly Agenda-REVISED**
- **B03_Region 5 2026 Fall Assembly Credentials Report**
- **B04_Region 5 Amendments and Motions REVISED**
- **B05_Region 5 2026 Fall Assembly Chair Report**
- **B06_2026 WSBC Power of We Forum**
- **B07_2026 Service Body Renewal Workshop**
- **B08_Region 5 2026 Fall Assembly Vice Chair Report**
- **B09_Region 5 Trustee Report**
- **B10_Region 5 2026 Fall Assembly Treasurer Report**
- **B11_Statement of Activity Sept 30**
- **B12_ 2027 Proposed Budget 2**

- **B13_Finacial Pie Chart Sept 30,2026**
- **B14_Region 5 2026 Fall Assembly Parliamentary Moment**
- **B15_Region 5 2026 Fall Assembly Bylaws Report**
- **B16_Region 5 2026 Convention Report**
- **B17 _Region 5 2026 Fall Assembly Media Committee Report**
- **B18_Region 5 2026 Fall Assembly PIPO Report**
- **B19_Region 5 2026 Fall Assembly 12th Step Within Report**

- **Packet B Combined Print Document**
    - 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).

PLEASE NOTE THAT WE MADE UPDATES/CORRECTIONS TO THESE PACKET A DOCUMENTS (since the release 0n October 9th.):

- **A02_Region 5 2026 Fall Assembly Proposed Agenda-DRAFT**
- **A05_Region 5 2026 Fall Amendments and Motions**

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

Thank you.

Kerry M
Region 5 Secretary
R5Secretary@outlook.com

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: In a Virtual World**

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-B03)**
  2. Adoption of Credentials Report
  3. Assembly Standing Rules (**Packet B –B04: New Business 1**)
  4. Agenda (**Packet B- B02**)
  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
     - Secretary Letters (**A01 and B01)**
     - Reports from Chair (**Packet B-B05 through B07)**,
     - Vice-Chair (**Packet B- B08)**,
     - Trustee Liaison (**Packet B- B09),**
     - Treasurer (**Packet B –B10 through B13).**
  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)

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)) ***– Readings assigned by Pam P. at the Assembly.***
- **Afternoon Business**
  1. Roll Call (Credentials Report in **Packet B –B03)**
  2. Adoption of Credentials Report
  3. Minutes Approval of the Spring Assembly (**Packet A –A04**)
  4. 7th Tradition Collection
  5. Presentation of Board Applicants

2:15 PM CT **Stepping Forward - Using the step to revitalize our Service Boards** (Coffee Creek, First Floor)

1. Brainstorming using the steps around our shrinking meeting, Intergroups, Region.
2. Walk through steps 1-5 to inventory and highlight our powerlessness.

3:30 PM CT **Break**

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

1. Intergroup to Intergroup (Executive Boardroom, Lower Level)
2. 12th Step Within (Sand Creek, Lower Level)
3. PIPO (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 **Stepping Forward- Continued** (Coffee Creek, First Floor)

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 – B03)**
  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)

c. Finance Committee (Barbara H. - Pre-Assembly documents in **Packet B – B11 through B13**)
d. Media Committee (Chair)
e. Nominating Committee (Chair)

5. Growing Recovery Outreach Committee of the Whole:
   a. Intergroup to Intergroup (Chair)
   b. 12th Step Within (Chair)
   c. PIPO (Chair)
6. New Business (Amendments and Motions in **Packet B – B04**)
   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)

St/Prov	Intergroup Name	Number	Groups	Eligible Reps	Sat A.M.	Sat P.M.	Sun A.M.
IL	Suburban North	9118	19	2			
IL	Chicago West Intergroup Farout	9168	18	2			
IL	Turning Point	9467	17	2			
IL	Chicago Suburban Southwest	9539	18	2			
IL	Two Rivers	9690	13	2			
		Illinois	**85**	**10**			
IN	Midwest Crossroads	9096	31	4			
IN	Let Go Let God (LG2)	9642	12	2			
		Indiana	**43**	**6**			
KY	Louisville Metro	9022	20	2			
		Kentucky	**20**	**2**			
MI	Greater Detroit Intergroup	9026	38	4			
MI	Southwest Michigan	9141	14	2			
MI	Greater Ann Arbor Area	9251	17	2			
		Michigan	**69**	**8**			
MN	Northern Serenity	9422	7	1			
MN	Unity	9589	51	6			
		Minnesota	**58**	**7**			
MO	Saint Louis Bi-State	9029	32	4			
MO	Greater Kansas City Areaa	9525	20	2			
		Missouri	**52**	**6**			
ND	Red River Valley	9211	10	1			
		North Dakota	**10**	**1**			
OH	Greater Cincinnati	9040	18	2			
OH	Cleveland Central	9041	41	5			
OH	Central Ohio Service	9134	17	2			
OH	Greater Dayton	9175	13	2			
OH	Crossroads of Hope	9274	7	1			
		Ohio	**96**	**12**			
WI	Milwaukee Area	9053	37	5			
WI	Rock River	9073	7	1			
WI	Madison Area	9161	14	3			
		Wisconsin	**58**	**9**			
	Voting Reps Present		467	61			
	Voting Officers Present			4			
	Eligible Voters Present						
	Non-voting alternates, guests						
	Parliamentarian						
	Region Trustee Liaison						
	Total Attendance						

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:	**Proposed 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.	8. If the Trustee or 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 or Trustee Liaison nominee is not a Delegate to WSBC for their intergroup, then expenses to WSBC will be covered by Region 5.

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 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:	**Proposed Wording:**
a. Oversees the signing of all Trustee Liaison applications in accordance with WSO Bylaws.	a. Oversees the signing of all Trustee/Trustee Liaison applications in accordance with WSO Bylaws.

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.oa@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.

Region 5 Chair Report

Prepared for Region 5 members

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.

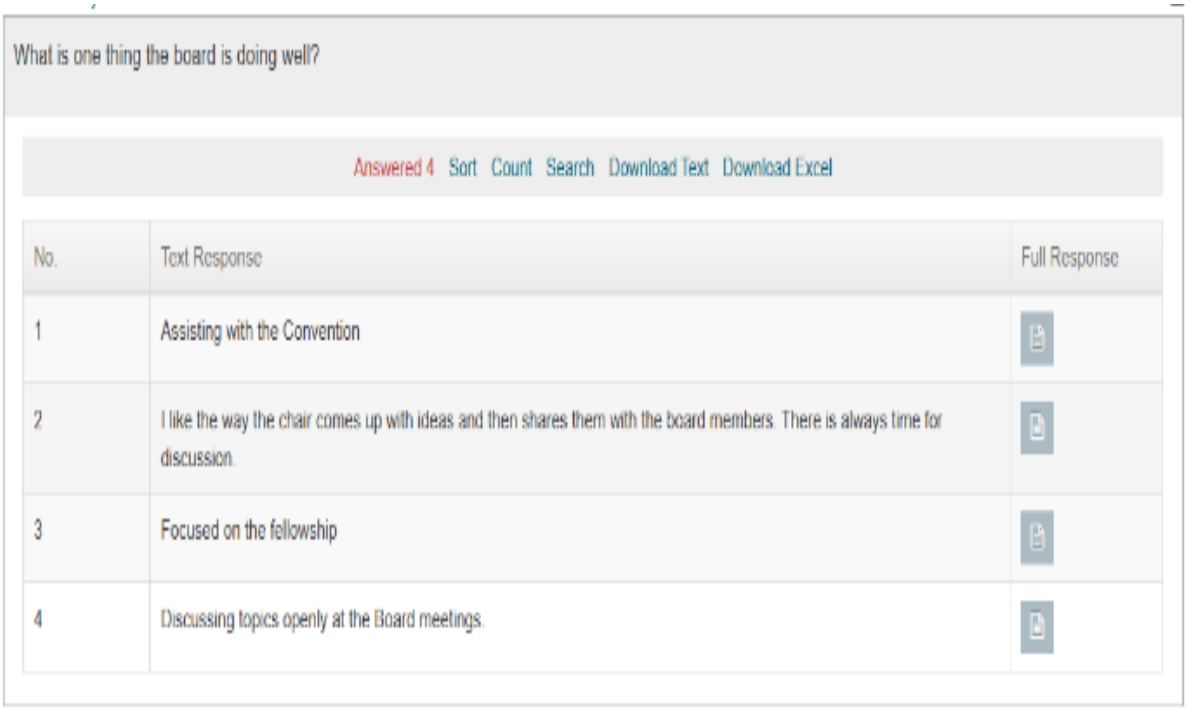
Question 4: My ideas and concerns are listened to before decisions are made. Totally agree: 2; Agree: 2.

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:

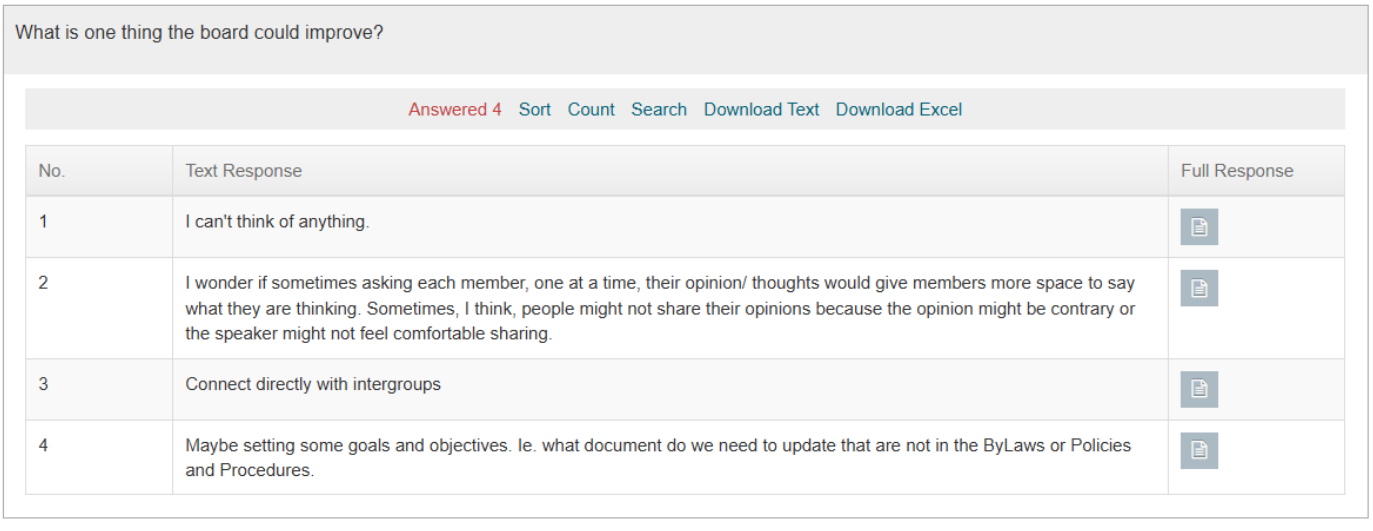


What is one thing the board is doing well?

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:

show this only show all delete

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:

show this only show all delete

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

Unlocking Recovery through the Power of WE

[First Given at the 2026 World Service Business Conference - WSBC]

The Forum at WSBC is designed to be an interactive workshop that is put together and presented by the Region Chairs Committee (RCC) of WSBC . Like the other WSBC Committees, the RCC meets throughout the year and sets goals for what they will accomplish during the period until the next WSBC. One of those goals is always to write and present the FORUM workshop at WSBC, ideally the first session on the first full day of WSBC.

This workshop is designed to take approximately 60-90 minutes in its entirety.

Preparation for the FORUM

To present the workshop, you will need:

1. Round tables to seat 8-12 participants.
   (At Forum 2026, we had 132 participants across 11 round tables.)
2. One lead facilitator and other assistant facilitators, ideally one facilitator for each 1-2 tables of participants.)
3. Supplies as follows:
   - Index cards (4”x6” or 5”x7”) or preprinted post cards, allowing two per participant with some extras in case
   - Balls of yarn approx ½ skein each, 2 balls per table (different colors). These can be leftovers from fiber crafts or yarn bought on sale.
   - Pens / markers
   - Prompt cards (for center of tables) - 2 cards per table, printed as follows:
     Affirmation: Write a positive affirmation or saying that has helped you over time.

     Service: The act of service that someone else did, that helped connect me to the fellowship was _____.
   - Puzzle pieces spelling out OA slogans, word-for-word (one word per puzzle piece)
   - The script below
   - One copy of the puzzle piece template (last page), which you will reuse to create as many puzzle pieces as needed to have one set of puzzle pieces per table.
     Slogans to write on the puzzle pieces - one word per puzzle piece:
     i. Let Go and Let God, Happy Joyous and Free
     ii. Easy Does It, It Works if You Work IT
     iii. Don’t Quit Before the Miracle Happens, Relieve Me of the Bondage of Self
     iv. It Works if You Work It, Fake It Until You Make It
     v. Just ForToday, Acceptance Is the Answer To All My Problems Today

FORUM Script - 2026

Opening – 10 minutes

Lead Moderator: Introduces themself

Welcome to today's Workshop, **Unlocking Recovery Through the Power of WE**, hosted by <*insert name of your group or service body here*>. This breakout session *combines recovery principles* with *the excitement of an escape room challenge*. The session encourages teamwork, problem-solving, and self-reflection while exploring the steps to recovery in a fun, supportive environment.

Our theme this last year has been about the **Power of WE**……

Let me introduce our co-facilitators for this session:

[Introduces assisting facilitators]

[Additional thanks given to people giving service to put the workshop together for your group.]

You embody the **Power of WE**. In Overeaters Anonymous, recovery does not happen in isolation. We recover through connection—by sharing honestly, listening with compassion, and walking this path together. The **Power of WE** reminds us that none of us has to escape this disease alone. When we come together in fellowship, service, and shared experience, hope becomes stronger than isolation.

These are our objectives for today's forum

1. Promote OA principles and encourage self-awareness.
2. Foster teamwork and trust among participants – highlight "**WE**"
3. Create memorable, engaging experiences tied to recovery.
4. Encourage creative thinking and problem-solving through themed challenges.

In short, we want to highlight the **Power of WE**! These objectives reflect a core truth of the OA program: our recovery deepens when we practice unity, service, and mutual support. The **Power of WE** is not just a theme—it is how recovery is sustained in Overeaters Anonymous.

At this time, we invite you - if you are willing - to change tables and meet a few new people, giving the **Power of WE** a chance to grow even wider. Please change tables (so you are not sitting with people you know)..

We begin our Forum at each table realizing there is this dangerous disease called Compulsive Eating that we are trying to escape from. In order to escape, there are 3 challenges that each table needs to overcome. The challenges require everyone at the table to help solve each challenge.

A facilitator will help facilitate at each table. A facilitator will help facilitate at each table.

Let's begin that **Power of WE** by introducing yourselves to each other, say where you are from and how long you have been in Program. Compulsive Eating is a disease that thrives in secrecy and isolation. The OA program teaches us that connection is a powerful antidote. Today's challenges invite us to experience how working together mirrors how we recover—one day at a time, with one another.

Challenge 1 – 10 minutes Primary Facilitator introduces (Slogans)

Slogan Puzzle/Crossword – each table is given a prepared envelope containing paper puzzle pieces with words of 2 OA slogans. The members at the table are to assemble the words into phrases of the slogan. One slogan will be horizontal and another vertical. One word will be the intersection for each slogan.

Discussion at the table what the slogan means to you and how it has helped you escape (arrest) this disease.

Challenge 2 – 10 minutes –Another Facilitator introduces (Affirmations)

Affirmation Chain – Prompt card reads,
"Affirmation: Write a positive affirmation or saying that has helped you over time."

Your facilitator will hand out a blank card. Each participant writes a positive affirmation or supportive message on the card. At your table link the cards together to form a physical "chain of support".

Discuss around the table which affirmation means the most to you and why. After discussion, place the affirmation cards up on the wall (if allowed by the meeting place) or if not, on a side table, face down. After the forum, feel free to take a card with you to carry you to the conference. Remember you are not alone.

10 minutes break, please be prompt on your return.

Thank you for returning on time! We will now start our 3rd challenge.

Challenge 3 – 10 minutes – Facilitator to introduce - The WE Web: Connection & Service Builds Recovery

Core idea: Each person contributes one strand; the group literally *builds* a web that represents how we stay connected and recover together. In OA, each of us is a strand in something much larger than ourselves. When we reach out, accept help, and offer service, we strengthen the web that holds us all. At each table is:

- 2 balls of yarn or string
- A Prompt card placed at the center of the table reads,
  "***Service: The act of service that someone else did, that helped connect me to the fellowship was _____".***
- 10–12 index cards (one per person with a couple of extras)
- Markers
- A small envelope labeled **"When I want to isolate…"**

To start:

- One member at the table holds the end of the yarn and completes the following sentence –
  - When I try to do recovery alone, I tend to _____ (Keep it general and safe).
  - Toss the yarn to someone across the table and have that person complete the sentence.
  - Continue to toss the yarn until everyone has had a chance to complete the sentence. Returning the ball of yarn back to the first person.
    Everyone holds on to their loop of yarn.

- Pass out the second ball of yarn, one ball to each table. Each table is still holding onto the loops created from tossing their first ball of yarn (and the web that was created when discussing the first prompt about recovering alone.)
- Starting back with the first member, write a "WE support" card by completing the following sentence:
    - Instead of isolating, I can _____: describe some type of service that gets you out of isolation (some prompts – call/text a friend, go to a meeting, etc.)
    - After writing the index card toss the ball again across the table and have that person complete the Service sentence.
    - Continue to toss the yarn until everyone has had a chance to complete the sentence.
    - Make sure to return the ball back to the person who started, completing the web.

- Look at the web you have created and try and name it – example – We don't isolate, Hope Line, Toolbox Together, etc.,
- **Put the index cards in the "anti-isolation" envelope.** Put all the WE action cards into a pile and keep it at the table. We will post this on the wall or table for all to read and take.

Debrief questions (Power of WE-focused)

- What did you notice as the web formed—what changed in the *feel* of the table?
- Which "WE action" would help you most when you want to isolate?
- How is this web like Service—where each strand matters?

Debrief of the forum – 10 minutes – Lead Facilitator

Please select two key ideas you want to share with the rest of us on what you learned through the skits and table discussions.

Allowing sharing with the whole group for 10 minutes.

Thank you all for sharing your key learning with the rest of us. *"Service and fellowship transform 'I can't' into 'we can.'"*

As we return to our meetings, intergroups, and service bodies, may we remember that someone's recovery may begin simply by being invited, welcomed, or supported. The Power of WE lives every time we ask, every time we listen, and every time we serve—together.

Our Responsibility Pledge:

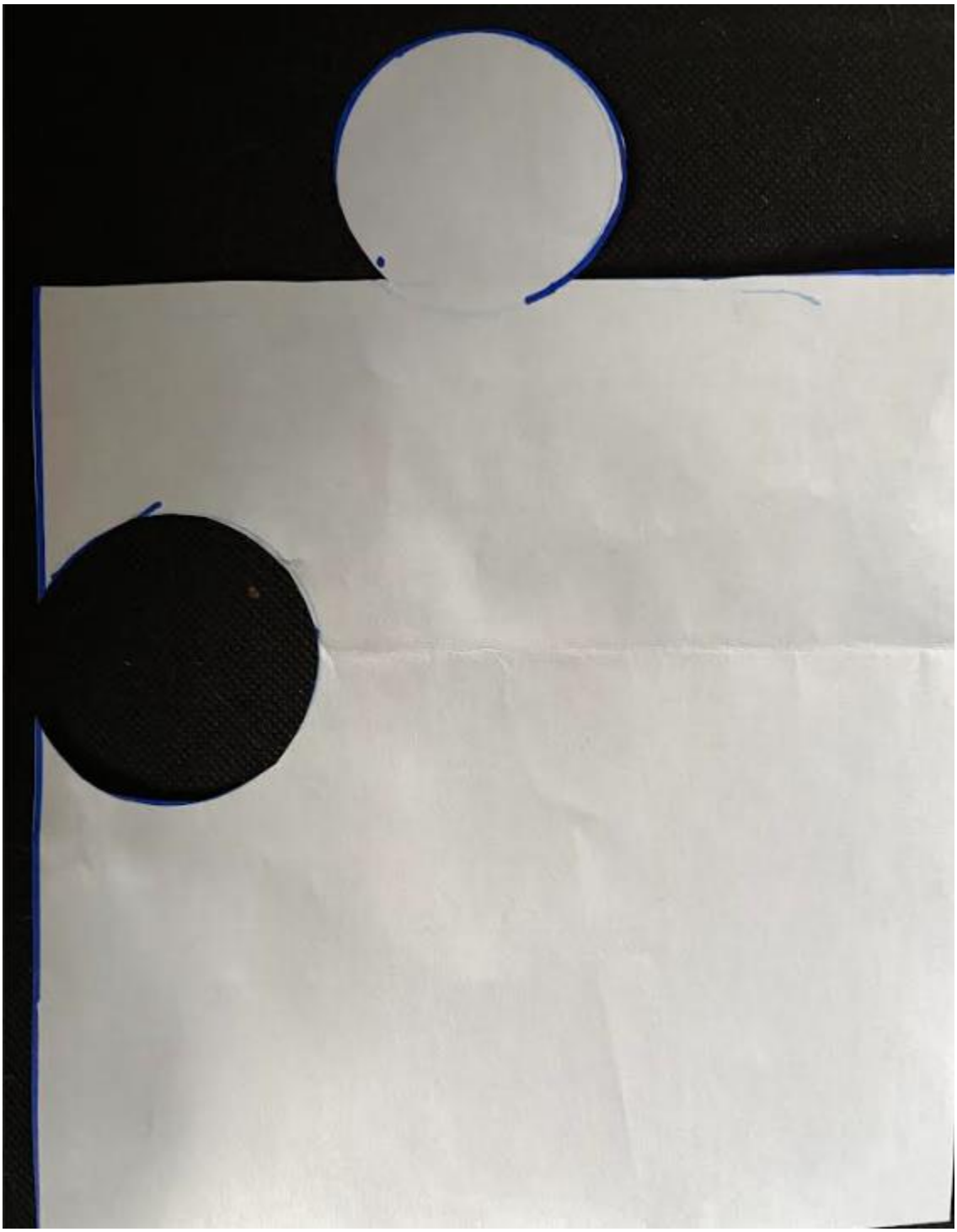
Always to extend the hand and heart of OA to all who share my compulsion –
For this I am responsible.

Let's close with the 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 on 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!

Template for puzzle pieces. Print and cut out one copy; trace around to make as many pieces as you need.



2026 Service Body Renewal

GUIDE

The Renewal Playbook

Mission, Leadership, Process, and Tools for Transforming Your Service Body

Adapted from Region 6 Intergroup Renewal Workshops

Overview

Purpose of this document

This document is a comprehensive guide to service body renewal in Overeaters Anonymous. It explains why renewal matters, how healthy service bodies strengthen meetings and recovery, and how leaders can use inventories, surveys, strategic planning, workshops, outreach, and focused service to carry the message more effectively. Throughout, the document emphasizes that personal recovery is the foundation of leadership, that service bodies exist to support groups in ways meetings cannot do alone, and that practical training can increase sponsors, improve newcomer retention, strengthen meetings, and revitalize OA service.

Five Types of Service Bodies

- Intergroups
- National Service Boards
- Language Service Boards
- Specific Focus Service Boards — two or more groups/service bodies serving common needs regardless of geographic proximity
- Regions

What Service Bodies Do — From the OA Handbook

1. Acting as guardians of the Twelve Steps, Twelve Traditions, and Twelve Concepts
2. Creating and maintaining websites (most newcomers now find OA through oa.org or a local service body website)
3. Maintaining OA listings and handling telephone and mail inquiries
4. Sponsoring workshops, marathons, and special events to help members strengthen personal recovery
5. Publishing regular newsletters and event directories
6. Handling public information requests; arranging PSAs and providing speakers to outside organizations
7. Maintaining contact with health care professionals in fields related to OA
8. Arranging a system for groups to obtain abstinent OA speakers
9. Helping to find sponsors for new members
10. Maintaining a stock of OA literature
11. Sending representatives to regional assemblies and delegates to the WSBC

Intergroup's Greatest Service

Show people HOW to strengthen their personal recovery.

Show people HOW to work the program.

Show people HOW to spread the message of recovery.

Service Body Transformation

The Paradigm Shift

Everything in OA stems from personal recovery. The objective is to transform the service body into a proactive, Tradition Five organization whose highest priority is providing opportunities for members to strengthen their personal recovery and carry the message.

The service body becomes a training organization to supplement sponsorship. Find and mobilize the grateful recovering compulsive overeaters. Every member is a service body member, whether they realize it or not.

Changing the Image of Service Bodies

- Our main product is usefulness. We provide opportunities; willingness is up to each member.
- First comes our own recovery — OA is a program of attraction.
- There is no “they” — only us. Everyone is part of a service body.
- If not me, who?

Leadership and Recovery

Strong Recovery Is the First Requirement

A leader needs to be an example of physical, emotional, and spiritual recovery. We need to be before we can do.

> *"Those of us who live this program don’t simply carry the message; we are the message. Each day that we live well, we are well, and we embody the joy of recovery, which attracts others who want what we’ve found in OA." — OA 12&12, 2nd Ed., pp. 86–87*

Recovery (you) + Passion (you) + Leadership (you) + Process (we’ll show you) = Service Body Renewal

What Good Leaders Do

- Can motivate people by creating a compelling vision
- Gather quality people and build well-functioning teams
- Lead, rather than simply facilitate discussion
- Are always wearing their recruiting hat
- Take no credit — it’s always the group
- Communicate honestly without fear
- Bring people together rather than apart

- Spread hope — because hope is contagious

The Renewal Process: Step by Step

Basic requirement: a dedicated leader or core of leaders living in recovery — people who walk the walk and talk the talk.

Recovery + Passion + Process = Renewal

If you build it, they will come.

Step by Step Process

1. Conduct an Inventory — Service Body or Membership

Purpose: Establish an honest picture of the service body's current condition. **Process:** Select an inventory format, explain why the inventory is being done, invite broad participation, collect responses, and summarize the themes without blame. **Output:** A short findings summary that identifies strengths, concerns, urgent needs, and opportunities for renewal. **Suggested timing:** Complete within the first 30–60 days.

2. Create the Cause Based on the Results

Purpose: Turn information into a compelling reason for action. **Process:** Review the inventory and survey themes, identify the most important problem or opportunity, and describe it in clear, simple language that members can understand and care about. **Output:** A concise cause statement that explains why renewal is needed now. **Suggested timing:** Draft immediately after results are reviewed.

3. Recruit Through One-on-One Conversations

Purpose: Build a core team of willing, recovering members. **Process:** Identify members with recovery, reliability, and enthusiasm; speak with them personally; explain the cause; and ask them to help with a specific task or role. **Output:** A small renewal team with named people, clear commitments, and initial assignments. **Suggested timing:** Begin immediately and continue throughout the renewal effort.

4. Hold Kickoff Meetings

Purpose: Bring members into the process and create shared ownership. **Process:** Schedule one or more kickoff meetings, present the cause, share inventory or survey findings, invite discussion, listen carefully, and collect ideas for action. **Output:** Member feedback, possible volunteers, early priorities, and increased awareness that the renewal belongs to everyone. **Suggested timing:** Hold within 30 days of creating the cause statement.

5. Establish a Clear Vision

Purpose: Define the destination before choosing activities. **Process:** Use the inventory, survey results, kickoff feedback, and group conscience to describe what a healthier service body would look like. Keep the vision recovery-centered, simple, and memorable. **Output:** A written vision statement that guides goals, priorities, budgets, and communication. **Suggested timing:** Complete before setting goals.

6. Set Goals and Priorities

Purpose: Convert the vision into focused, manageable work. **Process:** Identify possible goals, compare them to member needs, select the highest-impact priorities, and make sure each goal supports recovery, meetings, newcomers, sponsorship, outreach, or service participation. **Output:** A short list of strategic and current-year goals. **Suggested timing:** Complete during the planning phase after the vision is approved.

7. Define Activities That Accomplish the Goals

Purpose: Choose practical actions that make the goals real. **Process:** For each goal, identify workshops, trainings, outreach efforts, communications, committees, or projects that directly support it. Avoid activities that do not connect to the vision or priorities. **Output:** An operating plan with activities linked to specific goals. **Suggested timing:** Complete after goals are selected and before budgets are assigned.

8. Assign Responsibilities, Commitments, Accountability, and Budgets

Purpose: Make sure every activity has ownership and support. **Process:** Assign a lead person or committee, define the task, set a reporting schedule, identify needed funds, and confirm the commitment. Include accountability without criticism by asking, “What help do you need?” **Output:** A responsibility chart or action plan showing owners, due dates, budgets, and reporting points. **Suggested timing:** Complete before announcing the full plan.

9. Distribute the Plan to All Members

Purpose: Create transparency, trust, and participation. **Process:** Share the vision, goals, activities, opportunities for service, and timeline through every available communication channel, including meetings, newsletters, email lists, websites, announcements, and direct outreach. **Output:** A shared renewal plan that members can understand, support, and join. **Suggested timing:** Distribute as soon as responsibilities and budgets are confirmed.

erved.

REGION 5 VICE CHAIR REPORT

Oct. 23 – 25 2026

We had a great convention in Indianapolis inspired by the 12 Freedoms. The speakers were amazing. I enjoyed being around my OA people. I have been going to zoom meetings, like many of us, and it was nice to get hugs and see people I only see on zoom.

I am sure everyone is looking forward to our next convention Rooted in Recovery in Minneapolis October 1 – 3, 2027. It will be located at the Crown Plaza Hotel not far from the Mall of the Americas. The hotel is in a good location near restaurants. It is well worth the drive to get recovery and a good boost for our programs.

At this Assembly we will be brainstorming to set up committees of the whole to address what we need to accomplish in this coming year. Remember our SMART goals in organizing our committees.

We are looking forward to elections for Chair and Treasurer. Pam and Barbara are willing to run for a second term. We are all grateful for their service. We will need two willing Reps to step forward in two years to take their places. They will have lots of help.

Keep spreading the news of recovery in OA with your intergroups. Together we get better.

Respectfully Submitted,

Kevin F.

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

Region 5 Overeaters
Anonymous
Post Office Box 22175
Louisville, Ky 40252

Treasurer's Report – Fall 2026

Looking forward to seeing everyone at the Assembly. I enjoy the hugs and conversations I have at an in-person Assembly. Speaking of in-person, what a great Convention we had. Midwest Crossroads knows how to put on a fantastic convention. Great speakers and breakout sessions. Thanks so much for everyone's service. We had 176 OA members attend.

I want to thank you for your donations to Region 5. The donations are down, but we were still able to give scholarships to the Convention and Assembly. Thanks to your donations, we were able to give 5 scholarships to the Convention and financial support to an intergroup so they can send a representative to the Assembly. Also, we donated $1000 to an intergroup for their PIPO project. Please check our web site for the benefits your intergroup has access to through Region 5.

Your contributions make it possible for us to maintain and enhance the work we do in Region 5. Every dollar you give ensures that our programs, outreach, and support services continue to thrive. We deeply appreciate your commitment and dedication to the OA community.

It is at this time of year that we will be voting on the Budget for 2027. Please review it and let me know if you have any questions or corrections. The Finance Committee will need to approve the Budget and then we will vote on it at the assembly.

It has been my pleasure to be the Region 5 Treasurer for the past two years. What a great group of people to work with. Together, we get better.

With gratitude,

Barbara H., Region 5 Treasurer

Region 5 OA

Statement of Activity
January-September, 2026

	Total
Revenue	
2026 Convention Income	
2026 convention basket	1,419.00
2026 Schororship	1,185.00
50/50	550.00
Pre-Convention 2026	3,715.00
Registration	26,676.00
Total for 2026 Convention Income	**$33,545.00**
Assembly Income	$20.00
7th Tradition	535.00
Registrations	523.00
Total for Assembly Income	**$1,078.00**
Contributions	**$28,222.53**
Conventions	
2025 convention	140.00
2026 Convention Income	$95.00
2026 convention scholarship	30.00
Total for 2026 Convention Income	**$125.00**
Total for Conventions	**$265.00**
Credit Return	300.00
Interest Income	2.87
Personal	110.00
Total for Revenue	**$63,523.40**
Gross Profit	**$63,523.40**
Expenditures	
2026 Convention Expenses	$17,950.21
Other Expenses	1.65
Total for 2026 Convention Expenses	**$17,951.86**
Assemblies	
Assembly Exp	45.00
Total for Assemblies	**$45.00**
Assembly	$38.86
PIPO Committee	1,000.00
Total for Assembly	**$1,038.86**
Contract Services	
Accounting Fees	823.50
Outside Contract Services	
Webmaster	2,100.00
Total for Outside Contract Services	**$2,100.00**
Total for Contract Services	**$2,923.50**

Region 5 OA

Statement of Activity
January-September, 2026

	Total
Insurance - Liability, D and O	
Liability Insurance	144.00
Total for Insurance - Liability, D and O	**$144.00**
Operating Expenses	
Insurance	1,582.60
Officer Operating Expenses	$38.15
Chair Office Expense	55.09
Chair Travel Expense	722.39
Total for Officer Operating Expenses	**$815.63**
Print, Copying, Ink, Supplies	145.10
Total for Operating Expenses	**$2,543.33**
Operations	
Postage, Mailing Service	
Post Office Box	250.00
Total for Postage, Mailing Service	**$250.00**
Processing Fees	
Webconnex	2,850.58
Total for Processing Fees	**$2,850.58**
Supplies	107.75
Web Expenses	$79.00
Virtual Meeting Expenses	319.80
Web Site Security	341.75
Webmaster	3,833.40
Website Hosting & Domain	38.38
Total for Web Expenses	**$4,612.33**
Total for Operations	**$7,820.66**
Other Types of Expenses	690.00
Region 5 Chair Requirements Expenses	
Region Chair Reg/Travel to other Regions	2,736.43
Total for Region 5 Chair Requirements Expenses	**$2,736.43**
World Service Organization	
World Service Business Conf	1,968.23
WSO Contribution	$10,010.48
World Service General Fund	67.36
Total for WSO Contribution	**$10,077.84**
Total for World Service Organization	**$12,046.07**
Total for Expenditures	**$47,939.71**
Net Operating Revenue	**$15,583.69**
Net Revenue	**$15,583.69**

Accounts	2026 Budget	2026 Actual as of Sept. 30, 2026	2027 Budget	Notes
Income				
Assembly Income				
Registrations+Doc	**1,500.00**	**555.00**	**1,000.00**	
Collection	**500.00**	**523.00**	**500.00**	
Meeting Contributions	**50,000.00**	**28,222.53**	**40,000.00**	
Convention				
Registrations	**25,000.00**	**31,841.00**	**35,000.00**	
Basket Raffle	**2,000.00**	**1,419.00**	**1,500.00**	
50/50	**500.00**	**550.00**	**450.00**	
Interest Income	**6.00**	2.87	600.00	
Miscellaneous Revenue	**0.00**	410.00	0.00	
Total Income	**79,506.00**	**63,523.40**	**79,050.00**	
Expenses				
EVENTS				
Assemblies				
Hotel Expense	7,000.00	0.00	5,000.00	
Officer Registration	430.00	0.00	400.00	
Officer Travel	5,000.00	0.00	3,500.00	
Parlimentarian	100.00	0.00	1,000.00	
Parlimentarian/Hotel Liason Travel	1,000.00	0.00	1,000.00	
Officer Copies/Binder	600.00	83.86	600.00	
Intergroup Funding Assistance	3,000.00	0.00	2,000.00	
Outreach Committee of the Whole	4,000.00	1,000.00	4,000.00	
Region Convention Expenses - 2026				
Host Region Seed Money	2,000.00	0.00	2,000.00	2026 convention received $2000.00 in 2024
Hotel / Food Expense	14,000.00	16,591.81	25,000.00	plus $8,500 in 2025. Total price $25,291.81
Committee Expenses	2,400.00	0.00	1,000.00	2026 committee expences were from seed money
Officer Registration/Travel	1,000.00	1,350.05	3,000.00	
Hotel Liason Registration/Travel	2,000.00	0.00	0.00	

Accounts	2026 Budget	2026 Actual as of Sept. 30, 2026	2027 Budget	Notes
Other			0.00	
Region Convention Expenses - 2027				
Host Region Seed Money	2,000.00	0.00	2,000.00	
World Service Business Conference				
Chair Registration/Travel	1,500.00	1,669.23	200.00	
Copies/Binder	200.00	297.00	50.00	
Delegate Fund	1,000.00	0.00	1,000.00	
World Service Convention				
Chair Registration/Travel	0.00	0.00	0.00	
Basket Raffle donation	170.00	0.00	0.00	
Region Chair Reg/Travel to Other Regions	10,000.00	3,426.43	7,000.00	
Workshop Travel and Expenses	500.00	815.62	1,000.00	
Total Event Expenses				
Operating Expenses				
Insurance	2,000.00	1,731.60	2,000.00	
Bank Fees	40.00	0.00	0.00	
Postage, Mailing	400.00	250.00	500.00	
Print, Copying, Ink, Supplies	1,500.00	252.00	1,000.00	
Processing Fees				
WePay				
Webconnex	3,000.00	2,850.58	3,500.00	
Storage/Shredding	2,000.00	0.00	0.00	
Web Expenses				
Virtual Meeting Expenses	350.00	319.80	350.00	
Web Site Security	400.00	341.75	400.00	
Webmaster	5,200.00	3,833.40	5,200.00	
Website Hosting & Domain	200.00	107.38	200.00	
Facilities & Equipment	1,000.00		1,500.00	
Officer Expense Budget	1,000.00		1,000.00	
Software Subscriptions	500.00		500.00	
Tax	0.00		0.00	
Accounting Fees	1,000.00	823.50	1,000.00	
Appreciation Fund	600.00		600.00	

Accounts	2026 Budget	2026 Actual as of Sept. 30, 2026	2027 Budget	Notes
World Service General Fund	10,000.00	10,077.84	10,000.00	
Professional Exhibit Fund				
Total Expense	**87,090.00**	**45,821.85**	**87,500.00**	
Total Net Income	**-7,584.00**	**17,701.55**	**-8,450.00**	

Region 5 OA
September 30, 2026

PROFIT & LOSS — This fiscal year to date

Net profit for FY26 to date

$15,584 100%

Up 1503% from this time in FY25

$63,523
Income

$47,940
Expenses

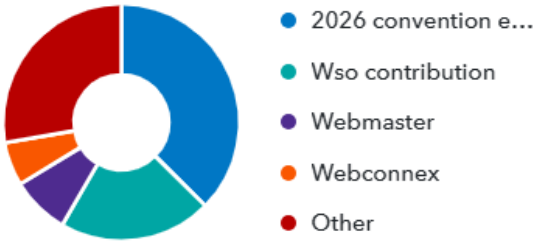
Analyze my profit & loss

EXPENSES — This fiscal year

Spending for FY26

$47,940 100%

Down 6% from FY 25



View all spending

PROFIT & LOSS — This month to date

Net profit for September to date

-$6,500 100%

Down 243% from this time last month

$8,074
Income

$14,574
Expenses

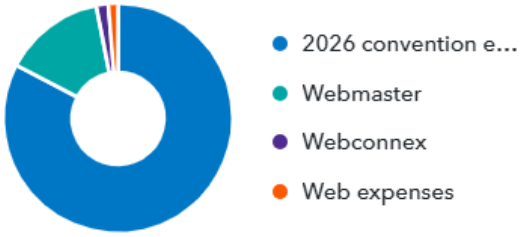
Analyze my profit & loss

EXPENSES — This month to date

Spending for September to date

$14,574 100%

Up 1242% from this time last month



View all spending

Robert’s Rules are Most Valuable when People Disagree

Purpose : Explain how parliamentary procedure keeps strong disagreements fair, focused, and productive.

Each year, we take a few minutes to discuss Robert's Rules of Order and why we use them. This year, let’s focus on when the rules matter most: when a discussion becomes contentious.

Imagine that our board is considering eliminating a long-standing program because of budget constraints. Some members believe the program is central to our mission. Others believe continuing it would jeopardize the organization financially.

Without an orderly process, the discussion could quickly become personal. People might interrupt one another, repeat the same arguments, or attempt to prevent an unpopular viewpoint from being heard.

Robert's Rules give us a better way to manage that disagreement.

First, a specific motion must be made. Instead of debating whether the program is good or bad, the group considers a clear proposal, such as: "I move that the organization discontinue the program at the end of the fiscal year."

Now everyone knows exactly what decision is before the group.

Second, members debate the motion, not one another. Remarks are directed to the chair, and the chair recognizes one speaker at a time. Members may challenge the facts, the costs, or the wisdom of the proposal, but they should not question another member's motives or character.

Third, the rules protect both sides. Members who support the motion and members who oppose it must have a fair opportunity to speak. A forceful speaker does not receive more rights than a quiet one, and the majority cannot simply silence the minority because it is impatient.

Suppose the discussion reveals that ending the program immediately would create a hardship. A member could propose an amendment to continue the program for six months while alternatives are evaluated. The organization can then improve the original proposal instead of being limited to a simple choice between keeping the program forever or ending it immediately.

If someone interrupts repeatedly or makes personal accusations, a member may raise a point of order. That is not an attack on the speaker. It is a request for the chair to enforce the rules and return the discussion to the issue before the group.

Finally, the members vote. Once the vote is taken, the decision belongs to the organization, not merely to the members who prevailed. Those in the minority retain the right to disagree, but everyone should respect the decision-making process.

Robert's Rules do not eliminate conflict, nor should they. Healthy organizations will sometimes have strong disagreements. The purpose of parliamentary procedure is to ensure that those disagreements are handled fairly, respectfully, and efficiently.

In short, Robert's Rules help us disagree without becoming disagreeable. They protect the right of the majority to decide, the right of the minority to be heard, and the right of every member to participate in an orderly process.

That is why we use them.

Region 5 Bylaws Committee Report for Fall 2026 Assembly

- Motions to organize and simplify the In-Person and Virtual Assembly Standing Rules are ready to be voted on.
- The motion to update the qualifications of a candidate for a Region 5 board position is ready to be voted on.
- We are still considering collaborating with the Media Committee to create a tutorial video to help new representatives prepare for their first assembly.
- Two motions to update our policies concerning trustee candidates are ready to be voted on.
- The proposed motion for a policy regarding the use of images is being reconsidered and is not ready to be voted on.

Susan M., Bylaws Committee Chair

Region 5 Indianapolis Convention 2026

	Status
Financials	• Net revenue: $5,831.28 after expenses • Income sources: Baskets ($1,419), Scholarship ($1,215), 50/50 ($550), Pre-registration ($37.80), Registration ($26,676), less cash refund ($95); Total ~$33,000 • Printing expenses under $600 (within budget and came out of our $2000 seed money)
Evaluations included as separate in this report	
Registration (Ann)	• RegFox platform used — customizable reports, easy to run weekly • 144 pre-registrants, 29 walk-ins • Duplicates in RegFox required ~20 minutes of manual cleanup per week • Name tags pre-stuffed with meal tickets before arrival — highly efficient • Suggestion: separate walk-in table from pre-registration line; add a dedicated non-financial volunteer at walk-in table • Suggestion: flag volunteers on registration form so they can be directed to the volunteer check-in table
Volunteers (Laura He)	• First-time volunteer coordinator role; generally sufficient coverage with minor gaps • Challenges: ambiguous availability fields on registration form; pre-assigned slots conflicted with attendees' workshop preferences; not knowing if volunteers had arrived • Two options proposed for next convention: (1) improve registration form clarity with either/or volunteer preference fields, or (2) use an on-site sign-up board (bingo-board style) so volunteers can choose slots after seeing the schedule • Recommendation: add a simple yes/no volunteer field on registration form with follow-up communication on the sign-up process
Program (Laura Ha)	• ~5-page report submitted – included in this report • Strengths: strong keynote and workshop mix, live meetings, Friday and Saturday evening activities

	Status
	• Saturday night dance: 50+ attendees (well-attended); Friday night bingo: ~20 attendees (low turnout — consider trivia or karaoke instead) • Issues: overlap/double-work with hospitality on crafts room — need clearer role delineation early on • Workshop leaders did not always facilitate hands-on activities as intended — be very explicit in instructions • Suggestion: delay first keynote to ~9 AM to accommodate Central and Pacific time zones • Waiver process: AV team does not need signed waivers; recommend adding a recording consent checkbox to the registration form instead
Literature	• Sales: $19,076.12 (vs. Milwaukee's $2,071 with 198 registrants vs. our 144) • Freight costs absorbed by the intergroup — allowed literature to be sold at lowest possible price • Payment accepted via Square (linked to intergroup account) and cash • Literature aligned with workshop topics in coordination with Laura Ha • End-of-convention discounts applied to reduce leftover inventory • Excel sales report pending (assistant out of town) — to be shared next week
Hotel Liaison	• First-time hotel liaison; established strong relationship with hotel manager (personal cell phone access throughout convention) • Conducted ~5 site visits including walkthrough with committee chairs once program was established • Food: taste testing was valuable; chef was cooperative; Kevin's salad dressing recipes were well-received • Issues: no meat at breakfast (adding bacon would have cost ~$8/person extra); hotel underestimated how much salad/vegetables attendees would consume • Lessons: dismiss tables for dinner (not lunch) to improve flow; clearly label all vegan/vegetarian dishes; avoid rooms with stairs; keep meeting spaces in close proximity • Hotel engaged with butterfly theme — folded napkins into butterfly shapes unprompted

	Status
Huggers & Greeters	• Small team of ~4 volunteers; butterfly wings were a major hit and served as easy identification for attendees • Greeters only needed at non-key-card entrances (front doors) • Shifts covered Friday pre-registration, Saturday morning, and Sunday morning keynote • Some volunteers dropped out or changed availability — Denise filled gaps personally • Overall: fun, welcoming, and effective
Publicity	• Canva used for all materials (free nonprofit business account available) • Strong theme ("Flutter into Freedom" / butterfly) provided cohesive visual direction • High-contrast design prioritized for accessibility • Challenges: contradictory pricing information in early materials due to late price finalization; unclear internal deadlines for flyer approvals (Region 5 approval required before distribution) • Copyright/licensing reviewed — Canva graphics confirmed compliant for nonprofit use • Recommendation: establish hard deadlines early; have 4–5 team members with defined roles (communications, design, social media, chair); contact all committee chairs early for content
Decorations	• Chair not present; butterfly theme carried throughout — wings, table centerpieces, photo backdrop • Hotel independently incorporated butterfly napkin folds for the banquet dinner
Hospitality Room	• Kept simple: tea, coffee, decaf, water, refrigerator, games, coloring activities, wall signing paper, puzzle • Avoided over-ordering coffee • Had to purchase additional decaf during the event • Well-attended and described as inviting

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Other Topics

- **Minneapolis Team Introduction:** Betty (hotel liaison), Daniel (hotel, finance, and publicity committees), and Liz were introduced as the planning team for the next convention

- **Convention Impact on Local OA Community:** Rachel O noted visible increase in meeting attendance and engagement in the local OA community following the convention
- **Jump Drive / Document Collection:** Barbara is compiling all committee reports, templates, signage, and materials onto a jump drive for the Minneapolis team

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September 28, 2026

Region 5 Media Committee Report for Fall 2026

From March to June, we worked to optimize the Region 5 website by

- helping to target the removal of old content
- suggesting ways to stimulate the attention of internet algorithms by writing new content for our newsletter Freedom From Bondage, which would move us up on the algorithm's list when people search for help with their eating problems
- educating ourselves on how the website works by working with the webmaster and obtaining and discussing analytics data
- testing out areas of the website to find any bugs and suggesting improvements, such as looking for typos and links that do not work
- focused on the Intergroups section of the R5 website and contacted the IGs to let them know this service is available, ask if they want to post anything, and help them to get their info up to date

We continue to browse the R5 website looking for these issues. When found, we put any corrections or changes needed on a committee spreadsheet, so the items can be addressed either with the webmaster or the Intergroups. The R5 secretary is our liaison with the webmaster and assigns the tasks.

From June to September, we have, also, continued to look at the analytics and have seen a minor improvement in search results. To improve those results going forward, we would like to recommend to membership that they use certain keywords in their writing.

We would like to recommend to all Intergroups to submit an article at least once a month for the Freedom From Bondage online R5 newsletter using these words when possible: COMPULSIVE OVEREATING, ANOREXIA, BULIMIA, BINGE EATING, PURGING, DIETING, EATING DISORDERS. A recent search found OA and Region 5 only under OVEREATING. We need an increase in new content using keywords to get noticed on the Internet!

An additional intent of the committee, going forward, is to suggest updates to sections of our website that would use these key words as we continue the focus from earlier this year. If Intergroups would like to see any changes or additions to their section on the website, we are here and would be happy to be of service.

We have submitted an R5 Media Use Policy to the Bylaws committee on the proper form, but it is my understanding that Bylaws believes it needs more editing. The purpose is to address the use and role of AI in our documents and online presence, respecting copyright law, and to protect R5 from any legal infringements while keeping to our Traditions. The proposal was held for the next assembly in the Spring of 2027.

In OA Love and Service,

Norma B.
Media Committee Chairperson

PIPO REPORT OCTOBER 23-25, 2026

We were working with Milwaukee Area Intergroup to get a working knowledge of their ways to contact newcomers to learn about OA and to encourage them to come to meetings. They shared with us some of their promotion literature and a poster with Milwaukee intergroup information on it. Laurie as chair of the PI committee had been using Canva to alter existing posters and make new ones. She recommended that we open an account as she has found it easy to use and an advantage to her making posters. As a committee we signed up for a free subscription for Canva through Region 5. Other intergroups can participate in this account. There is a limited number of participants. A few of the committee members are on the account. We have just started exploring how to use Canva to alter posters and make new posters and fliers. They have a lot of templates and stock images to use.

Respectfully Submitted,

Kevin Firme

12th Step Within committee Report

October 2, 2026

Acting secretary: Liz Z.

Chair: CarolAnn M.

Other members: Betsy D., Allen B., Marilyn D., Chris B., Barbara K., Barbara D., Juliette R.

1) Liz presented a workshop on the tool of telephone at the Region 5 convention.

2) We hope to get some more suggestions for outreaching at Assembly.

3) We plan to submit our final draft to the board for approval .

4) After approval, we plan to share the document with our intergroups and on the Region 5 website.

Carol Ann M.