

OVEREATERS ANONYMOUS



REGION 5 SECRETARY

December 2, 2015

Dear Region 5 Friends,

Recovery is alive in Region 5! The excitement is growing at so many levels!

This letter is accompanying my first Packet C. This is a post assembly packet containing minutes, updated documents, information for you to discuss with your intergroup/take appropriate action/participate in wrap-up discussions in March, plus other updates.

Here is a **list of the included documents:**

C01 Secretary Letter ****NEW****

RESULTS FROM NOVEMBER ASSEMBLY:

C02 November 2015 Assembly Minutes ****NEW****

C03 November 2015 Credentials Report ****Updated 11/2015****

C04 Board Action Plan ****NEW****

CONVENTION INFORMATION:

C05 2016 Region 5 Convention Flyer ****NEW****

C06 Coach Transportation Flyer for 2016 Convention ****Updated 11/2015****

C07 2016 Region 5 Convention Mail In Registration Form ****NEW****

C08 Convention Ideas ****Updated 11/2015****

TO BE DISCUSSED WITH INTERGROUP/ACTION TO BE TAKEN:

C09 Inventory Results (This is an update since Packet B, but the same as handed out at Assembly.)

C10 OA Region Map (This was updated as page A-3b in the Region 5 Handbook last year)

C11 Other Region Assemblies ****NEW****

DOCUMENTS UPDATED SINCE THE NOVEMBER ASSEMBLY:

C12 Bylaws ****Updated 11/2015****

C13 Policies ****Updated 11/2015****

C14 Standing Rules ****Updated 11/2015****

FORMS AND TIPS UPDATED SINCE THE NOVEMBER ASSEMBLY:

C15 Committee Agenda, Minutes, Report Form ****Updated 11/2015****

C16 New Business Motion Format and Form ****Updated 11/2015****

C17 Policy Amendment Format and Form ****Updated 11/2015****

C18 Bylaws Amendment Format and Form ****Updated 11/2015****

C19 Tips for Region 5 Representatives ****Updated 11/2015****

DOCUMENTS PASSED OUT DURING THE NOVEMBER ASSEMBLY:

C20 Chair Report #2 ****New at Assembly****

C21 Treasurer Report ****New at Assembly****

C22 Approved Budget for 2016 ****New at Assembly****

All of **Packet C** will soon be posted on the Assemblies page at region5oa.org. All other postings referred to will also be on our website.

Please let me know if you see something that needs correcting in the **November 2015 Assembly Minutes!**

The **Credentials Report** is filled in with roll call results from our November assembly.

And the **Board Action Plan** is here to let you know some of the actions your board is taking in response to the inventory.

Our **2016 Convention** is coming together! I have included the Convention Flyer and Mail-in Registration Form, as well as the latest flyer for the coach being planned to transport participants from Milwaukee, Chicago, northwest Indiana and southwest Michigan to and from the convention.

There is now a **2016 Region 5 Convention** icon and link to the convention information page, where anyone may access the convention flyer, mail-in registration form, and coach transportation flyer. **Online registration** will soon be available there, too.

The **Convention Ideas** document is the result of the brainstorming we did during the July 2015 assembly, when we met as a Convention Committee of the Whole, plus the Intergroup input received by email or during the September 23rd conference call. Since there is no substantial unanimity for making any changes at this time, this document will be passed on to the Convention Committee for future reference.

The next 2 documents are included so that you can 1) discuss them with your intergroup, 2) send feedback (comments, questions, suggestions, etc) to the Region 5 Secretary to be included in Packet A (sent mid January), and 3) have representatives prepared to discuss these issues at the evening session on Friday, March 11, 2016:

- A draft of the **Inventory Results** was sent out in the September Packet A, but an updated version was passed out at the November Assembly, and is included in this packet.
- The map of OA regions is included to inform the description of **how the other regions handle assemblies**, which is also included in this packet. Information on how Regions combine conventions and assemblies is planned for inclusion in mid January's Packet A.

The **Bylaws, Policies and Procedures, and Standing Rules** have been updated in compliance with motions adopted at the November Assembly and posted to the Region 5 Resources page.

The **Committee Agenda/Minutes/Report** format/form was updated to separate the Committee Minutes from the Report. This is already available online on the Forms page.

Motion Forms have been added to the Motion Format for your convenience. They have been posted on the Forms page.

Tips for Region 5 Reps has been updated, too.

Reports passed out at the November Assembly and the adopted 2016 budget are included for those who were not with us.

Coming soon to region5oa.org: **Speaker/Sponsor List Update Form** and **Request Form**, a tab and page for the **Newcomer**, a tab and page for the **Professional**, and more!

Just a reminder: The Newsletter Committee has an email address for submitting articles to *Freedom From Bondage*: **R5NewsletterSubmissions@gmail.com**. Please use it to share your Experience, Strength, and Hope with the fellowship!

Thank you for your service and for the privilege of serving as your secretary for two more years.

Yours in recovery,
Susan Mc :-)

Region 5 Secretary
847-710-8823
susan.m.oa@gmail.com