



# Region 5 Inventory



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## 1 | INTRODUCTION

The Region 5 Inventory was drafted and reviewed during the summer, 2015 Assembly in Louisville, Kentucky. It was published immediately following the Assembly and closed on October 1, 2015. There were 66 responses. Of these, 20 attended the Region Assembly in Louisville; 35 did not (11 did not answer the question).

## 2 | RAW DATA PRESENTATION

### ALL RESPONSES

Q1. What is the purpose of our Region Board?

A: There were 57 responses to this question. The responses are listed below. The responses in black came from those people who attended the Region 5 Assembly in Louisville. The ones in blue did not.

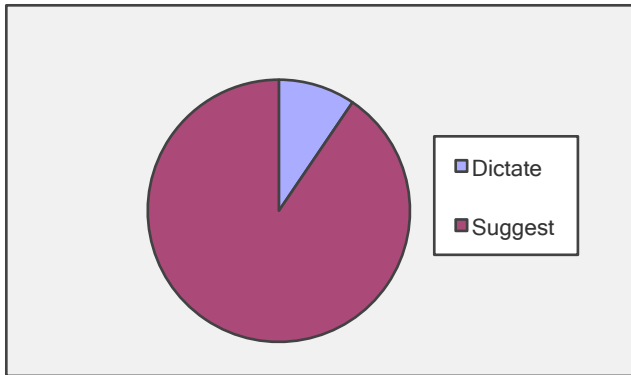
To serve the OA members and their groups
To facilitate the work of the region
To assist and help Intergroups through their respected locations.
The Region 5 Board members keep the OA fellowship as a whole in regards to important business matters.
As trusted servants to guide us along the way
To help the local intergroups
To carry the message and preserve the integrity of the message of recovery through the twelve steps
To serve meetings and intergroup within the region
To serve; ensure Traditions are adhered to; to assist and listen to the groups; strengthen OA as a whole in the region, to name a few
To oversee the welfare of the region
To coordinate OA activities within the region and provide support to OA fellowships within the region.
To carry the message of recovery to the still-suffering compulsive overeater
Coordinate recovery activities in Region 5
To support the local intergroups and groups.
Serve
To manage and assist the Region intergroups, meetings and members.
To handle the business of the Region, promote participation.
To follow the lead and suggestions of our members.
To help intergroups
To guide the meeting & be of service to the various intergroups
To serve OA members
To support the intergroups and to share info from WSO with us.
Further the message of OA at the Region level; operate within the 12 Traditions
To act as a liaison between the Intergroups and the WSO; To make sure the Region is healthy
To help the intergroups in our region
To carry the message to the compulsive overeater who still suffers and to share communication between the members and WSO
Be the spokesperson(s) for our Region with WSO, guide our Region to strengthen the recovery and the region fellowship, grow OA in our region
To set an example of carrying the message of recovery
To serve and guide the intergroups, groups and people in our region
To act as channel of information and communication with the BOT. To ensure the health and sustainability OA in the region using the 12S/12T and Concepts.

Help steer the Assembly during and between Assemblies.
To be of Loving Service to OA members across our Region, in the "inverted triangle" style. To ensure that traditions are adhered to and that the people, OA members, are heard and to make decisions in the best interest of them/us.
To serve the recovery and outreach needs of individuals, groups, and intergroups within region 5
Intergroup Representative
Represents the membership and helps the local groups
Link between IG's and WSO
Not sure
Conduct region business
Listen to district reps and pass information to WSO and visa-versa.
Its purpose is to co-ordinate and support OA activities within its geographic area.
The purpose of the Region Board is for the representatives from intergroups to meet and see how we can continue to support Abstinence in our intergroups.
Unsure
How best to carry the message of recovery to compulsive overeaters region wide
To aid the intergroups in carrying the message
To carry the message to compulsive overeaters
To liaison from World to Intergroup to spread the word of recovery
To serve the OA fellowship & Region 5 by caring for the matters of R5 while guarding the principals & concepts & traditions of OA
To coordinate activities within the region and provide assistance.
Carry the message
To support the Intergroup and their meetings
To oversee the IGs and groups.
To support intergroup in the region
Strengthen local& regional recovery and prosperity.
To provide guidance and service to the Region as the Region needs.
To serve the fellowship and promote harmony
To lead our region, support IGs and act as a conduit of information between IGs and WS

Comment: Based on the responses, perhaps this question should have been "What is the purpose of the Region"? The responses in many cases are pretty open-ended "To serve the OA members and their groups" – IN WHAT WAY? "To facilitate the work of the Region" – HOW?

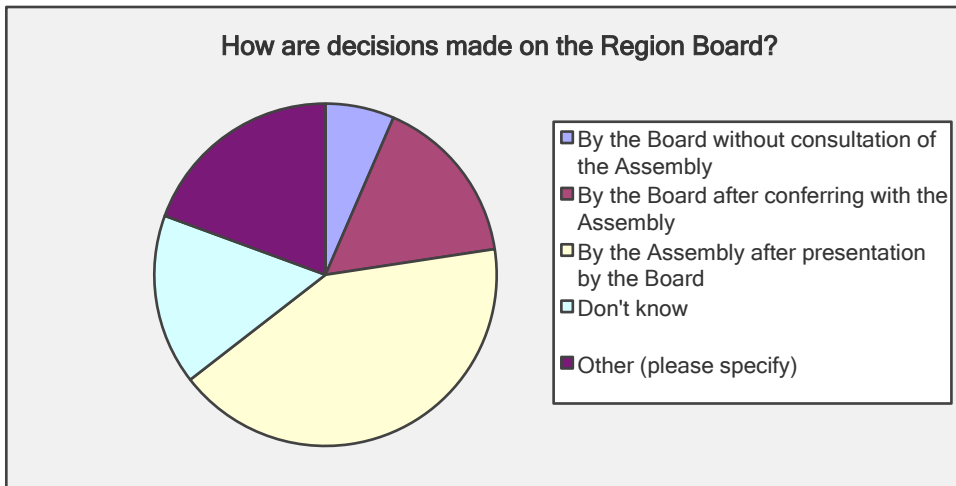
Q2. Does our Region Board dictate or suggest?

Answer Options	Response Percent	Response Count
Dictate	9.5%	6
Suggest	90.5%	57



Q3. How are decisions made on the Region Board?

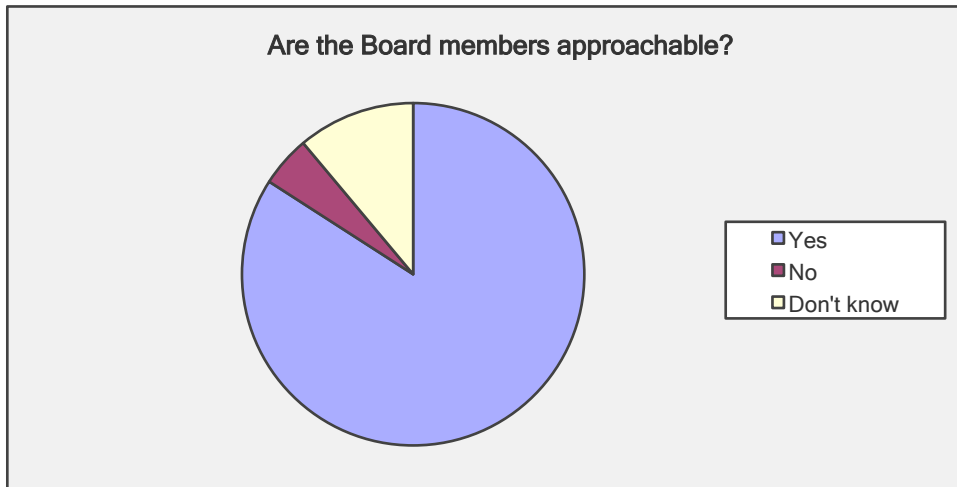
Answer Options	Response Percent	Response Count
By the Board without consultation of the Assembly	6.5%	4
By the Board after conferring with the Assembly	16.1%	10
By the Assembly after presentation by the Board	41.9%	26
Don't know	16.1%	10
Other (see below)	19.4%	12



I've seen both. Usually by the Assembly or after conferring, but not always.
Both 2 and 3
Combo of first and second choices
Sometimes it is both of these options
Some decisions can be made by the Board, some are made after discussing with Assembly and getting input/direction
It varies. Sometimes by the board without consultation, sometimes after conferring with the Assembly.
All of the first three options
I haven't been to Assembly since 2012; I know how things used to be done but not how they are being done now. I only hear the reports at ig meetings and both our region reps are new to their positions
It has been along time since I was Region Chair and Trustee so hope it is still working this way.
Working together with the assembly and the board
Combo board w/o consultation & Assembly
Sometimes decisions are made without conferring and sometimes with the assembly. Sometimes the board overreaches and sometimes it doesn't.

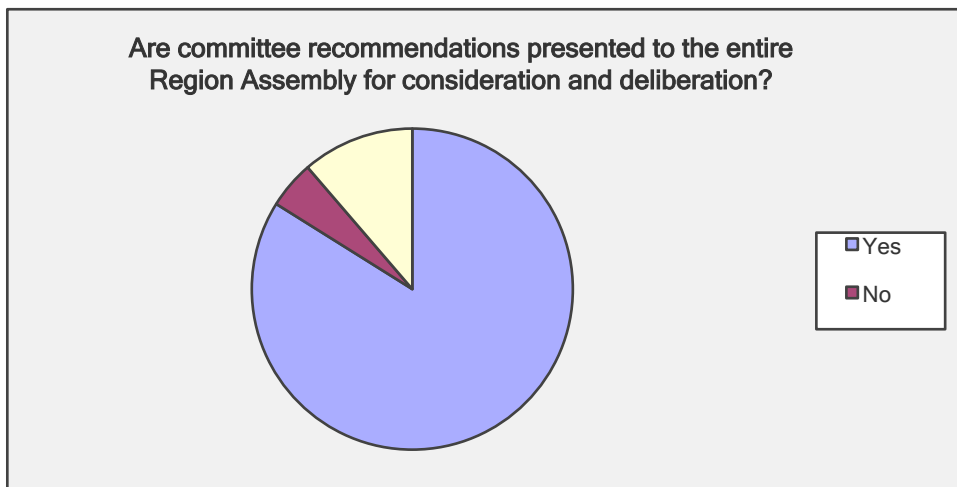
Q4. Are the Board members approachable?

Answer Options	Response Percent	Response Count
Yes	84.1%	53
No	4.8%	3
Don't know	11.1%	7



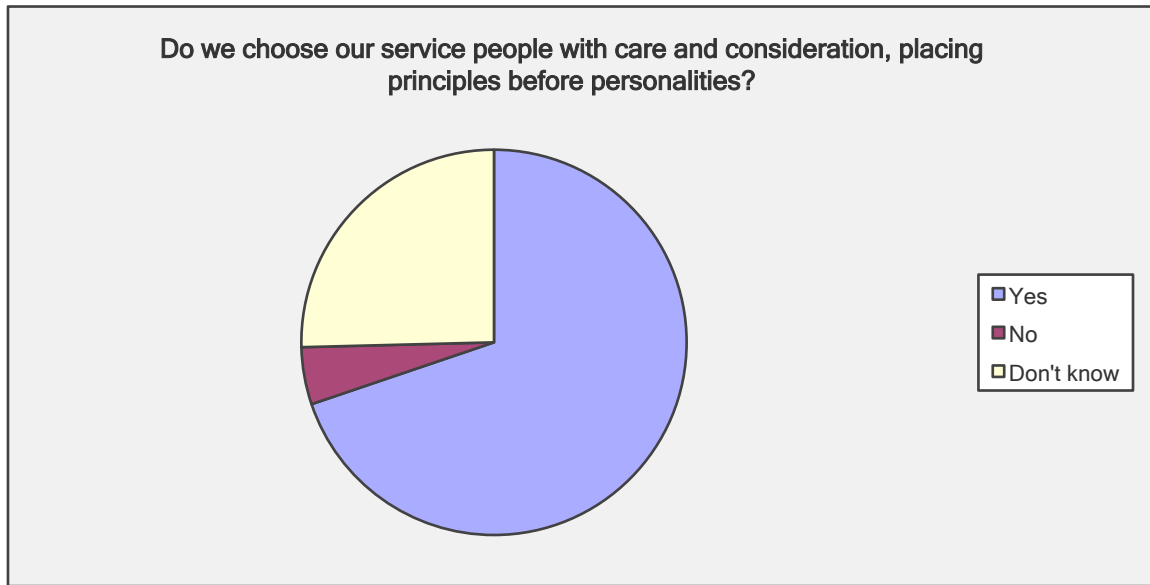
Q5. Are committee recommendations presented to the entire Region Assembly for consideration and deliberation?

Answer Options	Response Percent	Response Count
Yes	83.9%	52
No	4.8%	3
Don't know	11.3%	7



Q6. Do we choose our service people with care and consideration, placing principles before personalities?

Answer Options	Response Percent	Response Count
Yes	69.8%	44
No	4.8%	3
Don't know	25.4%	16



Q7. Do you consider the Board Members... (Choose as many as you feel apply)

Answer Options	Response Percent	Response Count
OA members	90.5%	57
Trusted servants	90.5%	57
Don't know	3.2%	2
Other (please specify)	9.5%	6

<a href="#">Committed to the welfare of OA members</a>
<a href="#">Working the Steps and following the Traditions.</a>
<a href="#">Hopefully they are continuously abstinent and working the 12 steps with an abstinent sponsor</a>
<a href="#">Mentors to my service work</a>
<a href="#">Treasured role models</a>
<a href="#">Visionaries</a>

Q8. Do the Board Members... (Choose as many as you feel apply)

Answer Options	Response Percent	Response Count
Serve the fellowship as a whole	85.2%	52
Serve the fellowship of the Region	80.3%	49
Serve themselves	19.7%	12

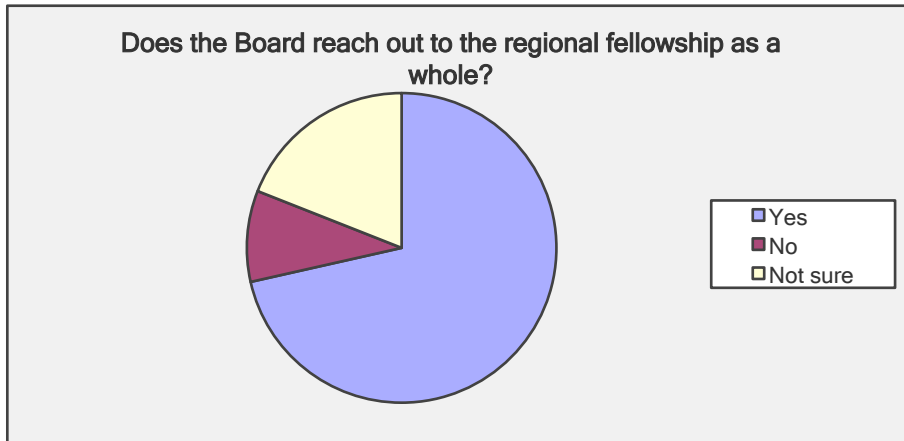
Serve the Board of Trustees	34.4%	21
Other (see below)	4.9%	3

Maintain their won recovery as with any service
Serve the Board
Our Region Chair and Trustee give reports etc. to WSO



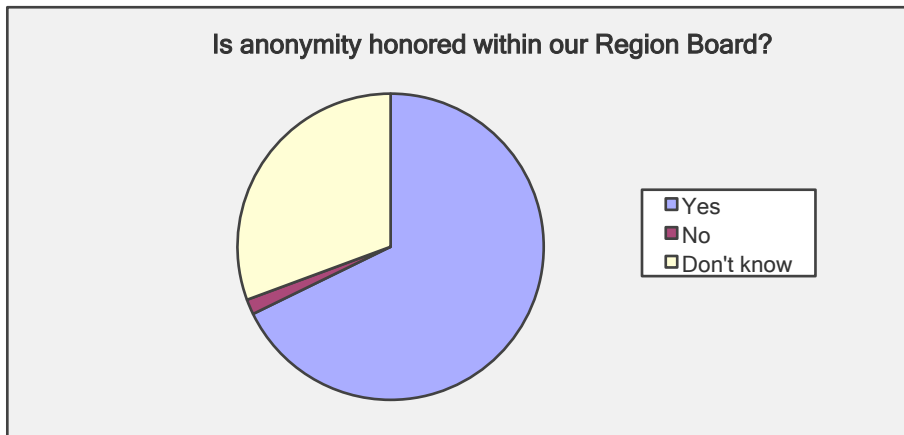
Q9. Does the Board reach out to the regional fellowship as a whole?

Answer Options	Response Percent	Response Count
Yes	71.4%	45
No	9.5%	6
Not sure	19.0%	12



Q10. Is anonymity honored within our Region Board?

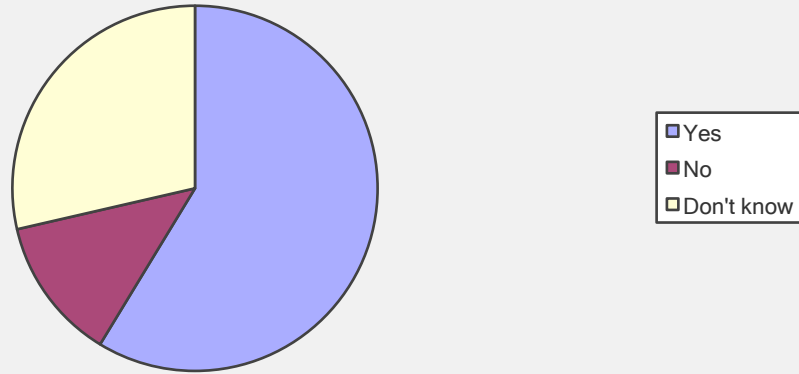
Answer Options	Response Percent	Response Count
Yes	67.7%	42
No	1.6%	1
Don't know	30.6%	19



Q11. Are all members encouraged to participate in Region Board activities?

Yes	58.7%	37
No	12.7%	8
Don't know	28.6%	18

Are all members encouraged to participate in Region Board activities?



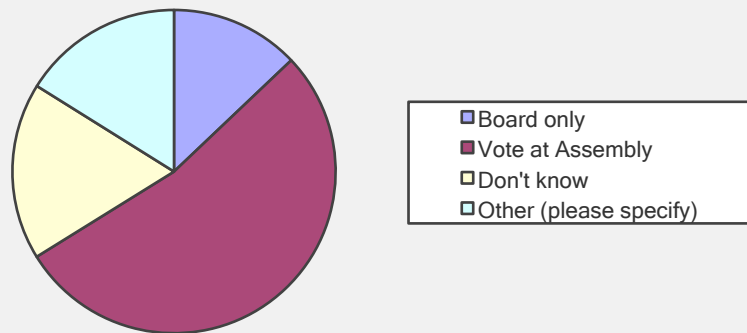
Q12. How often do our "trusted servants" say "Trust me, I know what's best"?

Answer Options	Never	Sometimes	Frequently	Response Count		
Frequency:	37	12	7	2	0	58

Q13. Who decides how our Region Board spends money?

Answer Options	Response Percent	Response Count
Board only	12.9%	8
Vote at Assembly	53.2%	33
Don't know	17.7%	11
Other (see below)	16.1%	10

Who decides how our Region Board spends money?



Budget prepared with consultation with committees and board by Finance committee and amended/voted upon by Assembly. The actual disbursements are made under the auspices of the committees or specific servant organization with special or disbursements of opportunity or need decided upon by the board with Assembly approval.

[By vote at assembly with suggestions and information from the board](#)

Finance committee
Combo of the first 2 choices
Autonomous board decisions and assembly votes for motions out of committees. Board very powerful to sway and influence vote
Board makes some decisions, assembly directs other spending decisions
By assembly vote and as the bylaws and policies provide.
Budget is presented and approved
Combo of unilateral board decision & Assembly
Most of the time the assembly but sometimes the board does

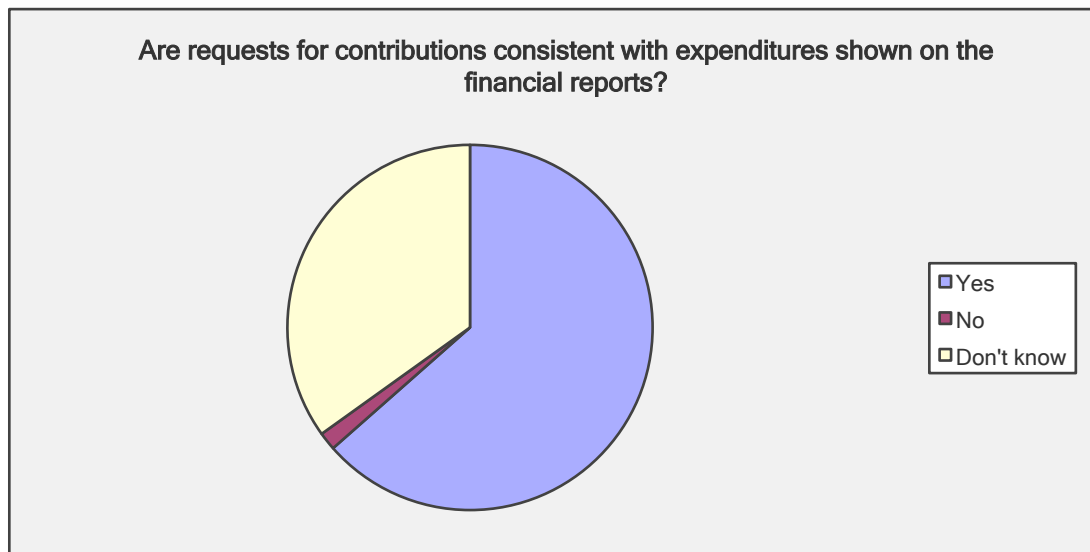
Q14. Does the Board treat our money prudently?

Answer Options	Response Percent	Response Count
Yes	69.4%	43
No	9.7%	6
Don't know	21.0%	13

I think the board is a little to free with the money, like not sharing rooms at region
Board members used to share hotel rooms to help keep the cost down. My understanding is that now they each get their own hotel room. That is very wasteful of our resources
Too many meetings in one year,
Board members do not typically share rooms. Much added cost! Also, Thursday night is NOT necessary

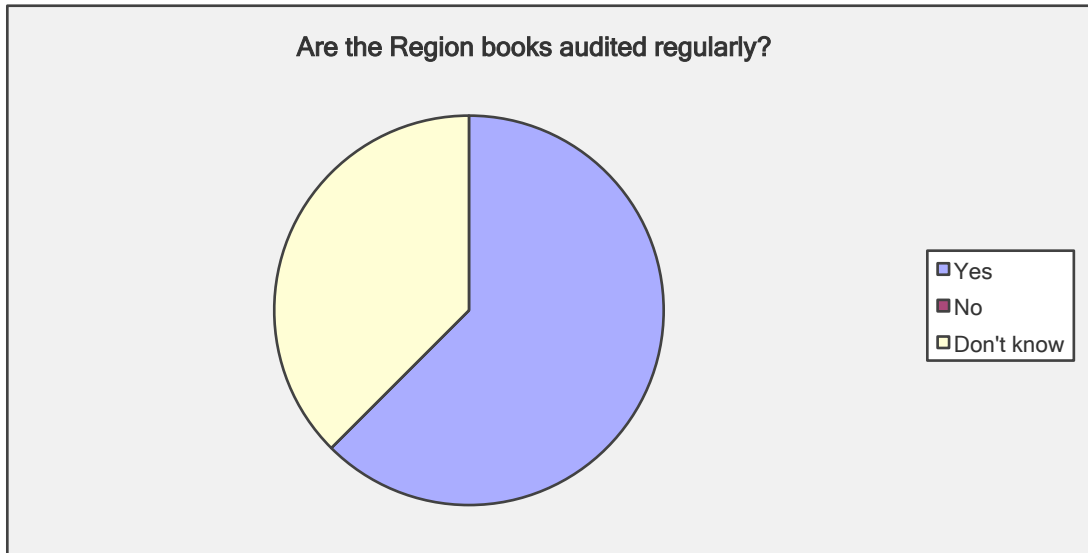
Q15. Are requests for contributions consistent with expenditures shown on the financial reports?

Answer Options	Response Percent	Response Count
Yes	63.5%	40
No	1.6%	1
Don't know	34.9%	22



Q16. Are the Region books audited regularly?

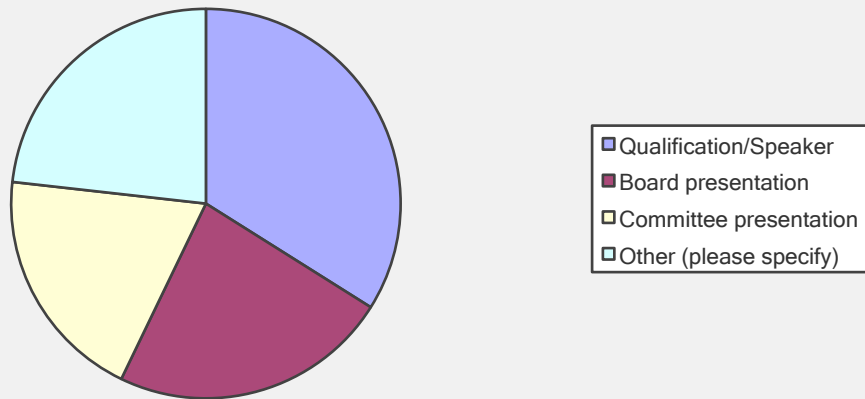
Answer Options	Response Percent	Response Count
Yes	62.5%	40
No	0.0%	0
Don't know	37.5%	24



Q17. At the Friday night presentation, what would you prefer?

Answer Options	Response Percent	Response Count
Qualification/Speaker	33.9%	19
Board presentation	23.2%	13
Committee presentation	19.6%	11
Other (please specify)	23.2%	13

At the Friday night presentation, what would you prefer?



The current program is ok
What is an assembly?
I like the Intergroup share.
Prefer not to meet Friday night
A variety would be good
I think it should be mixed. Not always one thing.
Loved the suggested workshop presentation.
Don't know what they do now remember they had IG round table sharing in my day.
Always appreciated the intergroup sharing session best.
Board AND committee presentation
Board presentation on how we have carried the message since the last assembly
Speaker from the area/or a rep
Any workshop not facilitated by board

Q18. When you attended your first (or 20th) Assembly, did you feel prepared?

Answer Options	Response Percent	Response Count
Yes	65.5%	36
No	25.5%	14
Don't know	10.9%	6
If no, what information could the Board or Assembly provide to help you feel more prepared?		11

First One
Not really a "no"... I felt prepared during and after my first assembly, (trustee meeting very helpful before assembly meeting began. Also, I had experience through a previous experience at another region.
Info was not the issue--lack of confidence in self to use it
Never attended.
Definitely a learning experience.
Not the first time, but after than experience with attendance made me feel prepared.
The trustee gave an orientation, but it took time before I understood how it works.
A brief summary of goals

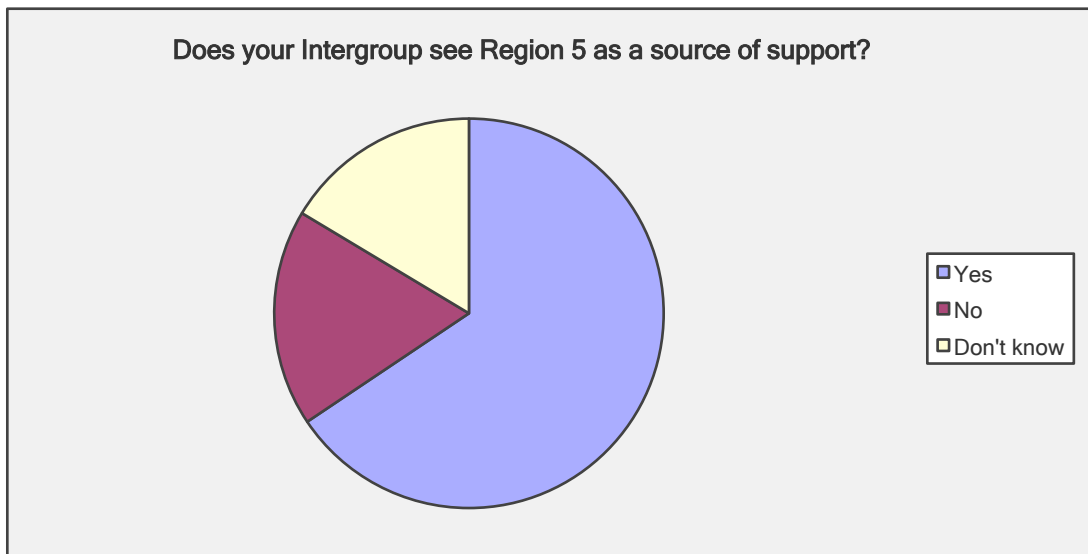
Is the question about my first assembly? No. By the third I began to feel prepared. Write "Please read" on the top of a "Cheat Sheet".

Probably the best it could have at that time. I set up a mentor program for trustees when they came on as new trustees when I was trustee. I was region chair 1992/94 so my answers might be too old?????

Never attended assembly

Q19 – 21 Does your Intergroup see Region 5 as a source of support?

Answer Options	Response Percent	Response Count
Yes	65.6%	40
No	18.0%	11
Don't know	16.4%	10



Yes:	New information and assistance with speakers, new literature, phone meetings, workshops and help with meetings
	Source of information & help with IG function
	Always Available
	We know that they serve OA as a whole for the benefit of the fellowship.
	Information pass-through via newsletters and periodic email. Organization of Region events and access to information and electronic assets prepared and offered by World Service. Access to Trustee for questions on traditions and practices have yielded practical and definite guidance.
	Very helpful to us in strengthening our IG, having a workshop, strong abstinence/recovery focus, and helping us to use the resources available
	Unsure what I'm being asked
	Have spoken at convention. Forward WSO info.
	Guidance on issues, support for decisions
	Visiting our area regularly at our request
	We are fledgling and have often called on the officers and trustees for help. They have always been very responsive
	They value our service and our thoughts and ideas

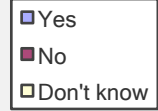
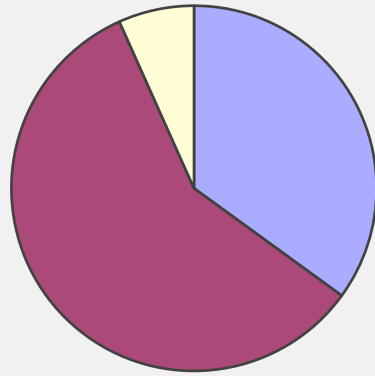
We received information to pass to the members
They frequently reach out for feedback.
As a source of information, guidance, experience, strength and hope
Available to give workshops, \$ support to IG's to attend Assembly, WSBC and help with publicity and health fairs and R5 newsletter. Reach out to unaffiliated groups, 12th Step W/In programs. Representation at WSBC.
Good example of how to do a budget
In strengthening our membership, being a program of attraction, strong abstinence, service attraction, newcomer support, strong meeting support and availability of literature and resources through oa.org
Posting information on Webpage, suggestions for workshops, pushing out information from World, assistance with tradition questions
They distribute news from the Region and help our intergroup to strengthen groups.
Know they're available for workshops.
Board members are available to members of the region by phone, computer
We have talked to board members about issue when they arise for our intergroup
We always send reps to make sure we are upholding the traditions & concepts & keeping recovery first.
The Region provides us with training and ideas
Sponsor reps to attend WSBC and Region Assemblies.
Encouraging
Help planning last year's COSIG-area convention.
I'm abstinent and my Intergroup sent to
Board members provide workshops
We have board members visit, we ask Trustee for guidance

No:	My WMI sees Assembly as business and isn't sure how it affects their meetings.
	They voted in a rep. only after the person volunteered and have since decided, (in the rep's absence), to send the rep to 'some of the assemblies'. As rep I'm working on it.
	Unsure what I'm being asked
	I don't think our IG has used it enough
	Opinions expressed regarding issues of financial support being too expensive and voting to have rep. not attend all meetings, apparently to cut costs although the discussion and voting was held while the rep. was at a business assembly, so had no input.
	Because so many have not attended and do not know it's purpose.
	Region is the largest line item for our IG expenses. There is no interaction with the board on a routine basis.
	I don't see anything coming from region
	My intergroup hasn't needed region support

Q22, 23. Does your Intergroup send all of the representatives to which it is entitled to Region Assemblies?

Answer Options	Response Percent	Response Count
Yes	35.0%	21
No	58.3%	35
Don't know	6.7%	4

Does your Intergroup send all of the representatives to which it is entitled to Region Assemblies?





If No:	Trouble getting members to participate
	Funds and abstinence requirements
	Not enough interest to go.
	We don't have third person who will agree to attend
	Finding members with willingness to serve and meeting abstinence requirement.
	Sometimes no one is available/able/willing to go. It's a long way for us to travel
	No one is willing to go.
	We had financial difficulties a few years ago
	Very limited participation at Intergroup level.
	No volunteers
	People who meet the abstinence requirement are burned out.
	Money
	Unfilled positions
	Few members meet the abstinence requirement; of those, not everyone can go
	Lack of willing and able participants on our IG
	We can send more but our policy and procedures say that we will only fund 4 reps/delegates. We often have trouble filling those 4 positions
	Others do not want to go.
	Think we need more interest. We now have new people in our intergroup so hope there will be positive change
	Only 2 meetings, so qualified, willing people an issue.
	Cannot afford to send all and many members cannot have time off from work on Fridays to have time to travel to the meeting. Families seem to develop resentments of the "vacation " time needed to attend region.
	Lack of available and willing representatives
	IG sends only reps it can afford to send
	Not enough running for office
	Financial concerns
	Money and interest in intergroup
	Cost prohibitive
	Lack of interested members
	Not enough people meet the abstinence requirement
Not enough volunteers	
We have only 1 delegate but we could have sent 5. Lack of interest	
Too far to travel, too costly	
Time and lack of qualified members	

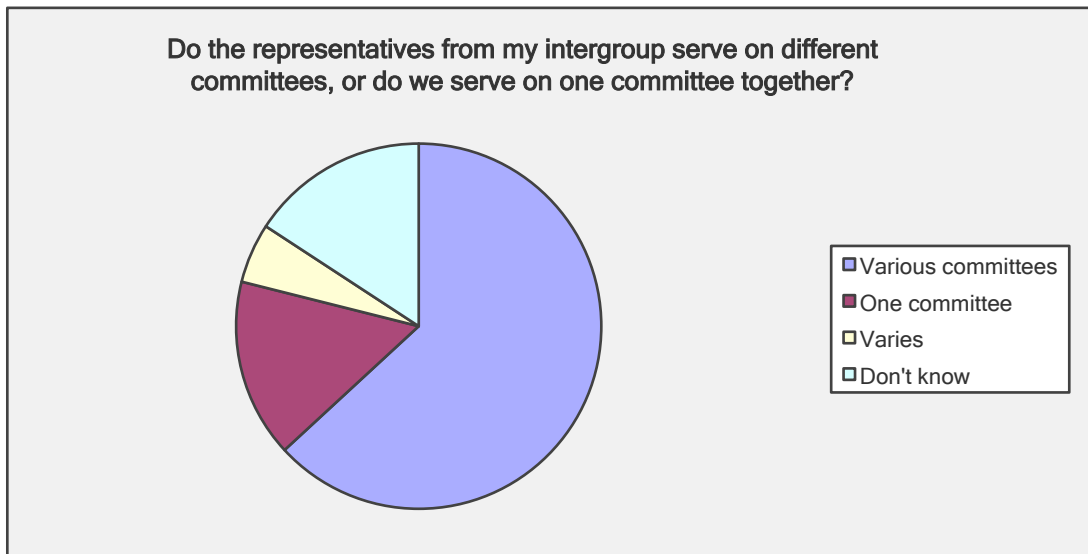
Q24, 25. How many representatives is your Intergroup entitled to send to Region 5 Assemblies?

Entitled to:	Send:
1	1
2	0-1
3	2 or 3
1	0 or 1
2	1
3	2 usually
2	At most one, usually as a non-voting member with the right to speak on issues.
1	One, but not to all assemblies.
1	Zero to one

1	1
?	0
3	1
2	2
?	?
1	1, but not to all meetings.
5	2
One today, two in past	One today, two in past
3	3
3	3
3	2
1	1
5	3
1	Sometimes one
2	2
5	Up to 4
2	2
3	1
3	1
4	4
Last I knew it was three.	Last I knew...three
1	1
4	3 or 4
1	0 to 1
5 or 6	Currently sending 2
2	1
We have approx. 50 groups	2
3	3
1	0
4	2
Unknown	1
1	0
4 or 5	2 or 3
5	2
3	1
3	1
5	2
3?	1
3	3
4	4
5	2
1	1
I think five	2
2, I think.	2
5	2
2	2
5	2
3	0

Q26. Do the representatives from my intergroup serve on different committees, or do we serve on one committee together?

Answer Options	Response Percent	Response Count
Various committees	63.2%	36
One committee	15.8%	9
Varies	5.3%	3
Don't know	15.8%	9



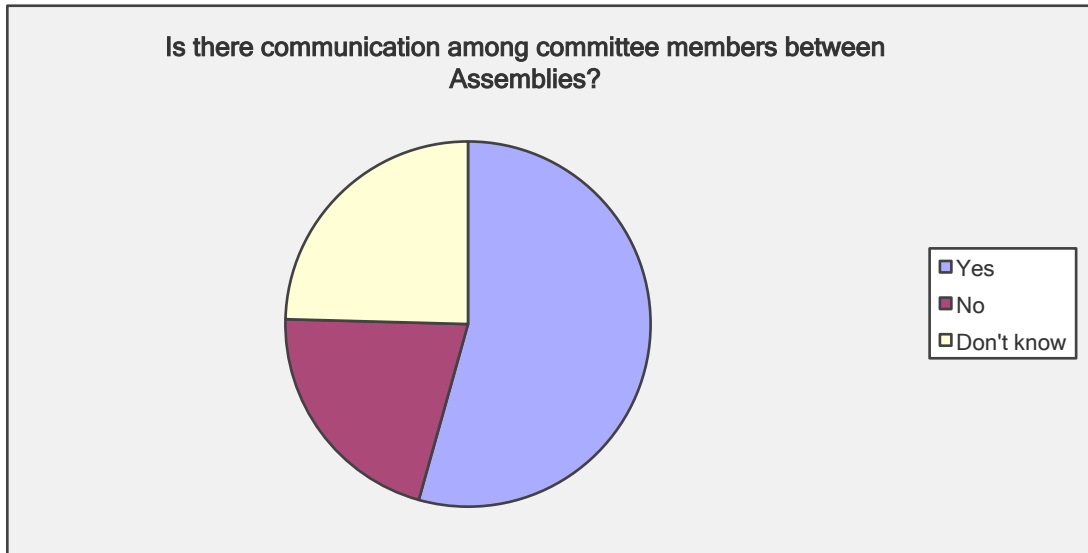
Q27. Do the committees set realistic short- and long-term goals?

Answer Options	Response Percent	Response Count
Short-term goals (Yes, No, Don't know)	100.0%	56
Long-term goals (Yes, No, Don't know)	92.9%	52

Short:	Yes	35
	No	4
	Don't know	12
Long:	Yes	24
	No	7
	Don't know	20
Comments:		
	Only been on the committee for 2 assemblies and I feel we have done nothing really.	
	No committees. Rep holds two offices...region rep and co-chair for lack of participation	

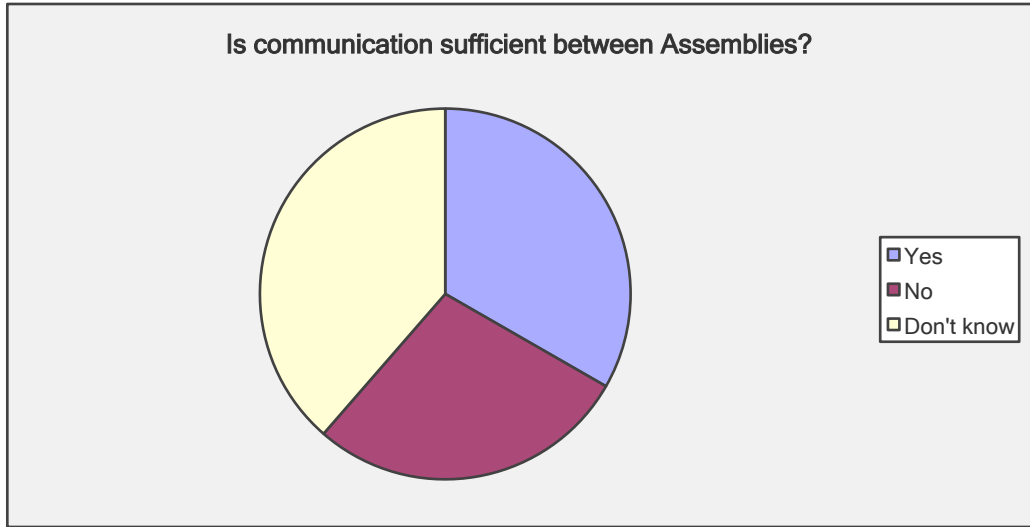
Q28. Is there communication among committee members between Assemblies?

Answer Options	Response Percent	Response Count
Yes	54.4%	31
No	21.1%	12
Don't know	24.6%	14



Q29. Is communication sufficient between Assemblies?

Answer Options	Response Percent	Response Count
Yes	33.3%	19
No	28.1%	16
Don't know	39.6%	22



Q30. Does the Assembly schedule allow for the wise use of Representatives' time?

Answer Options	Response Percent	Response Count
Yes	76.4%	42
No	5.5%	3
Don't know	18.2%	10

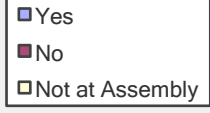
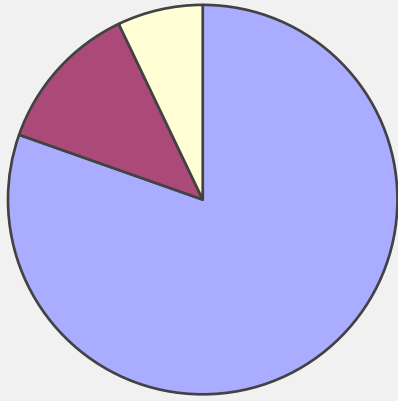
If no, what would you suggest?	
	Less time on Board reports; more time on discussion of issues from WSO and IGs
	<a href="#">Reduce the number of assemblies</a>
	We need more interactive participation
	<a href="#">It feels very packed. I wish there were a but more time to rest, visit, sightsee, but that would lengthen the schedule</a>

Q31. Did you attend a committee at Assembly?

**Comment:** It was assumed by the author that this meant the most recent assembly. It appears that the question was answered by some of the former representatives to state that when they attended an assembly they attended a committee meeting. Because the answering shows a weakness in the question, the only option is to look solely at those respondents who stated that they attended the Assembly in Louisville. See section X.

Answer Options	Response Percent	Response Count
Yes	80.4%	45
No	12.5%	7
Not at Assembly	7.1%	4

Did you attend a committee at Assembly?



Q32. If yes, which one?

Answer Options	Response Percent	Response Count
Bylaws	20.0%	9
Convention 2015/2016	20.0%	9
Emergency New Business	13.3%	6
Finance	8.9%	4
Intergroup Outreach	22.2%	10
Newsletter	20.0%	9
Nominating	15.6%	7
Public Information / Professional Outreach	17.8%	8
12th Step Within	28.9%	13

Comment: See response to question 31.

Q33. Is your committee working on OA-focused work, or would your time be better spent working on another committee?

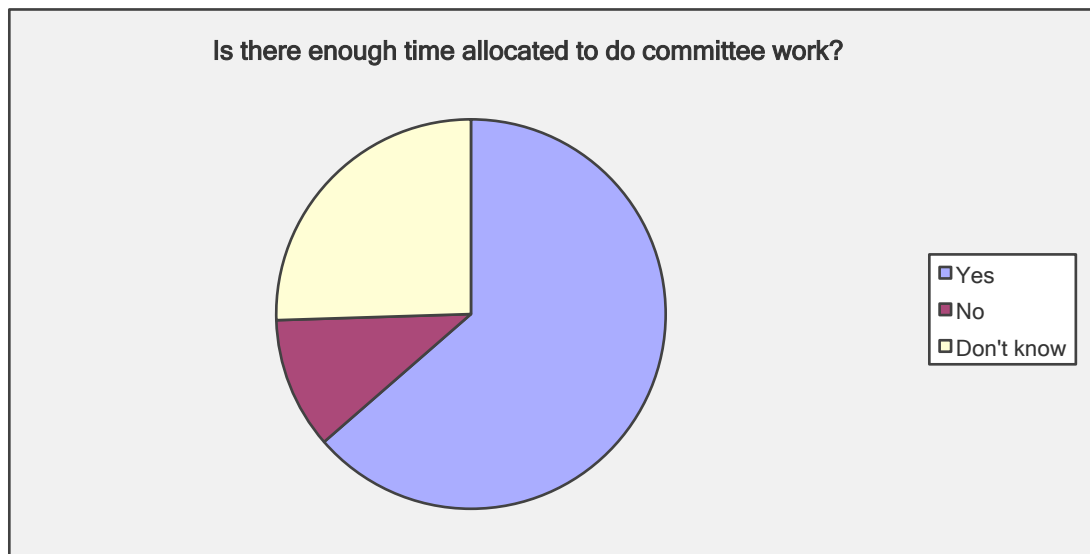
Answer Options	A waste of time	It could be better	Some work done	Worth my time	We are on fire!!
Committee effectiveness:	3	4	13	20	6

<b>We are on Fire:</b>	
Bylaws	
Newsletter (2)	
Convention (3)	
<b>Worth My Time</b>	
Bylaws (3)	
Finance (4)	
Convention (3)	
Nominating (2)	
ENB	
PI/PO (4)	
Intergroup Outreach (6)	
Newsletter (4)	
<b>Some Work Done</b>	
Bylaws (3)	
ENB (3)	
Nominating (2)	
12th Step Within (4)	
Convention	
Intergroup Outreach	
Newsletter	
<b>It could be better</b>	

	12th Step Within (2)
<b>A waste of time</b>	
	12th Step Within (2)
	PI/PO

Q34. Is there enough time allocated to do committee work?

Answer Options	Response Percent	Response Count
Yes	63.6%	35
No	10.9%	6
Don't know	25.5%	14

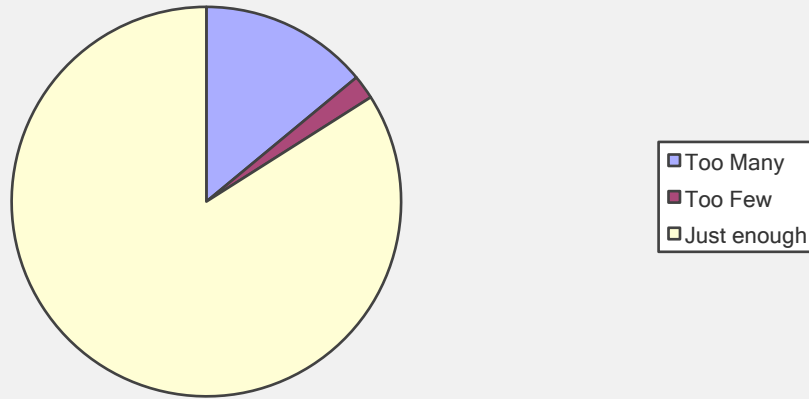


Q35, 36, 37. Are there too many, too few or just enough committees?

Answer Options	Response Percent	Response Count
Too Many	14.0%	7
Too Few	2.0%	1
Just enough	84.0%	42



Are there too many, too few or just enough committees?



Ideas regarding too many:

Combine some because of overlapping
Combine some like newsletter and 12th step outreach. Have a Board member on or chairing each.
Not sure, just see overlapping, (outreach and TSW)
Some committees have done the same old tired service for years.
Merge & change purposes for TSW and Intergroup Outreach
Bylaws, 12th step within

Ideas regarding too few:

None
------

Q38. What other activities could occur at a Region 5 Assembly to support your Intergroup?

I like the intergroup sharing meeting on Friday night.
Focus on membership retention
Better organization and focus...meetings seem hurried and disorganized.
More ESH from the members themselves and suggestions to strengthen IGs
Friday evening recovery meeting
Sponsor public service ads for OA in our area. Our Intergroup can't afford it and most people in this area don't know that OA is available.
More and in depth discussion and education on
12 Don't know (7 did not attend Assembly, 5 did)
Reporting what other intergroups are doing
Ideas or success stories regarding how to retain membership & increase membership by bringing in new members
Encourage abstinence on all 3 levels among reps so region is an example to all members.
More recovery activities/meetings. "How-to" suggestions to get members interested in service
Workshops on Friday night
Perhaps having a speaker, or a panel on strengthening IGs that are struggling
Website management committee, budget review/ time with treasurer, more time for "Ask a Board Member" (similar to Intergroup Sharing)
Hopefully this is being answered by our Reps
Fellowship

	I am not sure how yet but I am processing the power of one compulsive overeater to another as the source of change in our lives. How do large administrative bodies foster this event? We (and IG's too) feel so far away. And there is a dependency on literature to solve this problem.
	Intergroup Chair's focus group.
	Effective workshop or presentation

Q39. What other activities or programs could Region 5 support (beyond the Assembly) to assist your Intergroup?

8	I don't know. (5 did not attend Assembly, 3 did)
	Attraction of new members
	Monthly email to connect with IG
	Region 5 already makes an effort to visit intergroups and provide workshop resources. Perhaps just visiting area meeting would help local recovery which would naturally overflow to opportunities and resources to allow our intergroup to be of more use to our meeting's membership.
	Information and experiences to help build and maintain intergroups i.e.: approaches to encourage intergroup involvement, examples of what's worked for other intergroups
	There are many already and it's wonderful
	Visits or calls by board members
	Visit every IG; leadership education
	Board member coming to participate, (happening)
	Make reps more aware of assistance Region 5 gives to IGs and meetings.
	Financially help
	Workshops
	Visit intergroup and do workshops
	Intergroup Renewal
	Make speaker list more readily available
	Visiting struggling IGs is fabulous. We recently experienced this and we are so appreciative.
	Provide examples of time when Board members have gone to various Intergroups, promote or have Intergroups promote how the Board has supported them between assemblies. i.e. 'Our Chair came to speak at Unity Day.'" etc.
	Supply speakers for district events
	Attend our OA meetings.
	I would like a workshop on Robert's Rules!
	Workshops at the Region Level
	More info to explain what region v can do to help
	Bring assembly to different intergroups
	Encourage and support
	Communicate between IGs better. Posting board? Virtual quarterly mtg?

Q40. What would make Region 5 more attractive for attendance?

11	I don't know. (6 did not attend Assembly, 5 did)
	More visibility
	A broader definition of how the region rep is a connection to region and what that can offer for meetings and intergroup
	Lower costs perhaps
	Perhaps information on what is expected by rep to make it less daunting
	More generated activity between assemblies
	Wow, less expensive, but don't know how that could happen.
	People who have achieved a healthy weight

	Limiting the business meeting to Saturday
	Fewer assemblies; less expensive; shorter duration (the last time I attended I came only for Sat to reduce all of these obstacles); could also do one virtual assembly for each face-to-face
	So something. Really, only the convention is of use to the membership
	More recovery-related activities.
	That is a question with many answers. Depends on who you ask.
	Location is such a challenge for some of us, esp. far out IGs. The opportunity to participate through electronic options would be helpful...such as teleconference or Skype
	A location closer to n.e. Ohio
	A day or .5 day to sightsee/ fellowship outside of the hotel.
	Speakers
	Closer location
	Shorter meeting, less focus on Roberts Rules and WSO procedures.
	Region 5 would be more attractive if the location was in the woods and there was time for meditation, walks and fellowship. The sterile conference room in the hotel is a damper to the spirit.
	There must be some way to better communicate that personal recovery depends upon OA unity and that the 7th Tradition is more than money...maybe we can brainstorm how to do that?
	Recovery first - we are not stars in the program - we are food addicts helping OA. Sometimes egos get in the way.... and I am reminded - principles before personalities.
	More emphasis by sponsors to provide service
	Cheaper hotel to stay at.
	Financial assistance, mentor program
	Move it around
	Central location, better motivation
	Gentler schedule.

Q41. Do we review our history rather than continually "re-invent the wheel"?

Answer Options	Response Percent	Response Count
Yes	25.0%	13
No	15.4%	8
Don't know	59.6%	31

Going into archives to learn what has been done & what is still in place
Build upon the wheel by following thru after the Assembly via e-mail or phone calls & accept new ideas
Yes we review our history - is that what you want to avoid?
With revolving service, I think it's impossible to avoid trying the same things that others have tried in the past. No one is going to read a history of what has been tried before. It's only those who have had long service at the Region level that would know.
I believe we do review our history and we don't keep doing the same thing over and over again
More continuity from one committee meeting to the next. Email or phone contact between assemblies to work on projects
I believe it's important to review our history and learn from previous experience, while listening to our members and adhering to the traditions
Hope so I remember too much re-inventing years ago. Hopefully that is stopped.
Sometimes we forget.....
Each committee meeting had different personnel. Each meeting was off on a different tangent.
We need to be aware of policies, committee involvement in recent years to better utilize our time together

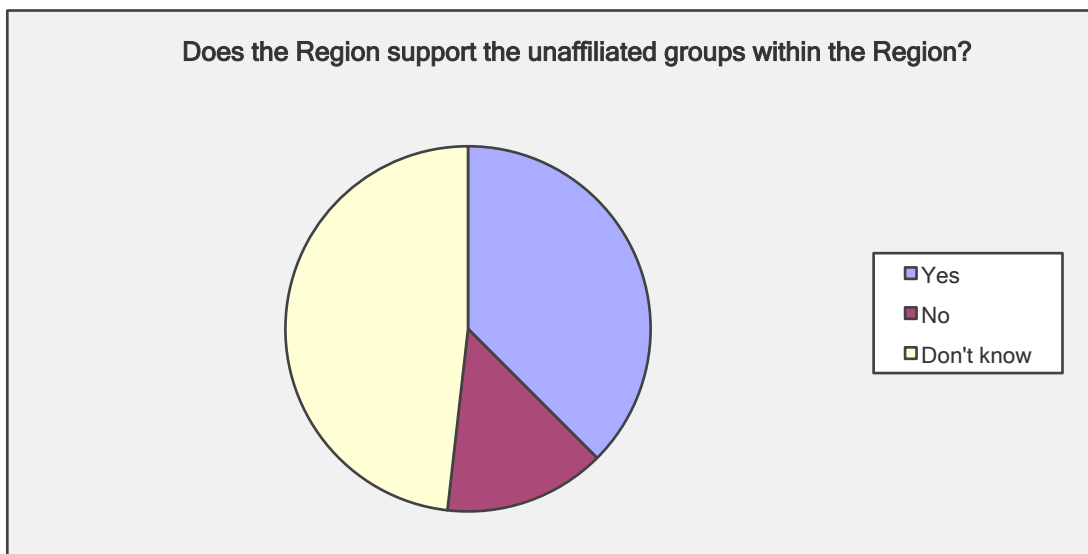
Q42. Should there be more recovery-related activities at Assembly?

Answer Options	Response Percent	Response Count
Speaker at luncheon	41.3%	19
OA meetings on Saturday morning before Assembly	41.3%	19
OA meetings Sunday morning before 'hitting the road'	52.2%	24
OA meetings before Friday night meetings	50.0%	23
Other (please specify)	26.1%	12

I think it is fine at this point.
Have a convention, or mini convention to encourage more visitors and meetings at all the times listed.
Any of these ideas are good, perhaps mixing it up doing something different at the 3 assemblies. Asking board members and those with a great number of years of abstinence to share rather than local members.
Consider having business assembly and convention together once a year.
Speaker to share after assembly
If we're going to stay over until Sunday it seems there should be something worthwhile that morning.
No. It would be too much. People need a break!
Train the trainer workshops. Recovery for reps and for reps to bring back home
Meals together is the best! Meals out at restaurants even better!
Don't really know what they are doing now. Do believe need one or perhaps two recovery meetings during a weekend.
We should be there for business; my recovery is not to be done on Region's dollar.
Lunch is a great time for us to communicate with each other. I would not like a speaker then. Morning meetings would be great!

Q43, 44. Does the Region support the unaffiliated groups within the Region?

Answer Options	Response Percent	Response Count
Yes	37.5%	21
No	14.3%	8
Don't know	48.2%	27



How should this be accomplished?	
	Contact meeting and ask for their needs
	Representation of those meetings at assembly
	Encourage affiliation by sending an info package, if possible?
	Alerting the appropriate IG and asking them to reach out
	Support with information
	As long as the meetings follow the 12 steps & 12 traditions of OA, I believe information should be sent to them
	Regular mail-outs and occasional face-to-face visits
	Include them in email and other communication. Encourage them to become affiliated even is the IG isn't geographically close to them so that they get the info even if they don't send reps
	I believe they are only desirable so they tithe to the Region.
	Visit/reach out/work with closest intergroup to reach out to the meeting
	Visiting meetings.
	Annual visits to these meetings
	Identify intergroups for the group to affiliate with
	If the group is unaffiliated, how would Region know they exist? If their existence is known, I would hope they would be encouraged to join an IG
	Hopefully region is doing it now.
	No. I think is should only support OA
	The Board and WSO work with these groups.
	Personal contact with unaffiliated groups by region chair
	Region board member periodically attend meeting
	Site visits
	Communicate
	Via internet, keep website current and meaningful.
	I think that reaching out to them to make them aware of our benefits is important
	Don't know.
	Unsure
	Reach out offer support
	By committee and officers

*Comment: A few of the answers make it apparent that this question was misunderstood by some of the respondents. "Unaffiliated groups" are **registered OA groups** that have not chosen to affiliate with an intergroup.*

Q45. Are you satisfied with the functions of Region 5?

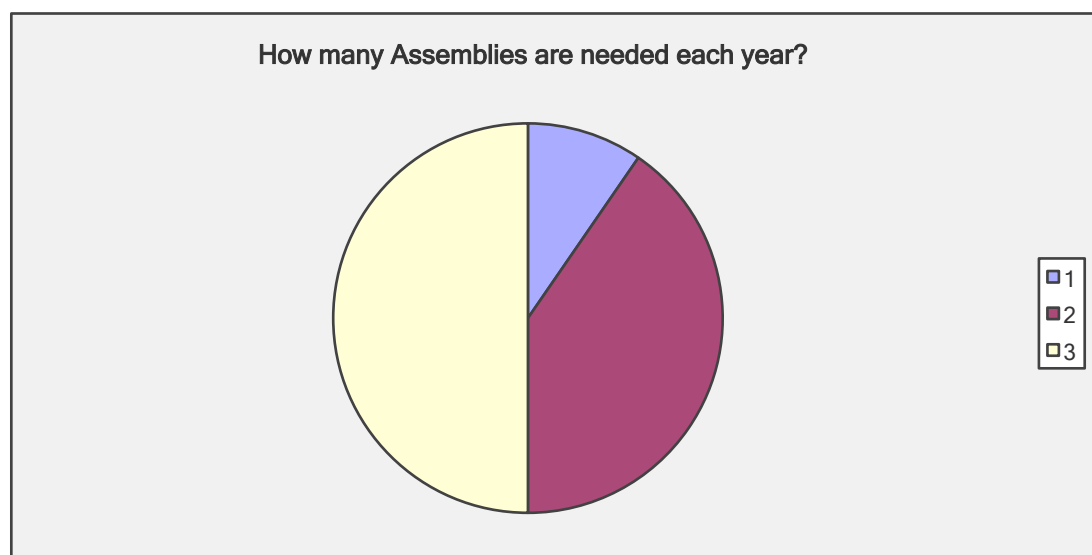
Answer Options	Response Percent	Response Count
Yes	76.9%	40
No	21.2%	11
If no, why not? (Please specify)	26.9%	14

Not much of substance seems to happen
We are not represented in Bellefontaine
11 years in OA and I have never seen nor heard an OA Public Service Announcement
If there were a way to direct trustee elections, I would eliminate the region level of OA
I don't believe we accomplish anything except putting on the next convention
Regions should have more participation at WSBC. All Board members should attend WSBC in addition to Intergroups sending Reps
What is happening with the 2016 convention?

Have not heard anything to the contrary.
Not sure
Everyone brings their shortcomings with them to the meetings. Due to our disease there seems to be a lot of drama at wso and region.
But only my committee work otherwise, yes.
It seems like an unnecessary layer between World Service and the Intergroups.
The board could a little more open and interactive
Very little enthusiasm. Lots of apathy

Q46. How many Assemblies are needed each year?

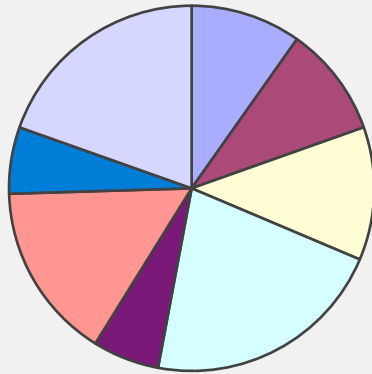
Answer Options	Response Percent	Response Count
1	9.6%	5
2	40.4%	21
3	50.0%	26



Q47. Should the Assemblies be centralized, rotate locations or a mixture of both options?

Answer Options	Response Percent	Response Count
1 Assembly in centralized location	9.8%	5
1 Assembly rotating around Region 5	9.8%	5
2 Assemblies - both centralized	11.8%	6
2 Assemblies - one centralized, one rotating	21.6%	11
3 Assemblies - all centralized	5.9%	3
3 Assemblies - 2 centralized; 1 rotating	15.7%	8
3 Assemblies - 1 centralized; 2 rotating	5.9%	3
3 Assemblies - all rotating	19.6%	10

Should the Assemblies be centralized, rotate locations or a mixture of both options?

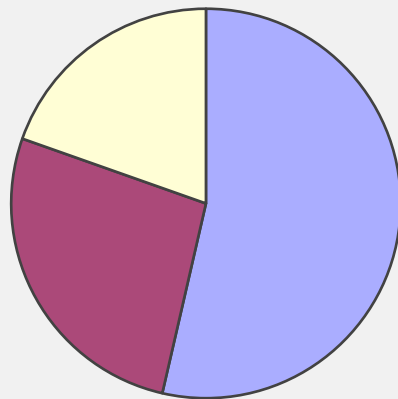


- 1 Assembly in centralized location
- 1 Assembly rotating around Region 5
- 2 Assemblies - both centralized
- 2 Assemblies - one centralized, one rotating
- 3 Assemblies - all centralized
- 3 Assemblies - 2 centralized; 1 rotating
- 3 Assemblies - 1 centralized; 2 rotating
- 3 Assemblies - all rotating

Q48. Should the Region publish a sponsor's list?

Answer Options	Response Percent	Response Count
Yes	53.6%	30
No	26.8%	15
Don't know	19.6%	11

Should the Region publish a sponsor's list?



- Yes
- No
- Don't know

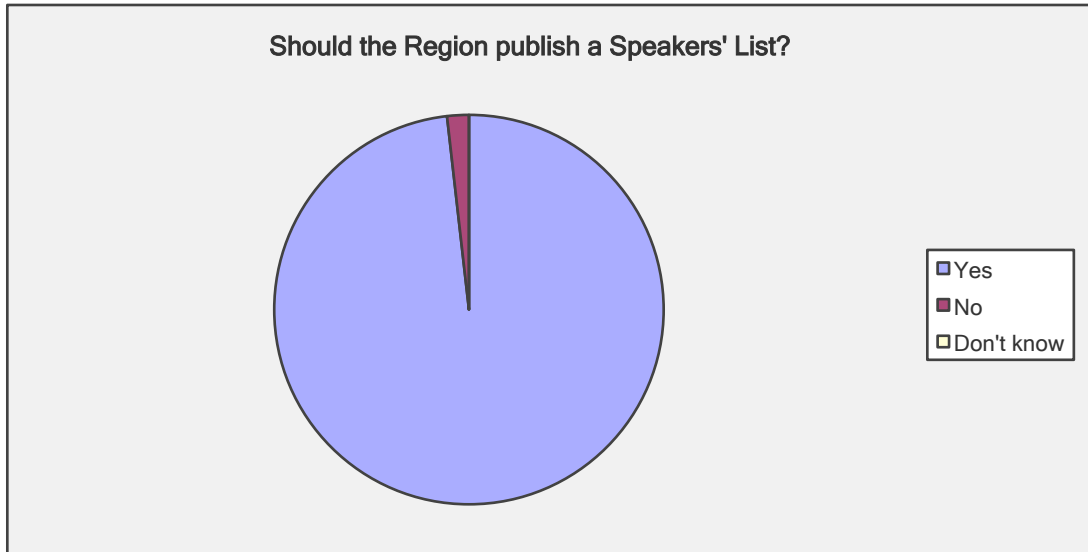
Q49. Should the Region publish a Speakers' List?

Answer Options	Response Percent	Response Count
Yes	98.2%	55

No  
Don't know

1.8%  
0.0%

1  
0



Q50. What can the Region do to help retain membership?

5	I don't know. (3 did not attend Assembly, 2 did)
	Be more present at IG meetings via phone or in person rotating a schedule for location visitation.
	Support the Intergroups as you have done
	Build recovery at your home meeting and continue to provide encouragement to use the steps/traditions and tools.
	Continue to encourage recovery and the service that's necessary.
	Support newcomers, strong abstinence workshops, more PI
	Sponsor public service ads for OA in our area.
	Volunteers need to answer phones, answer emails
	Continue to support the intergroups who can in turn help retain membership at the meeting level.
	More physical as well as spiritual recovery especially with the board
	Focus on recovery-working the steps and staying loyal to the traditions
	Keep it simple...stay relevant, humble, grateful...one of many.... not 'us-them'
	Abstinent members. Share what works. Eliminate assemblies; maybe increase mini-conventions.
	Just be examples of recovery and keep walking the walk.
	Do something meaningful
	Continue to try to strengthen intergroups
	Stay in recovery.
	Pray. Practice abstinence. Do what works.
	Everything they are doing now.
	Present workshops on abstinence, steps, traditions, or requested topics at intergroups
	PI efforts, support struggling IGs, keep letting groups know about all the resources available on oa.org, keep communicating well, and never give up!!
	You can take the horse to the water but you can't make it drink.... That being said, pray for the membership.
	Meet with IG chairs at assembly unless already doing that and get their input for needs in membership.
	Are you having a problem?
	Relax
	Be Abstinent and share experience, strength and hope. Maintain a healthy body weight.
	Finding ways to foster one compulsive eater to another so a speaker and sponsor list is how we can do



	that. But must not be published for general access. And provide funds for speakers to travel the struggling meetings have no funds.
	Keep recovering ourselves.
	Membership at Region or at group level? Don't know.
	Better Website - I know we're working on it but it still needs work
	Have some free time to take care of ourselves.
	Come to the intergroups
	More workshops around the region. Encourage and provide guidance about sponsoring
	Motivate, educate, lead by example
	Help IGs focus in WS strategic plan

*Comment: This question was answered with two focuses – some focused on the Fellowship as a whole; others focused on the Assembly itself.*

Q51. Does the Region 5 Board support the fellowship of Overeaters Anonymous as a whole?

Answer Options	Response Percent	Response Count
Yes	78.6%	44
No	5.4%	3
Don't know	16.1%	9

1 comment on survey: The board needs to listen better rather than suggest. Serve, not govern

Q52. Does the Region 5 Assembly support the intergroups within the Region?

Answer Options	Response Percent	Response Count
Yes	76.4%	42
No	9.1%	5
Don't know	14.5%	8

I only know my intergroup. I do not know the experience of other IG.
Cleveland central ig is well organized and functions as well as an organization "staffed" solely by volunteers can. We have many abstinent members who are willing to do service. I don't know how smaller, less active ig's manage
Region 5 committee chairs outreach to IG counterparts i.e. region PI chair outreach to IG PI chairs in region
Come visit intergroups
Better outreach is needed to improve communication and entice/encourage participation
Begin a platform for IG communication

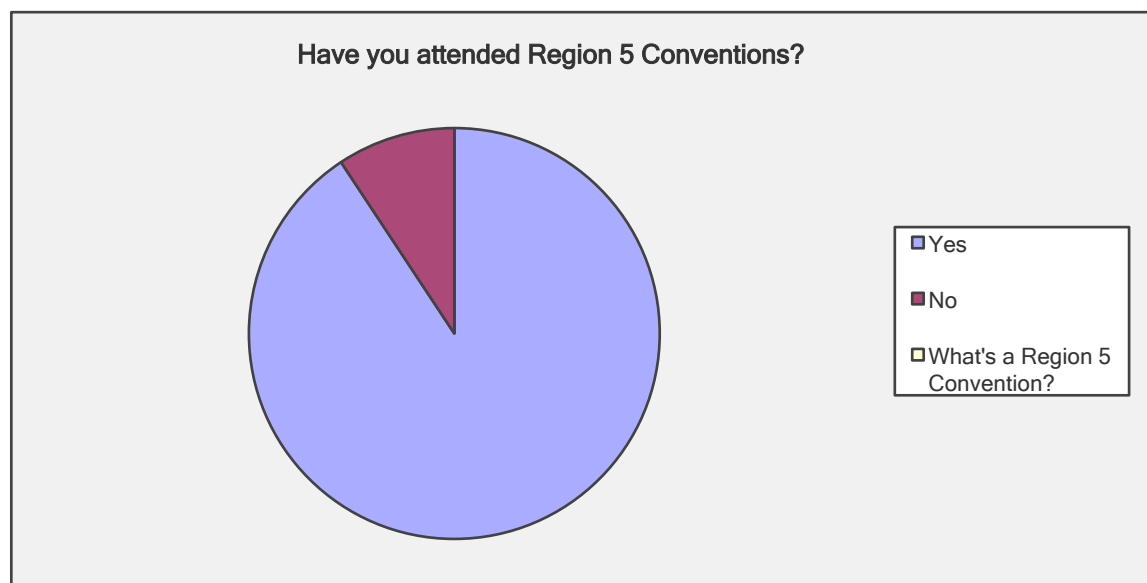
Q53. Has your intergroup ever hosted a workshop given by Region 5 board members?

Where, when and topic? (Please specify)
Allen presented the King of OA a few years ago. It was great!
June 2015 on Strong abstinence, in London ON.... thank you, Denise
Planning one this month
Service and traditions workshops
Traditions, Cleveland, a few years ago
We host a mini-conference each year. The last several years we've had the trustee and/or the chair do presentations. I forget the topics.
Indianapolis in 2006 - service and traditions workshop

In Ontario, on strong abstinence/recovery in June 2015 and once before, approx. 5 years ago. It was wonderful, and greatly appreciated
Numerous times in the greater Cleveland area topic is usually service and traditions
Not that I know
A few years back - it was the traditions
London Canada June 13/15. Service, abstinence.
May convention main speaker through out the weekend
Tradition work Troy Michigan
Within 18 months
Abstinence, within past 2yrs

Q54, 55. Have you attended Region 5 Conventions?

Answer Options	Response Percent	Response Count
Yes	90.7%	49
No	9.3%	5
What's a Region 5 Convention?	0.0%	0



**Where & When:**

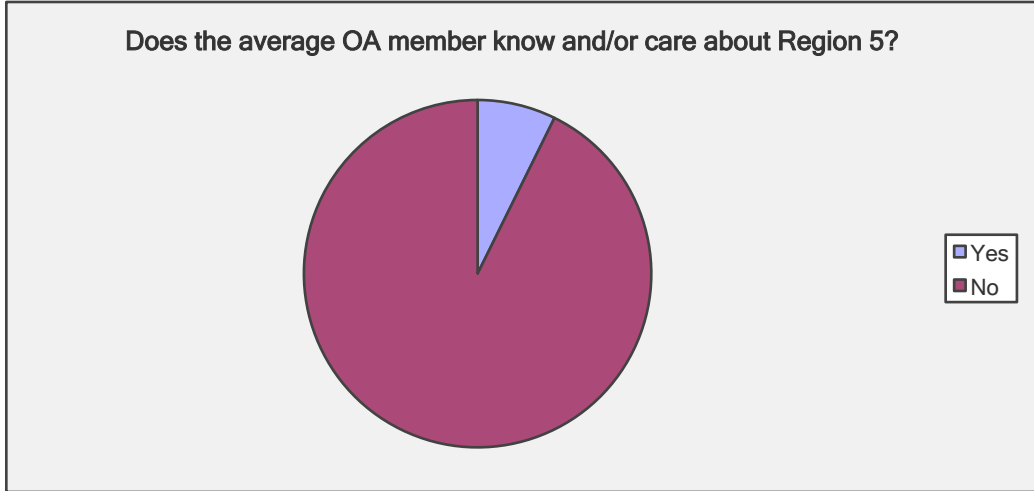
2005 - Cleveland	17
2006 - Columbus	17
2007 - Louisville	14
2008 - Cincinnati	16
2009 - Chicago area	29
2010 - Greater Detroit/Ann Arbor/SW Ontario	22
2011 - Indianapolis	23
2012 - Cleveland	26
2013 - Milwaukee	23
2014 - Columbus	28
2015 - Schaumburg (planning to go)	15

Q56. Are there any other events that Region 5 might sponsor that you would be interested in participating in?

	I think the intergroups are already holding different workshops.
	<a href="#">The ABCs of Recovery with Cheri Meagher</a>
	<a href="#">Retreats or weekend workshops within a day's drive.</a>
	Maybe retreats?
	<a href="#">I found the retreat held by Cincinnati IG very helpful-I enjoy that format</a>
	IG leadership education
	<a href="#">Intergroup building workshop</a>
	<a href="#">Abstinence Workshops</a>
	<a href="#">Public and professional outreach</a>
	No
5	Not Sure (4 did not attend Assembly; 1 did)
	<a href="#">A retreat</a>
	Intergroup Renewal
	Retreats. Retreats where Abstinence or steps are presented
	<a href="#">Back to basics, BB style</a>
	Intergroup that hosts the recovery meeting on Saturday night has a DANCE. "Meet the Board Night" at the hotel where Assembly is located or out in the city. Hosted by Intergroup/ meetings in the area. Might get more younger people involved and charged up for Assembly.
	<a href="#">Our IG does sponsorship/ 12 step workshops probably more cost contained than region doing them.</a>
	<a href="#">Have practical history presentations that explain the history of oa and why we do things we do. Again most members are focused on their own recovery and rarely sponsor or do other types of service.</a>
	No.
	I think the relapse workshops are so needed
	<a href="#">I think we need to have a workshop that tells people how the structure of OA works. No one seems to understand</a>
	World Service Convention.
	Concepts workshop
	<a href="#">Workshops on increasing Tradition 7 funds</a>
	<a href="#">Board and assemblies. Region sponsored workshops</a>

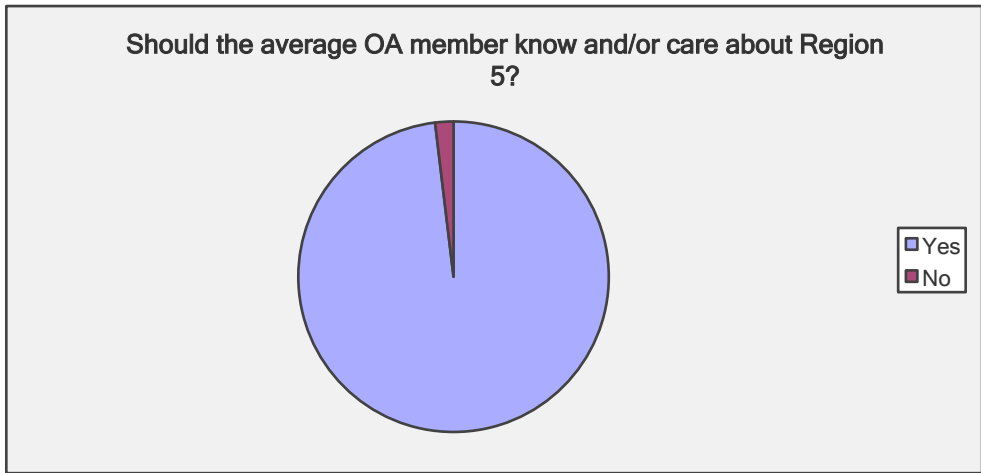
Q57. Does the average OA member know and/or care about Region 5?

Answer Options	Response Percent	Response Count
Yes	7.3%	4
No	92.7%	51



Q58. Should the average OA member know and/or care about Region 5?

Answer Options	Response Percent	Response Count
Yes	98.1%	52
No	1.9%	1



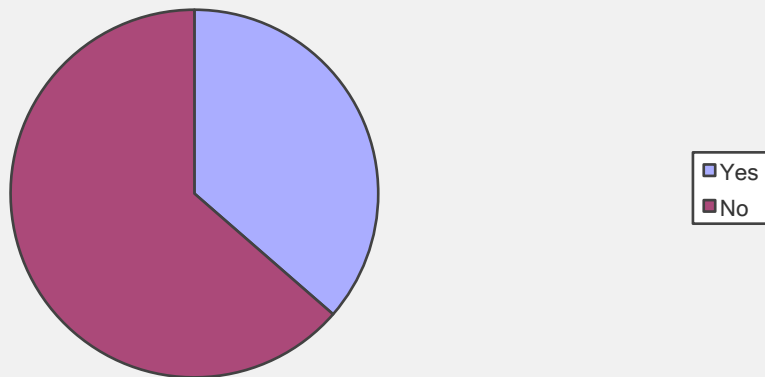
Q59. Is service a pleasure or a necessary evil?

Answer Options	A burden	A necessary evil	My sponsor makes me do it!	It keeps me connected to OA	It is a blessing in my recovery
Service is:	1	0	0	11	42

Q60. Did you attend the July 2015 Region 5 Assembly?

Answer Options	Response Percent	Response Count
Yes	36.4%	20
No	63.6%	35

Did you attend the July, 2015 Region 5 Assembly?



Comment: 11 respondents skipped this question – assuming that if they had attended the Assembly that they would have responded “yes,” the actual response break-down on this question is 30% yes, 70% no.

Q61. Are you a Region representative?

Answer Options	Response Percent	Response Count
Representative	33.9%	19
Past Representative	46.4%	26
Alternate	3.6%	2
Past Alternate	1.8%	1
Region Officer	8.9%	5
Past Region Officer	14.3%	8
I don't go to Region	8.9%	5

Q62. How many Region 5 Assemblies have you attended?

Answer Options	Response Percent	Response Count
1	13.7%	7
2-4	25.5%	13
6-10	29.4%	15
More than 10	31.4%	16

Q63. Are you currently actively participating in OA?

Answer Options	Response Percent	Response Count
Yes	100.0%	56
No	0.0%	0

Q64. Are there other alternatives to the present Region/Region Board structure that might be more useful in meeting the area’s needs? If so, what?

12	No or not sure (etc.) (8 did not attend Assembly; 4 did)
	More help with the IT support...web sites, email servers etc. I'm working on an email server now to be able to pass along the wealth of info from the board that's not getting passed along because me and the intergroup board members do not have the resources to print it all out for everyone.
	Ability to bring people into meetings via teleconference or Skype to enable those living far away to participate
	How about members that might rotate in attending as many OA meetings in their IG area to share what Region 5 does?
	Abstinence requirement should be a minimum of 5 years & physical recovery should be evident
	Suggestions: open the board meeting to members, close only for private issues. All decisions should be made public to the assembly. The group conscience is supposed to be our guide--not the decisions of the few.
	I thank our Board, past and present, for all that they do.
	Focus on the necessary business of the region, pass on info. WSO board is too big and unwieldy.
	Ability to face to face carry the message
	I think that if there were more- people would look at the board as stars instead of trusted servants and just another member - nothing special - just another addict...
	Possibly Skype participation for those too far away to go
	We wonder why a Region is needed. It has provided speaker to a workshop. We get e-mails about World Service events and happenings. I found the meetings boring and the committee work seemed like busy work. The Region could offer workshops to Intergroups in terms of providing the speakers and materials and literature. We don't know if the value to our Intergroup is worth the amount of money that it costs to send representatives. Some would rather spend the money on sending a rep to World Service.
	Web cam or phone conference calls to get members to come that could not travel
	Not so far away! Would attend as a visitor if closer.
	Region is important. My time with Region 8 provided a lot to the intergroups and meetings in the area. It helped grow OA big time. Region 5 just needs to figure how to do it right. Maybe ask for help from other Regions or Trustees who have also been on successful region boards.

## RESPONSES FROM ATTENDEES

Of the 33 attendees at the Assembly held in Louisville, 20 responses were received.

Q1. What is the purpose of our Region Board?

The responses noted in black in section one were the responses received.

Q2. Does our Region Board dictate or suggest?

Answer Options	Response Percent	Response Count
Dictate	10.0%	2
Suggest	90.0%	18

Q3. How are decisions made on the Region Board?

Answer Options	Response Percent	Response Count
By the Board without consultation of the Assembly	10.0%	2
By the Board after conferring with the Assembly	10.0%	2

By the Assembly after presentation by the Board	50.0%	10
Don't know	0.0%	0
Other (please specify)	30.0%	6

Both 2 and 3
Sometimes it is both of these options
Some decisions can be made by the Board, some are made after discussing with Assembly and getting input/direction
It varies. Sometimes by the board without consultation, sometimes after conferring with the Assembly.
All of the first three options
Working together with the assembly and the board

Q4. Are the Board members approachable?

Answer Options	Response Percent	Response Count
Yes	90.0%	18
No	10.0%	2
Don't know	0.0%	0

Q5. Are committee recommendations presented to the entire Region Assembly for consideration and deliberation?

Answer Options	Response Percent	Response Count
Yes	85.0%	17
No	10.0%	2
Don't know	5.0%	1

Q6. Do we choose our service people with care and consideration, placing principles before personalities?

Answer Options	Response Percent	Response Count
Yes	80.0%	16
No	0.0%	0
Don't know	20.0%	4

Q7. Do you consider the Board Members... (Choose as many as you feel apply)

Answer Options	Response Percent	Response Count
OA members	90.0%	18
Trusted servants	90.0%	18
Don't know	0.0%	0
Other (only one response: "Mentors to my service work.")	5.0%	1

Q8. Do the Board Members... (Choose as many as you feel apply)

Answer Options	Response Percent	Response Count
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Serve the fellowship as a whole	80.0%	16
Serve the fellowship of the Region	85.0%	17
Serve themselves	15.0%	3
Serve the Board of Trustees	20.0%	4
Other (please specify)	0.0%	0

Q9. Does the Board reach out to the regional fellowship as a whole?

Answer Options	Response Percent	Response Count
Yes	80.0%	16
No	15.0%	3
Not sure	5.0%	1



Q10. Is anonymity honored within our Region Board?

Answer Options	Response Percent	Response Count
Yes	89.5%	17
No	0.0%	0
Don't know	10.5%	2

Q11. Are all members encouraged to participate in Region Board activities?

Answer Options	Response Percent	Response Count
Yes	70.0%	14
No	5.0%	1
Don't know	25.0%	5

Q12. How often do our "trusted servants" say "Trust me, I know what's best"?

Answer Options	Never	Sometimes	Frequently
Frequency:	13	0	0

Q13. Who decides how our Region Board spends money?

Answer Options	Response Percent	Response Count
Board only	21.1%	4
Vote at Assembly	57.9%	11
Don't know	5.3%	1
Other (please specify)	15.8%	3

Budget prepared with consultation with committees and board by Finance committee and amended/voted upon by Assembly. The actual disbursements are made under the auspices of the committees or specific servant organization with special or disbursements of opportunity or need decided upon by the board with Assembly approval.

Finance committee

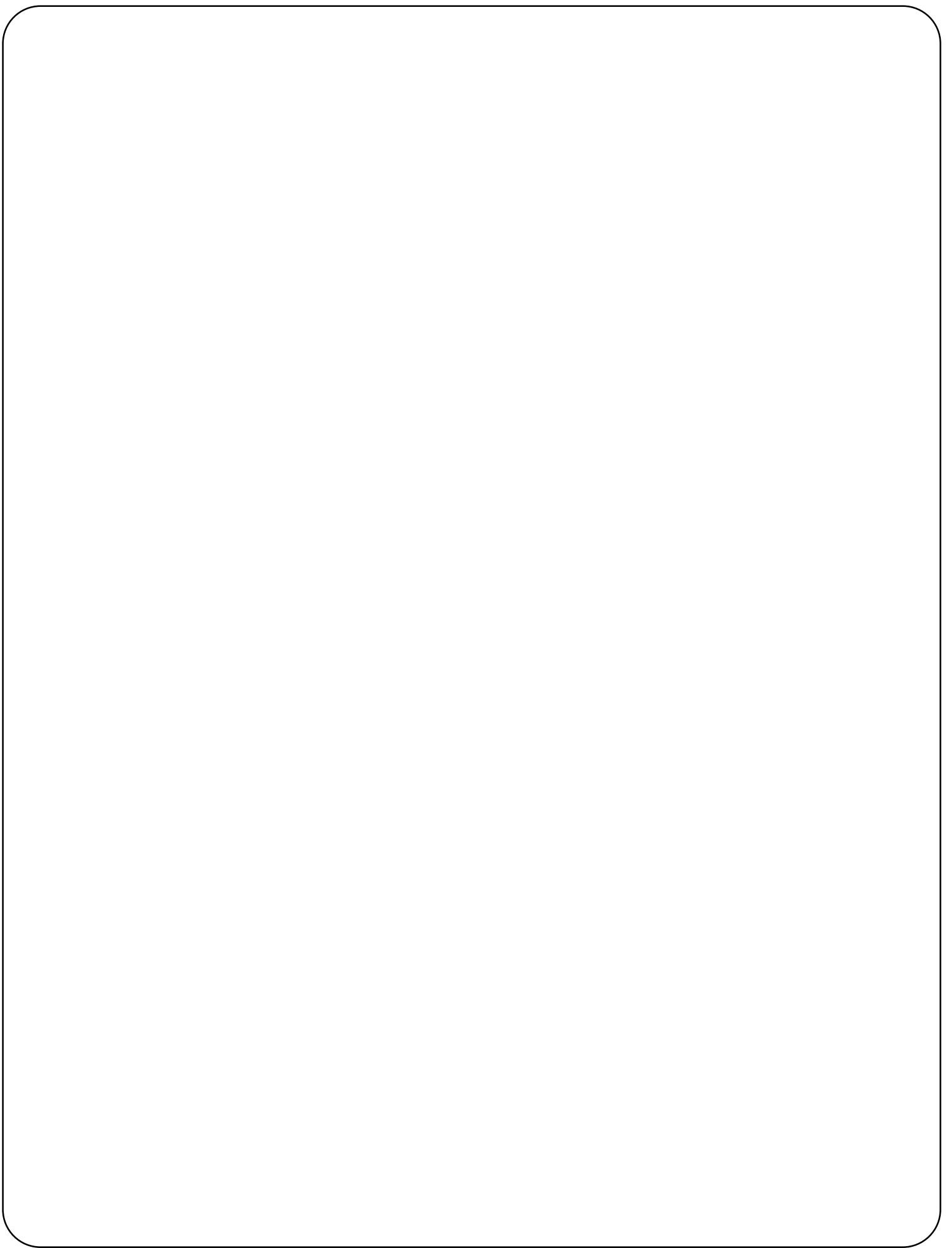
Board makes some decisions, assembly directs other spending decisions

Q14. Does the Board treat our money prudently?

Answer Options	Response Percent	Response Count
Yes	75.0%	15
No	10.0%	2
Don't know	15.0%	3

I think the board is a little to free with the money, like not sharing rooms at region

Board members do not typically share rooms. Much added cost! Also, Thursday night is NOT necessary



Q15. Are requests for contributions consistent with expenditures shown on the financial reports?

Answer Options	Response Percent	Response Count
Yes	80.0%	16
No	0.0%	0
Don't know	20.0%	4

Q16. Are the Region books audited regularly?

Answer Options	Response Percent	Response Count
Yes	75.0%	15
No	0.0%	0
Don't know	25.0%	5

Q17. At the Friday night presentation, what would you prefer?

Answer Options	Response Percent	Response Count
Qualification/Speaker	25.0%	5
Board presentation	25.0%	5
Committee presentation	15.0%	3
Other (please specify)	35.0%	7

The current program is ok
I like the Intergroup share.
A variety would be good
Loved the suggested workshop presentation.
Board presentation on how we have carried the message since the last assembly
Speaker from the area/or a rep
Any workshop not facilitated by board

Q18. When you attended your first (or 20th) Assembly, did you feel prepared?

Answer Options	Response Percent	Response Count
Yes	80.0%	16
No	15.0%	3
Don't know	5.0%	1

First One
Is the question about my first assembly? No. By the third I began to feel prepared. Write "Please read" on the top of a "Cheat Sheet".

Q19 – 21 Does your Intergroup see Region 5 as a source of support?

Answer Options	Response Percent	Response Count
Yes	85.0%	17
No	10.0%	2

Don't know

5.0%

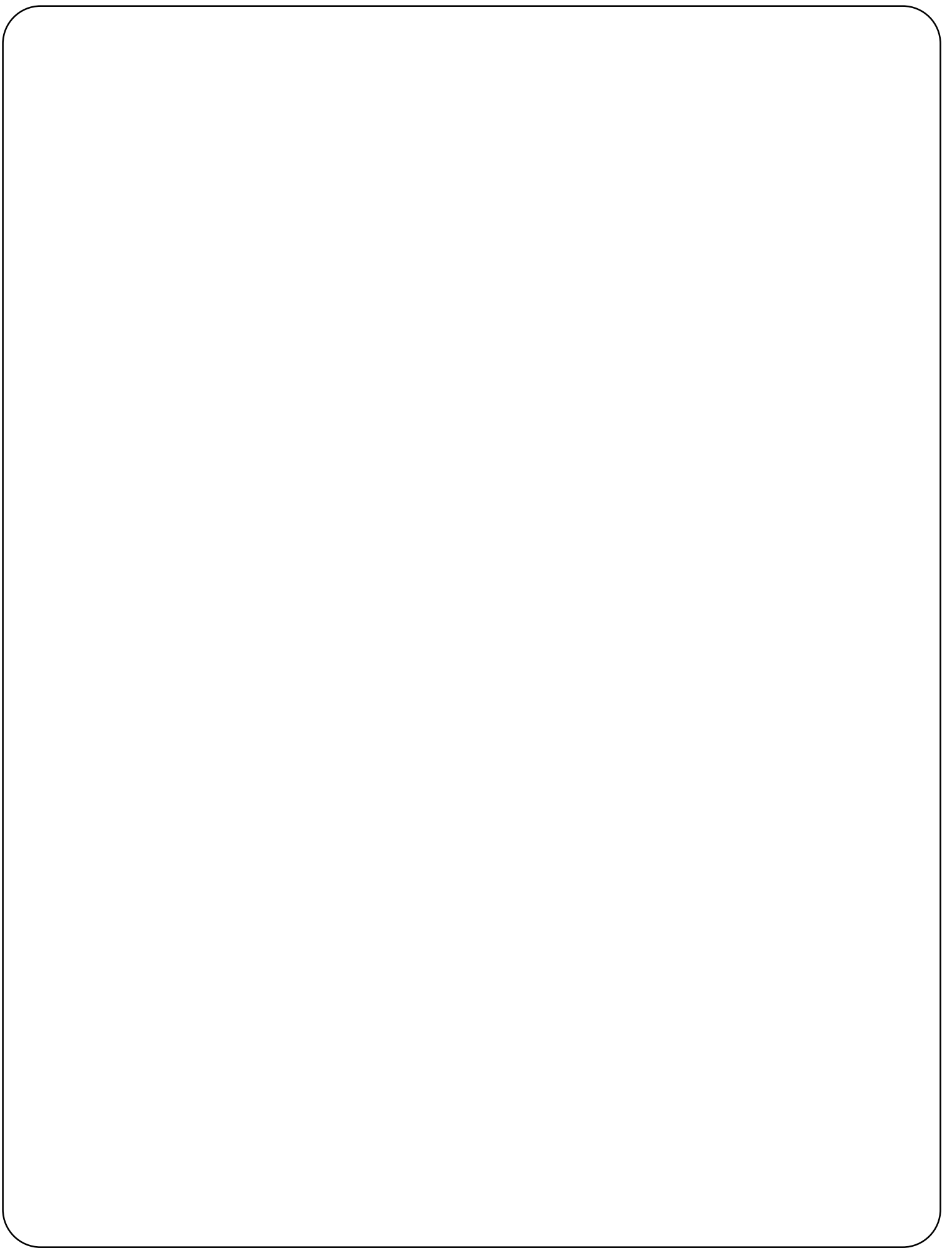
1

Yes:	New information and assistance with speakers, new literature, phone meetings, workshops and help with meetings
	Always Available
	We know that they serve OA as a whole for the benefit of the fellowship.
	Information pass through via newsletters and periodic email. Organization of Region events and access to information and electronic assets prepared and offered by World Service. Access to Trustee for questions on traditions and practices have yielded practical and definitive guidance.
	Very helpful to us in strengthening our IG, having a workshop, strong abstinence/recovery focus, and helping us to use the resources available
	We received information to pass to the members
	They frequently reach out for feedback.
	Available to give workshops, \$ support to IG's to attend Assembly, WSBC and help with publicity and health fairs and R5 newsletter. Reach out to unaffiliated groups, 12th Step W/In programs. Representation at WSBC.
	Good example of how to do a budget
	Posting information on Webpage, suggestions for workshops, pushing out information from World, assistance with tradition questions
	We have talked to board members about issue when they arise for our intergroup
	We always send reps to make sure we are upholding the traditions & concepts & keeping recovery first.
	Sponsor reps to attend WSBC and Region Assemblies.
	Encouraging
	Board members provide workshops
No:	I don't think our IG has used it enough
	I don't see anything coming from region

Q22, 23. Does your Intergroup send all of the representatives to which it is entitled to Region Assemblies?

Answer Options	Response Percent	Response Count
Yes	35.0%	7
No	65.0%	13
Don't know	0.0%	0

If No:	We don't have third person who will agree to attend
	Finding members with willingness to serve and meeting abstinence requirement.
	Sometimes no one is available/able/willing to go. It's a long way for us to travel
	Money
	Unfilled positions
	Few members meet the abstinence requirement; of those, not everyone can go
	Others do not want to go.
	Not enough running for office
	Financial concerns
	Money and interest in intergroup
	Not enough volunteers
	Too far to travel, too costly



Q24, 25. How many representatives is your Intergroup entitled to send to Region 5 Assemblies?

Entitled to:	Send:
1	1
3	2 or 3
3	2
2	1
1	0 or 1
2	2
2	2
3	1
3	1
4	2
1	1
4	3 or 4
2	1
1	0
5	2
3	1
3	1
1	1
5	2
5	2

Q26. Do the representatives from my intergroup serve on different committees, or do we serve on one committee together?

Answer Options	Response Percent	Response Count
Various committees	60.0%	12
One committee	25.0%	5
Varies	10.0%	2
Don't know	5.0%	1

Comment: Perhaps this question should have included an option to select if only one representative from an intergroup attended the assembly.

Q27. Do the committees set realistic short- and long-term goals?

Short:		
	Yes	15
	No	3
	Don't know	2
Long:		
	Yes	10
	No	5
	Don't know	5
Comment:		
	Only been on the committee for 2 assemblies and I feel we have done nothing really.	

Q28. Is there communication among committee members between Assemblies?

Answer Options	Response Percent	Response Count
Yes	60.0%	12
No	25.0%	5
Don't know	15.0%	3

Q29. Is communication sufficient between Assemblies?

Answer Options	Response Percent	Response Count
Yes	40.0%	8
No	20.0%	4
Don't know	40.0%	8

Q30. Does the Assembly schedule allow for the wise use of Representatives' time?

Answer Options	Response Percent	Response Count
Yes	85.0%	42
No	10.0%	2
Don't know	5.0%	1

Q31. Did you attend a committee at Assembly?

Answer Options	Response Percent	Response Count
Yes	90.0%	18
No	10.0%	2
Not at Assembly	0.0%	0

Q32. If yes, which one?

Answer Options	Response Percent	Response Count
Bylaws	20.0%	5
Convention 2015/2016	20.0%	5
Emergency New Business	13.3%	3
Finance	8.9%	3
Intergroup Outreach	22.2%	1
Newsletter	20.0%	1
Nominating	15.6%	2
Public Information / Professional Outreach	17.8%	2
12th Step Within	28.9%	3

Q33. Is your committee working on OA-focused work, or would your time be better spent working on another committee?

Answer Options	A waste of time	It could be better	Some work done	Worth my time	We are on fire!!
Committee effectiveness:	3	1	5	6	5

We are on Fire:	
	Bylaws
	Newsletter
	Convention (3)
Worth My Time	
	Bylaws
	Finance (3)
	Convention
	Nominating
	ENB
	PI/PO
	Intergroup Outreach
Some Work Done	
	Bylaws (3)
	ENB (2)
	Nominating
	12th Step Within
	Convention
It could be better	
	Unknown
A waste of time	
	12th Step Within (2)
	PI/PO

Q34. Is there enough time allocated to do committee work?

Answer Options	Response Percent	Response Count
Yes	75.0%	15
No	10.0%	2
Don't know	15.0%	3

Q35, 36, 37. Are there too many, too few or just enough committees?

Answer Options	Response Percent	Response Count
Too Many	15.0%	3
Too Few	0.0%	0
Just enough	85.0%	17



Ideas regarding too many:	
	Combine some like newsletter and 12th step outreach. have a Board member on or chairing each.
	Merge & change purposes for TSW and Intergroup Outreach

Q38. What other activities could occur at a Region 5 Assembly to support your Intergroup?

	I like the intergroup sharing meeting on Friday night.
	More ESH from the members themselves and suggestions to strengthen IGs
	More and in depth discussion and education on
5	Don't know
	More recovery activities/meetings. "How-to" suggestions to get members interested in service
	Workshops on Friday night
	Website management committee, budget review/ time with treasurer, more time for "Ask a Board Member" (similar to Intergroup Sharing)
	Intergroup Chair's focus group.
	Effective workshop or presentation

Q39. What other activities or programs could Region 5 support (beyond the Assembly) to assist your Intergroup?

3	I don't know.
	Region 5 already makes an effort to visit intergroups and provide workshop resources. Perhaps just visiting area meeting would help local recovery which would naturally overflow to opportunities and resources lto allow our intergroup to be of more use to our meeting's membership
	There are many already and it's wonderful
	Visit every IG; leadership education
	Visit intergroup and do workshops
	Intergroup Renewal
	Make speaker list more readily available
	Provide examples of time when Board members have gone to various Intergroups, promote or have Intergroups promote how the Board has supported them between assemblies. i.e. 'Our Chair came to speak at Unity Day.' etc.
	Attend our OA meetings.
	I would like a workshop on Robert's Rules!
	More info to explain what region v can do to help
	Encourage and support

Q40. What would make Region 5 more attractive for attendance?

4	I don't know.
	I am not sure but something needs to happen
	Lower costs perhaps
	More recovery-related activities.
	A day or .5 day to sightsee/ fellowship outside of the hotel.
	Region 5 would be more attractive if the location was in the woods and there was time for meditation, walks and fellowship. The sterile conference room in the hotel is a damper to the spirit.
	There must be some way to better communicate that personal recovery depends upon OA unity and that the 7th Tradition is more than money...maybe we can brainstorm how to do that?
	Recovery first - we are not stars in the program - we are food addicts helping OA. Sometimes egos get in the way.... and I am reminded - principles before personalities.
	Cheaper hotel to stay at.

	Financial assistance, mentor program
	Central location, better motivation

Q41. Do we review our history rather than continually "re-invent the wheel"?

Answer Options	Response Percent	Response Count
Yes	23.6%	7
No	14.5%	3
Don't know	56.4%	9

Q42. Should there be more recovery-related activities at Assembly?

Answer Options	Response Percent	Response Count
Speaker at luncheon	38.9%	7
OA meetings on Saturday morning before Assembly	44.4%	8
OA meetings Sunday morning before 'hitting the road'	33.3%	6
OA meetings before Friday night meetings	38.9%	7
Other	16.7%	3

Other:	
	I think it is fine at this point.
	Train the trainer workshops. Recovery for reps and for reps to bring back home
	Meals together is the best! Meals out at restaurants even better!

Q43, 44. Does the Region support the unaffiliated groups within the Region?

Answer Options	Response Percent	Response Count
Yes	40.0%	8
No	5.0%	1
Don't know	55.0%	11

How should this be accomplished?	
	Encourage affiliation by sending an info package, if possible?
	Visit/reach out/work with closest intergroup to reach out to the meeting
	Visiting meetings.
	Annual visits to these meetings
	Identify intergroups for the group to affiliated with
	Site visits
	Communicate
	Unsure
	By committee and officers

Q45. Are you satisfied with the functions of Region 5?

Answer Options	Response Percent	Response Count
Yes	76.9%	14
No	21.2%	5

If No, why not?	
	Not much of substance seems to happen
	I don't believe we accomplish anything except putting on the next convention
	Regions should have more participation at WSBC. All Board members should attend WSBC in addition to Intergroups sending Reps
	But only my committee work otherwise, yes.
	Very little enthusiasm. Lots of apathy

Q46. How many Assemblies are needed each year?

Answer Options	Response Percent	Response Count
1	5.0%	1
2	45.0%	9
3	50.0%	10

Q47. Should the Assemblies be centralized, rotate locations or a mixture of both options?

Answer Options	Response Percent	Response Count
1 Assembly in centralized location	5.0%	1
1 Assembly rotating around Region 5	10.0%	2
2 Assemblies - both centralized	15.0%	3
2 Assemblies - one centralized, one rotating	25.0%	5
3 Assemblies - all centralized	5.0%	1
3 Assemblies - 2 centralized; 1 rotating	20.0%	4
3 Assemblies - 1 centralized; 2 rotating	0.0%	0
3 Assemblies - all rotating	20.0%	4

Comment: This does not reflect the response in Q46. Here, the response is:

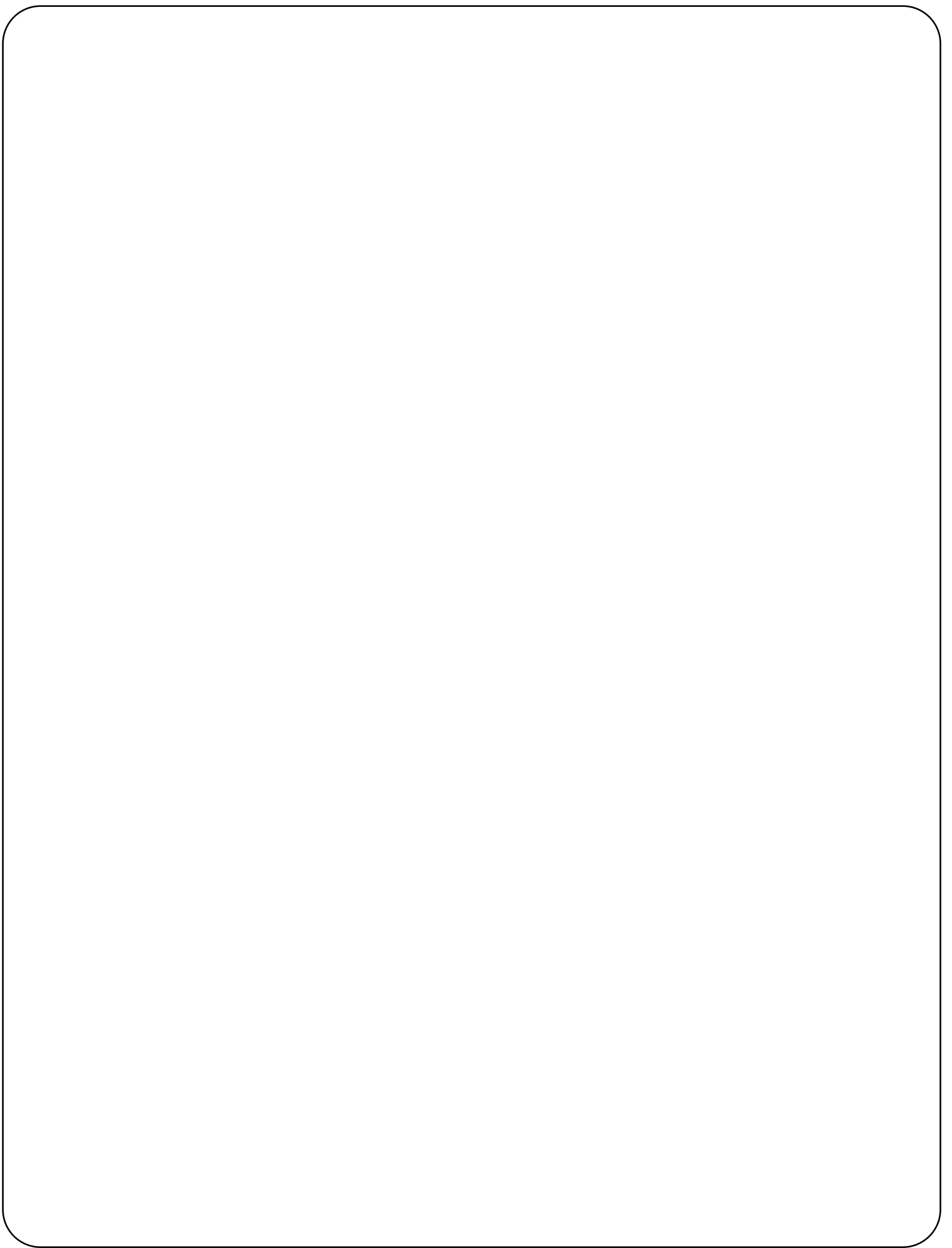
- 1 – 3
- 2 – 8
- 3 – 9

Q48. Should the Region publish a sponsor's list?

Answer Options	Response Percent	Response Count
Yes	53.6%	10
No	26.8%	7
Don't know	19.6%	3

Q49. Should the Region publish a Speakers' List?

Answer Options	Response Percent	Response Count
Yes	100.0%	20
No	0.0%	0
Don't know	0.0%	0



Q50. What can the Region do to help retain membership?

2	I don't know.
	Support the Intergroups as you have done
	Build recovery at your home meeting and continue to provide encouragement to use the steps/traditions and tools.
	Support newcomers, strong abstinence workshops, more PI
	Do something meaningful
	Continue to try to strengthen intergroups
	Stay in recovery.
	Everything they are doing now.
	Present workshops on abstinence, steps, traditions, or requested topics at intergroups
	You can take the horse to the water but you can't make it drink.... That being said, pray for the membership.
	Be Abstinent and share experience, strength and hope. Maintain a healthy body weight.
	Finding ways to foster one compulsive eater to another so a speaker and sponsor list is how we can do that. But must not be published for general access. And provide funds for speakers to travel the struggling meetings have no funds.
	Keep recovering ourselves.
	Have some free time to take care of ourselves.
	Motivate, educate, lead by example

Q51. Does the Region 5 Board support the fellowship of Overeaters Anonymous as a whole?

Answer Options	Response Percent	Response Count
Yes	80.0%	16
No	10.0%	2
Don't know	10.0%	2

Q52. Does the Region 5 Assembly support the intergroups within the Region?

Answer Options	Response Percent	Response Count
Yes	85.0%	17
No	5.0%	1
Don't know	10.0%	2

Q53. Has your intergroup ever hosted a workshop given by Region 5 board members?

Answer Options	Response Percent	Response Count
Yes	65.0%	13
No	35.0%	7

Q54, 55. Have you attended Region 5 Conventions?

Answer Options	Response Percent	Response Count
Yes	90.7%	18
No	9.3%	2

Where & When:		
2005 - Cleveland		7
2006 - Columbus		8
2007 - Louisville		6
2008 - Cincinnati		6
2009 - Chicago area		11
2010 - Greater Detroit/Ann Arbor/SW Ontario		7
2011 - Indianapolis		10
2012 - Cleveland		8
2013 - Milwaukee		11
2014 - Columbus		11
2015 - Schaumburg (planning)		3

Q56. Are there any other events that Region 5 might sponsor that you would be interested in participating in?

I think the intergroups are already holding different workshops.
Maybe retreats?
IG leadership education
Not sure
Intergroup Renewal
Retreats. Retreats where Abstinence or steps are presented
Intergroup that hosts the recovery meeting on Saturday night has a DANCE. "Meet the Board Night" at the hotel where Assembly is located or out in the city. Hosted by Intergroup/ meetings in the area. Might get more younger people involved and charged up for Assembly.
No.
I think the relapse workshops are so needed
World Service Convention.
Concepts workshop

Q57. Does the average OA member know and/or care about Region 5?

Answer Options	Response Percent	Response Count
Yes	5.0%	1
No	95.0%	19

Q58. Should the average OA member know and/or care about Region 5?

Answer Options	Response Percent	Response Count
Yes	100.0%	20
No	0.0%	0

Q59. Is service a pleasure or a necessary evil?

Answer Options	A burden	A necessary evil	My sponsor makes me do it!	It keeps me connected to OA	It is a blessing in my recovery
Service is:	0	0	0	5	14

Q60. Did you attend the July, 2015 Region 5 Assembly?

All 20 said "Yes."

Q61. Are you a Region representative?

Representative	14
Past Representative	1
Region Officer	4
Past Region Officer	1

Q62. How many Region 5 Assemblies have you attended?

Answer Options	Response Percent	Response Count
1	15.0%	3
2-4	30.0%	6
6-10	30.0%	6
More than 10	25.0%	5

Q63. Are you currently actively participating in OA?

Answer Options	Response Percent	Response Count
Yes	100.0%	20
No	0.0%	0

Q64. Are there other alternatives to the present Region/Region Board structure that might be more useful in meeting the area's needs? If so, what?

	Ability to bring people into meetings via teleconference or Skype to enable those living far away to participate
	Ability to face to face carry the message
	I think that if there were more- people would look at the board as stars instead of trusted servants and just another member - nothing special - just another addict...
	Web cam or phone conference calls to get members to come that could not travel
4	No or not sure

## ANALYSIS & SUGGESTIONS

### Analysis:

1. The purpose of the 12<sup>th</sup> Step Within Committee needs to be reviewed. The overall feeling that they aren't doing much indicates a basic problem with the committee's current activities and focus.
2. A speaker's list is an absolute must. Although the Policy Manual states that the 12<sup>th</sup> Step Within Committee maintains the list, there's no information regarding the list on the R5 Website. A process to determine who is included on the list, and how the list is distributed should be developed and published for members' use.
3. There are some basic misunderstandings expressed in some of the responses.
  - a. Unaffiliated meetings
  - b. Audit policy
  - c. How to acquire public service announcements and that broadcast companies are mandated to provide airing free of charge (at least in the US). It is part of their license agreements.
4. Intergroup communication (especially intergroups that don't send representatives) appears to be an issue – even if we THINK we're communicating, the members of the fellowship who responded to the inventory don't necessarily agree.

### Suggestions:

1. Perform an inventory every 4 years – suggest that it be done when a Chair is about to rotate out of service (assuming that the Chair chooses to serve for two full terms). That will provide the new chair with a “state of the Region” to take as a guideline for their term(s) of office.
2. Review questions used this time as a starting point; but don't repeat the exact same questions.
3. Determine the survey's audience. If the inventory is to be opened up to the fellowship, some of the questions need to be 'tightened-up' to avoid misunderstanding. The Board may choose to specifically invite only persons on the Region email list – those persons who have attended Region Assemblies in the past to look solely at the operations of Region Assemblies. However, some of the responses from people who have never attended an Assembly were interesting. Region 5 might choose to open the survey to the full Region 5 fellowship to inventory the general fellowship's feelings about Region 5 and its operations.
4. Be sure to review those items where a significant response was “Don't know.” That's a communication gap.

### Facilitator's Conclusions (to be used as a jumping-off point; these are ***NOT*** the Region's Conclusions):

1. Except for a few issues dealing with communication and Committee activities, people appear, by and large, to be content with the activities and actions of Region 5.



- 2.** There are some concerns expressed regarding money that need to be addressed. Sometimes, comments like these are individual opinions and not the group conscience; sometimes it's a factor of "that's how we used to do it and that's how we should always do it." Sometimes it's something that the Board needs to address. Open discussion should determine whether it is an issue that needs to be addressed with a policy, or if it needs to be addressed individually with the members who do not agree with the current process.
- 3.** Use of electronic media
  - a.** Virtual committee meetings
  - b.** As finances were noted as an underlying issue of being able to send representatives to Assemblies, the Board or an ad hoc committee might be formed to look into the use of electronic options for meetings. At a minimum, the ability to listen to the business sessions might be workable via Skype or another service to encourage interest, if not direct participation. On-line/electronic voting might be something to consider in future; however if participation in Committee work is of concern, this may not be a viable option.