



### **Chair Report for Assembly – March 2016**

Our 5-minute writing exercise will be on “gratitude” when we gather for Assembly. I’m usually not able to participate in the exercise, so I hope you will allow me to ramble a bit on this topic for my Chair Report.

An attitude of gratitude allows me to look at my disease, my defects, my hopes and dreams in a totally different light. Would I ever have become friends with so many wonderful people all over the Midwest if I had not first been a compulsive eater? Would I ever have received serenity, kindness and hugs if I had not been powerless over sugar? How is it possible I’m grateful to know I am selfish and self-centered? How awesome is it to see fellow members grow in their recovery and accomplish more than they thought possible! How wonderful to see our Region thrive in new and exciting ways! I’m grateful!

Yes, we have unaffiliated meetings in our Region. Yet these meetings keep going because at least one compulsive eater needs to know they are not alone. It is my dream that all meetings are linked to an Intergroup, but is that what HP wants? For now, I’m grateful these meetings exist.

Yes, we may have Intergroups that need to grow bigger or sprout once again. But I’m grateful that we have OA members willing to keep trying, to keep praying, to keep being the example of recovery at its fullest.

Yes, we are taking Region Assembly on the road...Champaign, IL in March and Madison, WI in July. I’m grateful we can offer the opportunity to the local fellowship to experience an Assembly, to hear recovery from others in our Region, to see what service looks like. Local OA members might realize the Region Rep role is not for them, but there’s service of some kind they can provide. If this approach keeps OA around one more day so we can stay abstinent, it’s worth it.

Yes, I'm grateful we'll be discussing moving from 3 Assemblies a year to 2. I learned a lot while gathering some background information from other Regions on how they do this and I'm excited to share this with you. This action is a direct result of our Region Inventory, so I'm really grateful we asked the hard questions and for your honest responses.

Yes, I'm grateful the past 4 months have been kind of slow in our Region; I hope this means "Recovery is Alive in Region 5!" I have 2 workshop opportunities coming up this spring for which I'm thankful.

I'm grateful for my involvement with the Region Chairs Committee. I'm currently working on a couple of WS Strategic Plan initiatives – "Service Body Building" and "OA Quick Steps". I'm also working with the Region 3 Chair on preparations for the World Service Business Conference Forum, and the Chairs are already planning for our 2<sup>nd</sup> meeting in Boston at World Service Convention.

Our Webmaster has informed the Board he will step down July 1, 2016. While I am sad to see him leave us, I'm really grateful for his service to our Region...we have a new, updated website that serves us very well. It's been a joy to work with him.

I think we are very blessed in Region 5...we care about each other! Life continues to happen to all of us...some of our members face health challenges, family or work concerns. Yet, we are there for each other through this awesome fellowship. What a blessing!

I have been honored to serve as your Chair for almost 4 years now. You will be electing a new Chair and Treasurer in November. In preparing for this transition, my sponsor asked me to make 2 lists – why it's time to let go and what this opportunity has given me. In a future Chair Report, I hope to share some thoughts from my lists. I trust God (my HP) that He's got the right candidates in His plan for Region 5.

Until then, just know I love you all...really. ☺

Denise O.  
R5 Chair  
February 21, 2016