



Region 5 Trustee Report

Submitted By: Linda J

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WSO Service Bodies Report – Intergroups and Groups (Affiliated/Unaffiliated) Located in Region 5

Oct 6, 2015		Jan 4, 2016		Increase/Decrease	
Total Intergroups	29	Total Intergroups	28	Total Intergroups	-1
Affiliated Groups	501	Affiliated Groups	502	Affiliated Groups	+1
Unaffiliated Groups	36	Unaffiliated Groups	40	Unaffiliated Groups	+4
Total Groups	537	Total Groups	542	Total Groups	+5

Intergroup and Group information

Unfortunately we have lost another intergroup, Land between the Lakes, Ont. The main reason is lack of enough members willing to give service beyond the group level. We have gained a total of 5 groups. One is affiliated and 4 are unaffiliated with intergroups since the previous count in Oct 2015.

If you are aware of any major discrepancies between your records and that on oa.org, please let me know and we can check the information by intergroup number.

New Literature and Resources

The Twelfth Step Within Committee is pleased to announce a new Board-approved video resource for members in relapse and those giving Twelfth Step Within service. Free to download or stream, [Breaking Out of Relapse](#) can help isolating members and others in relapse return to their program and their abstinence.

A new workshop is available for downloading at [Importance of Working the Steps Workshop](#) . This workshop can be used by groups and services bodies as well as members and sponsors to encourage Step work and awareness.

A new [Guide to Carrying the Message](#) can be downloaded from oa.org. This document has great suggestions of what to say and what not to say when speaking to someone about OA for the first time. This is also available as a pocket card.

The [Sponsorship Kit](#) has been updated. It contains pamphlets for sponsoring, a new collection of sponsorship stories from “Lifeline”, wallet cards, and an Abstinence Literature Resource Guide.,

The [Guidelines for Membership Retention](#) has been revised. Offering more than fifty suggestions to help retain members, these Guidelines are available on oa.org. Click Members/Groups, then “OA Guidelines.” Download them for free.

A list of [copyright dates for OA literature](#) is now available. How do you know if you and your group are reading current OA literature? Use the new [OA Literature List by Copyright Date/Revision Date](#) to review and

maintain your OA library. OA pamphlets and books are scrutinized regularly and updated as needed to reflect current OA philosophy and policies. Outdated literature is misleading, especially for newcomers. To check, look for the copyright date on the back cover of the pamphlet or on the copyright page within the first two pages of the book. Then compare that date to the one on the list. If there has been an update since the last comprehensive revision, a pamphlet may show a revise date. In those cases, the revision date indicates the most recent publication.

WSBC 2016:

I look forward to seeing you, both experienced delegates and “Green Dots”, at WSBC May 2-7, 2016. Hopefully you have already registered. The deadline was Feb. 22. The Agenda Questionnaire is on our website at [Agenda Questionnaire and Instructions*](#). Hopefully your Intergroup has also already given input into which New Business Motions and Bylaw Amendments your intergroup feels should be on the agenda. Deadline for input was March 3. A summary table, all the new Business Motions, and Bylaw Amendments are on our website at [Questionnaire Summary](#); [New Business Motions](#); [Bylaw Amendments](#): The Third Conference mailing will go out March 18 and contains all the final documents.

BOT Meetings

The BOT met Nov 12-14, 2015; 3 days after our Region 5 Nov Assembly. The BOT will have met again Feb. 18-20, 2016. Many of the new literature resources mentioned above were approved at the Nov BOT meeting. The ballot for elections at WSBC was revised. Trustees must receive a majority vote to be elected. The ballot will not be a “yes/no” ballot; instead, **all** ballots will be counted towards the elections for Trustees, including “abstentions”. The ballots will have names and the delegates will mark an “X” by the name(s). This means that an abstention essentially counts as “I have no opinion or I don’t approve of any of the candidates. Hopefully this will help clarify the voting process and still allow a negative voice to be heard.

Phone workshops and podcasts on “Service and My Recovery”

The Board of Trustees, Virtual Services Committee, and Region Chairs are continuing the series of phone workshops and podcasts on “Service and My Recovery”. They are held the second Sunday of the month at 2PM Central time. The phone number is: 424-203-8405 and the access code is: 925619#. The past workshops are available as podcasts at <http://www.oa.org/oapodcasts/>

Professional Outreach:

The new 2016 Courier is available at [Click Here for 2016 Courier](#). The Courier is OA’s annual newsletter directed to hospitals, institutions, professionals, and the military and is part of OA’s public information effort to increase awareness of Overeaters Anonymous

Ask It Basket Questions

I answered 5 ask-it basket questions since the last report. One asked for advice for carrying the message with an intergroup phone answering system. I was able point them to our website for our recently approved, “Guide to Carrying the Message” and to a suggested greeting for OA phone lines. Another question concerned a student wanting to do a history project on OA. I will be helping her on this project. Two more questions were on whether speakers and sponsors should be abstinent.

World Service Convention 2016



Boston, MA USA
September 1-4, 2016

Convention Registration and lodging are NOW OPEN! Visit the Convention web page at <https://www.oa.org/world-service-events/world-service-convention/> for details. Interested in receiving the latest details on Convention? Email conventioninfo@oa.org to sign up for the e-mailing list. Please include your name, state or country and email address.

Region 5 Trustee Elections

My first term as your Region 5 Trustee will end on May 7, 2016. It has been a marvelous journey in service. I hope to be elected at the WSBC 2016, to serve a second term as your Region 5 Trustee. Thank you for your continued support.

Trustee on the Phone

As part of our Region 5 inventory, one member suggested that the Region 5 Board could help retain members by being present at intergroup meetings either in person or by phone. The Region 5 Board plans to call all the Intergroups, offer to call into an intergroup meeting, offer to visit the intergroup in person, and give workshops where possible. To date I have called 7 intergroups and have spoken to Region 5 members, some of whom I've never met before. It is truly great service to reach out by phone to our Intergroups. I hope to attend at least 3 of these Intergroups or groups by phone in March and April.

Trustee on the Road

I am planning to give a workshop on Abstinence and another on Sponsorship this spring. I'm available to present talks on Abstinence, Strong Meetings, Service, Traditions, and Concepts. My expenses are covered by WSO. Just let me know when you would like to have me come visit. The Region 5 Board is also available to do this service.

I am honored to serve as your Trustee. Feel free to contact me if I can be of service.

Yours in Service,

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