

OVEREATERS ANONYMOUS
REGION 5 SECRETARY LETTER

RE: Packet C for the Spring 2018 Region 5 Assembly
March 16-18 2018



April 1st, 2018

Dear Region 5 Intergroups, Representatives, Officers, and Trustee,

The post-assembly packet, Packet C, has been posted on the Assemblies page of region5oa.org.

There are 8 documents in Packet C:

1. C01.Secretary Letter.pdf

- a. 3 pages - Updated
- b. This Secretary Letter is the first document of Packet C and describes what is in the packet.

2. C02.Fall 2017 Minutes Corrected and Approved.pdf

- a. 9 pages - New
- b. During the Spring Assembly it was pointed out that some of the corrections and adjustments to the Fall (November 2017) assembly minutes were missing. It was agreed that the Secretary would adjust the Fall Assembly Minutes and have the minutes approval committee from November 2017 re-approve them.

3. C03.Region 5 2018 Spring Assembly Minutes.pdf

- a. 10 pages – New
- b. These are the approved minutes from the minutes approval committee.
- c. These minutes will be posted again in the next packet A.
- d. Please send any corrections to me: R5Secretary@Outlook.com

4. C04.Region 5 2018 Spring Assembly Credentials Report.pdf

- a. 1 page – New
- b. This is the final credentials report from the Region 5 Spring 2018 Assembly that is referenced in the minutes.

5. C05.Revised Agenda.Spring.2018.pdf

- a. 4 pages – Updated
- b. This is the amended agenda for the Region 5 Spring 2018 Assembly.

6. C06.Region 5 Policies and Procedures 2018-03.pdf

- a. 18 pages – Updated
- b. This is the updated Region 5 Policy and Procedure manual as the result of motion A and Emergency New Business Motion 3.
- c. In addition to the content changes, the document now has a cover page, table of contents and consistent formatting through the document.

d. You can use this document to update your Region 5 Assembly handbook.

7. C07.Freedom from bondage march 2018 color.pdf

- a. 4 page – New
- b. An awesome color issue of the Region 5 Newsletter.
- c. Please distribute this newsletter to all your groups and OA members in your area.

8. C08.Freedom from bondage March 2018 Grayscale Compatible.pdf

- a. 4 page – New
- b. A printable version of the awesome issue (in grayscale) of the Region 5 Newsletter.
- c. Please distribute this newsletter to all your groups and OA members in your area.

Not included in Packet C are:

1. The new Budget as approved during the Region 5 Spring 2018 Assembly in Emergency New Business Motions 1 and 2.
 - a. This will be included in the next Packet C.
2. The new Convention Guidelines as approved during the Region 5 Spring 2018 Assembly in Motion C.
 - a. This will be distributed once the Convention Committee has finished their revisions to the guidelines.

Well, posting this packet concludes my first assembly as Secretary. I guess that means I am no longer a green dot Secretary. As I figuratively rip off the dot, I remember how nervous I felt during my first assembly and how proud I was that I survived it. Likewise, I was full of anxiety over this past assembly and I can honestly say it went way better than I thought it would. Of course the best part was I did it abstinent, full of acceptance, and trusting my Higher Power. Hope carried me thru that I would be able to be as half as good as the previous Secretary. Susan was an awesome secretary. She made it look so easy. Today I understand how hard she worked and I appreciate Susan even more. Thank You Susan for being such a great example for me to follow. And Thank You everybody for allowing me to do this service for you.

Since I am doing Thank You's, I also want to give a shout out to our Hosting Intergroup Central Ohio Service Intergroup for being of such fantastic assistance to me during the assembly. Thank You Eileen, Lisa, and Kimberly. Also Thank You to all of the other volunteers who helped me out during the weekend.

Lastly Thank You so much to the Minutes Approval Committee Carol and Jo for navigating my horrible grammar skills and keeping me on the straight and narrow path to proper English and a terrific set of minutes.

So on ward we go – together on this grand adventure. Our work has barely begun. I am grateful we are doing this together and that I am not alone.

Don't forget to mark your calendars for:

1. 2018 Summer Conference Call

- a. We are having a conference call on July 14th 2018 at 2:00 pm central time – 3:00 pm eastern time. This call will last 2 hours. All Region 5 Representatives should attend this event.
- b. There will be a Packet A and B published as normal before the call. Information on how to call in will be included in Packet A. Committee chairs I will be needing your reports by the third week of June. I will be sending out a timeline in the near future.

2. 2018 Region 5 Convention

- a. This event is at the Hilton Downtown Indianapolis IN, from Aug 31 to Sep 2. Online registration is open at <http://www.region5oa.org/events/2018-region-5-convention-2/>
- b. There will information about a bus released at a later date in April.

3. 2018 Fall Assembly

- a. The 2018 Fall Assembly is October 19, 20, and 21 2018.
- b. The location is to be determined.

Thank You all for your service. I am looking forward to hearing your voice over the phone in July.

--Your in recovery,

--Joel I.

--Region 5 Secretary

--R5Secretary@outlook.com